

# Dynamo Swim Club

## MONTHLY SWIMMERS EAR

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### The Dynamo IMX Challenge

When people ask what Dynamo is about, I always answer '5 stroke swimming'. I know there are only 4 actual strokes, but I think of underwater swimming as the 5<sup>th</sup> stroke. It is important to be fast underwater in all strokes, and it is good to think of it as its' own entity.

5-stroke swimming is a real commitment, from coaches, athletes and parents. The reason we value this above all is simple; it works. The most successful athletes we know were brought along in a program that valued swimming all strokes and events. Many National level swimmers considered themselves one thing in high school, maybe a flyer, but ended up being something totally different in college, maybe a backstroker or freestyler. That doesn't happen unless the club Teams are doing their jobs. Events chose people, not the other way around. It is our job to give a number of events the chance to choose you for greatness!

The numbers are irrefutable. As you breakdown the Olympic Teams, those athletes have had success in a number of events for a number of years.

USA Swimming has a program, IMX extreme, that will help us become that Team, and provide real value to our members.

In conjunction with Hy-tek (Athletics Enterprise Software Co) USA swimming has set up the IMX program. Devised was a power points system (we used this for our January Meet selection) that awards points for each swim according to time, within single year age groups. You need to swim all 5 required events in a single season for 9 through 12 year-olds. 13 through 18 year-olds must swim 6 events each season. All the particulars can be found on the USA Swimming [website](#). USA Swimming will publish top 100 IMS scoring lists to compare. Lists for Zones and LSC's are formed as well.

Dynamo needs to be the leader in the country at placing people in the IMX program. If a swimmer misses one required event, you don't get an IMX rating. That is where we are at right now. We should score pretty well nationally, but many of our athletes aren't rated due to missing one event from their age-groups [list](#).

One of the values we hope to get out of the program is to make event choices less emotional for our athletes and parents. The importance of swimming a wide range of

events is clear, this is a tool to help us feel better about choosing a wider event list and give those choices value. No more swimming the same events at all the meets. I see it far too much on our Team.

I encourage you to look at the program in the USA Swimming website. This is a program that Dynamo values.

Dynamo's goal is to have the most swimmers in the top 100 nationally of any club for the year 2009. That will relate to success at all levels, and for a long time in swimming. This will soon be displayed prominently on our website!

## ***The Warm Swimmer Wins***

Several of our dynamo coaches have had the experience of coaching year-round at outdoor pools. In these environments being properly dressed in warm clothing is the only option; at these meets – often times - the warmth of the swimmers determines the results of the close races.

As we know, warmth escapes from the head, hands, and feet. By staying warm, energy is conserved for use during competition instead of used up trying heat the body. Warm muscles are also better at converting energy into motion.

Small, thin, wet bodies easily get cold. The following things help keep swimmers warm and dry:

- Towels (two are a minimum; one for after each event at a maximum – not practical for travel trips).
- Sweatshirt and Sweatpants – good for keeping warm between events.
- Socks
- Parka and Gloves (YES, even at indoor meets)
- Team Warm-Up Suit
- Sneakers or Sandals (preferably an old pair of sneakers since they will get wet): Every time we walk our body absorbs the shock of each step. Without shoes we have to absorb more of that impact. Athletes should stay off their feet as much as possible at a meet. It's the golden rule.
- Extra T-Shirts
- Dry Swimsuit: If the sessions are lengthy and the athlete has a long time between events (over an hour) they should consider packing a dry suit to change into between events.

Picture of Erik Vendt (indoors) at Missouri Grand Prix



[swam fastest time ever in the mile on U.S. soil]  
 Picture of Michael Phelps indoors at the same meet...



**For best performance and comfort swimmers need to stay warm.**

***Winter Attendance Winners***

**ALPHARETTA**

**GREEN**

Auerbach, Cade  
 Blake, Alex  
 Bowen, Mackenzie  
 Bray, Isabelle  
 Caples, Sammie  
 Cross, Michael

**GOLD**

Bray, Sam  
 Caples, Ridge  
 Claffey, Charlie  
 Claffey, James  
 Craver, Addie  
 Chu, Justin

**AG3**

Anderson, Katie  
 Angell, Sydney  
 Auerbach, Knoz  
 Bennison, Haley  
 Bordes, Danielle  
 Bordes, Natalie

ElGomayel, Allie  
Frierson, Bayley  
Gurin, Stella  
Horvath, Hansen  
Jan, Richard  
Kase, George  
Klustner, Jordan  
Laegen, Lizzie  
Long, Sean  
Long, Dean  
Mavris, Phia  
McMahon, Karsen  
Panther, Eric  
Smy, Izzy  
Smy, Ryan  
Thorpe, Chelsea  
Vater, Jonathan  
Wan, Martin  
Wang, James  
Yang, Jason  
Yang, Tigerwin  
Zhang, Andrew

