

Dynamo Swim Club

MONTHLY SWIMMERS EAR

MAY 2008

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Coming to Dynamo!

There are two exciting things coming to Dynamo very soon. We are excited about both of these opportunities.

- As of June 1, Dynamo will go to online registration for all team programs (including Masters). We have an agreement with Active.com, which is a well known online community that is a leader in registrations, be it Teams or Events. Active.com is particularly well known in the Triathlon and Running event arena. Through an agreement with Hy-tek Software (proprietary team management software), and subsequently Dynamo, we will do all our registrations online, and information will flow easily to our office.

Soon there will be a link on our website to register for Dynamo. From that link you will find menu options to take you to the proper facility (Chamblee or Alpharetta), practice groups (including practice schedule, coach assignments and meet schedule) and ultimately data needed to register. The process ends when you pay the registration fee (\$185.00), and receive a confirmation email from Dynamo and Active.com.

Through this process you will generate a username and password. Please keep it, as in subsequent years, you will be able to register by only updating your information rather than entering it in it's' entirety each year. The medical waiver will be part of this, and we are working with our insurance company to see if a digital signature is acceptable, or we will need a physical signature.

Only our registration fee will be part of this process. Monthly billing will still be done by our office, though we will go to email billing as of fall 2008. More information will be available as we get closer to 'going live'.

- Speaking of 'going live', we have entered another agreement, this time with one of our own. Dynamo has rented the concession area at the Chamblee facility to 'Joy Delivered', a personal chef/catering business owned by Coach (AG1-Chamblee) Jon Beber's wife Joy. As of the fall, we will have concessions at our meet second to none, as Joy will run them for us (she still need some volunteers at the meets!). Additionally, families can order and pick up meals through her business on a regular basis.

As Dynamo seeks to further our Brand through entrepreneurial relationships, we are particularly proud of this one, as it is with one of our own, and some really nice people.

With some work on the area, Joy should be up and going sometime this summer. Dynamo will continue