**SR3**

Angle, Caroline  
Bias, Lindsey  
Bychovoy, Kirill  
Habib, Ashly  
Habib, Drew  
Hallenberg, Christy  
Linderman, Carly  
Mitry, Katherine  
Parkey, Brittany  
Psarev, Kirill  
Swanson, Meggie  
Wan, Richard  
Yang, Alice

**SR2**

Brokelbank, Elliott  
Burke, Hannah  
Funnell, John  
Kase, Dylan  
Koski, Mattias  
Prince, Ryan  
Rohal, Jaclyn  
Swanson, Sam  
White, Megan

**SR1**

McCarthy, Kara  
Vater, David

Clough, Gracie  
Durrence, Olivia  
Easwaran, Akshay  
Frierson, Kenna  
Gordon, Rayna  
Hubler, Maddie  
Lewis, Averi  
Liu, Sarah  
Marshall, Clay  
Messawer, Isabelle  
Nickens, Lexi  
Norman, Caroline  
Schantz, Sarah  
Taylor, Michael  
Tzeng, Jessica  
Venizoles, Conrad  
Wellman, Jay  
Williamson, Kota

**AGD**

Allen, Hanna  
Ash, Reed  
Blackstone, Rachael  
Gao, Allan  
Hollowell, Emma  
Hutchinson, Aaron  
Kostov, Valya  
Lung, Nadia  
Oakes, Kelsey  
Petrina, Erik  
Robertson, Stephen  
Stacy, Katie  
Thomas, Kaylyn  
Thompson, Laura Ann  
Wan, Mark  
Zink, Amanda

**AG2**

Durrence, Aaron  
ElGomayel, Sydney  
Faucher, Elizabeth  
Kenny, Matthew  
O'Connor, Cailin  
Stiles, Julia  
Tieu, Kelly

**AG1**

Blair, Connor  
Cassidy, Nick  
Dong, Lisa  
Ho, Tiffany  
Hogan, Lindsay  
Howell, Marshall  
Kase, Samantha  
Lyons, Morgan  
Prince, Kelsey  
Ranzau, Emily

Christian, Carlise  
Cooney, Danny  
Cooney, Kevin  
Crupie, Christina  
Damon, Hannah  
Durham, John  
Durham, Rebecca  
Fahey, Lexy  
Fahey, Tory  
Fish, Emma  
Fisher, Klaire  
Funnell, Emelia  
Ho, Alex  
Hogan, Kelly  
Hubler, Maddie  
Kelson, Lexi  
King, Mandy  
Koski, Joonas  
Laegen, Sam  
Liebenow, Hayley  
Lusby, Trent  
Maheras, Niko  
Mallon, Ashley  
Moss, Shelby  
Mulia, Audy  
O'Connor, Meagan  
Rizzo, Ellie  
Rubanowice, Ashlyn  
Russell, Caroline  
Schreiber, Lauren  
Schrock, Courtney  
Strausberger, Andy  
Stuebler, Vivian  
Swanson, Trey  
Wan, Eric  
Weidner, Elise  
Whitridge, Tess  
Williams, Tori  
Williamson, Colt  
Wu, Derek  
Zhang, Clare

## CHAMBLEE

### GREEN

Andrews, Winston  
Araill, Izzi  
Belkin, Llya  
Bent, Nadia  
Brechbuhl, Hans  
Brechbuhl, Jacob  
Cetron, Rachel  
Dillard, Matt  
Fadjariza, Brian  
Gantt, Courtney  
Johnson, Megan  
Lang, Benjamin  
McGrady, Kaleigh  
Morris, Mary Kate  
Rathbun, Grace  
Sherman, Grace  
Sinclair, Rachel  
Swett, Matthew  
Thames, Christopher  
Valdez, Catalina  
Yoon, Caroline  
Young, Crystal

### GOLD

Bettin, Foster  
Cardot, Charles  
Cohe, Rebecca  
Collins, Erin  
Cruz, Jordy  
Dave, Pooja  
Dillard, Jack  
Gershon, Danielle  
Glover, Zoe  
Johnson, Ivan  
Kleider, Emerson  
Lu, Joanna  
Ng, Tiffany  
Oh, Nicholas  
Pfleger, Erin  
Pfleger, Will  
Rogers, Stephanie  
Solomon, Rachel  
Stearns, Cailee  
Williams, Margaret  
Yoon, Chris

### AG3

Andrews, Rose  
Angle, Sam  
Bills, Alina  
Buxton, Margaret  
Cheung, Wesley  
Durmer, Jeffrey  
Eriksen, Christopher  
Hu, Rachel  
Johnson, Louis  
Lin, Alex  
Locker, Anne  
Lonial, Hallie  
McGuire, James  
Mosley, Hannah  
Reynolds, Rob  
White, Lizzy  
Wilson, Camila

### AGD

Acosta, Cesar  
Alvarado, Rachel  
Bruce, Travis  
Caldaella, Lindsay  
Greenstien, Ryan  
Stroud-Williams, Bree  
Sturken, Craig

### AG2

Cetron, Bryce  
Dillard, Joe  
Durmer, Julia  
Koch, Rachel  
Lockwood, Peyton  
Longo, Haley  
Taylor, Tristan  
Williams, Matthew

### AG1

Astles, Rachel  
Cassan, Cameron  
Cetron, Josh  
Durmer, haley  
Eriksen, Michael  
Fallon, Miranda  
Kelly, Annie  
Kelly, Ryan  
Kowalski, Rishi  
Mosley, Erin  
Osment, Erin  
Peaden, John  
Sater, Stan  
Seifried, Erica  
Zhang, CiCi

### SR3

Alvis, Mark  
Cambria, Zach  
Jordan, Nicole  
McWhinnie, Elizabeth  
Reuning, Tom  
Senter, Wally

### Sr2

Fusco, Emily  
Hamilton, Annie  
Kelly, Lizzie  
McMahon, Sara  
Sater, Sami

### SR1

Balenger, Cory  
Griest, Anna  
Munger, Graham  
O'Neill, Shelia  
Stephens, Jake

*President's Pen*

I hope you have gotten the word....the Swim-a-thon is coming soon! Swim-a-thon is the only pledge per length swimming fundraiser that is recognized by USA Swimming and its insurance provider. The program is designed to permit local swim clubs to raise funds under the auspices and with the support of the larger organization.

Dynamo is a non-profit organization, but that does not mean that we are a charity...we in fact do have a budget and a business plan. Fund-raising is part of our overall plan, and this year our \$70,000 Swim-a-thon goal will insure ongoing, effective, and professionally delivered aquatic programs.

The event will be held during regular practice times April 22<sup>nd</sup> - 23<sup>rd</sup>. Parents with younger swimmers may think that 200 laps (5000 yards) in 2 hours is unattainable, but think again! It is a remarkable feat that serves to recognize and challenge our children. I challenge Dynamo family members to work at least that hard. Recognize their effort by meeting the \$150 per swimmer pledge goal. Every stroke counts, every dollar counts.

Our friendly rivals: Mecklenberg Aquatic Club in Charlotte raised over \$117,000 in 2005 and \$103,000 in 2007. A Washington team with only 18 members was able to raise \$22,000 – that is about \$1200 per swimmer! Swim-a-thon is a unique fundraiser that involves every swimmer. The coaches will help the swimmers achieve the swimming goal, but it is up to us to achieve the fund-raising goal. We have 6 weeks to save up our contribution for their efforts.

Kathy Stephens

***Scholastic All American Team***

Here's what you need to know to qualify for the **2007-2008 Scholastic All-American Team**:

1. Must have completed 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> Grade.
2. Must be a USA Swimming member athlete. (all current Dynamo swimmers are registered USA Swimming member athletes).
3. Must have a minimum 3.5 grade point average (GPA) on a 4.0 scale.
4. Must meet the following time standards [\*\*\*\*Note, this is new for the 2007-2008 Scholastic All-America Team; in previous years you met the swimming criteria by participating in certain meets]:

**Scholastic All American Time Standards**

**Men**

<b>Event</b>	<b>LCM</b>	<b>SCY</b>
<b>50 Fr</b>	24.79	21.69
<b>100 Fr</b>	53.99	47.09
<b>200 Fr</b>	1:58.09	1:43.09
<b>400 Fr</b>	4:09.79	4:39.59
<b>800 Fr</b>	8:40.79	9:39.29
<b>1500 Fr</b>	16:41.69	16:13.69
<b>100 Bk</b>	1:01.39	53.09

<b>200 Bk</b>	2:12.39	1:54.79
<b>100 Br</b>	1:10.09	59.49
<b>200 Br</b>	2:29.79	2:09.79
<b>100 FI</b>	58.89	51.89
<b>200 FI</b>	2:10.59	1:54.89
<b>200 IM</b>	2:13.59	1:56.29
<b>400 IM</b>	4:43.89	4:08.09
<b>Women</b>		
<b>Event</b>	<b>LCM</b>	<b>SCY</b>
<b>50 Fr</b>	27.79	24.59
<b>100 Fr</b>	1:00.19	52.89
<b>200 Fr</b>	2:09.09	1:54.19
<b>400 Fr</b>	4:30.69	5:03.29
<b>800 Fr</b>	9:15.99	10:21.29
<b>1500 Fr</b>	17:46.69	17:24.29
<b>100 Bk</b>	1:07.89	59.09
<b>200 Bk</b>	2:25.99	2:06.99
<b>100 Br</b>	1:16.79	1:06.89
<b>200 Br</b>	2:44.99	2:24.29
<b>100 FI</b>	1:05.79	58.49
<b>200 FI</b>	2:24.19	2:07.39
<b>200 IM</b>	2:27.59	2:09.49
<b>400 IM</b>	5:09.69	4:33.09

Times are the 2000 Junior National time standards, currently the bonus standards for the 2008 Junior Nationals. ***These times may be achieved at any approved, observed, or sanctioned meet by USA Swimming for the Scholastic All America program purposes.***

Note: Last year's application deadline was August 1. Forms should be accessible at [usaswimming.org](http://usaswimming.org) in the coming months.

### ***Should My Swimmer Stay with Dynamo During Summer League***

This is a commonly asked question every year, and a good one. It is wise to stay with Dynamo during the summer league season. Considering that your child has been placed through progression training thus far, why stop in the summer. We do not want to discourage summer league, but rather encourage this participation. By now, most swimmers are in a routine with their training at Dynamo, as well as a solid relationship with their coach. Although summer league may not be as structured as a year round program, it is enjoyed by all in a relaxing and fun environment.

Dynamo coaches want their swimmers to be able to enjoy outside activities, but we also want to continue to train our swimmers in the most efficient way possible. All this being said our billing system is set up so that those who have been with us since the start of the short course season swim for free in the summers! In short, we'd love to have our swimmers have the enjoyment of summer league, and we'd love to have them see us too this summer for detail reminders...

## **Why volunteer and become certified as a Georgia Swimming Official? ... From Dynamo Parent Florence Bordes**

"I have really enjoyed my experience as a swimming official. One of the main reasons I chose to become an official was to educate myself in the sport. Let me share my story with you.

"My daughter was swimming on a summer swim team one year and we went to Georgia Tech for the ASA Championship Meet. This was a big deal for us. We were new to swimming and my daughter was pretty fast. We were excited to see all the professional looking officials. We thought this was the real thing. We had never seen officials at a swim meet before. Our summer team meets had only starters. My daughter did very well (so we thought). She came in second in all her heats. It wasn't until we saw the heat sheets posted that we discovered that she had been DQ'd in several of her events. I went running around trying to find out things like....what did "non-simultaneous arms on the butterfly" mean, and what was "alternating kick on the breaststroke." These were things the coach didn't teach our neighborhood swim team. Having had to explain to my crying daughter that I didn't understand the call was the hardest thing I had to do. I promised myself that I was going to learn more about swimming.

I have done that by becoming an official. Each time I am on deck, I see and learn new things. I look forward to the meets and talking with the more experienced officials. It is indeed the best seat in the house."

Dynamo has some of the best volunteers in USA Swimming, but more like Florence are needed. There is still great need for people who are willing to become certified as Georgia Swimming Officials. For parents of younger swimmers, Clerk of Course, is in need of help at our 10& under and 12 & under swim meet sessions. You can help by becoming certified as an **Administrative Judge** with Georgia Swimming. Administrative Judges deal with swimmers` entries, timing equipment and scoring at swim meets.

In competitive swimming, the quality of officiating directly affects the quality of performance. Consistency and professionalism in officiating and hosting swim meets cannot be assured without adequate staffing. **Stroke and Turn Judges** evaluate swims. Stroke and Turn officials have the best view of the pool at swim meets and don`t have to find a place to sit in the crowded stands. Both Stroke and Turn Judges as well as Administrative Judges, as certified volunteers, are well-taken care of with free heat sheets, free admission, free food/drinks, free parking, and tax-deductibility of volunteer expenses including travel and hotel expenses to meets such as the Georgia 14&Under Short Course Championships in Savannah.

Dynamo is hosting certification clinics for Administrative Judge and Stroke and Turn Judge on Saturday, March 29 and Sunday, March 30. Don't miss this last training opportunity before the summer swim season. For more information, contact Julie Allen ([allen.julie@sbcglobal.net](mailto:allen.julie@sbcglobal.net)).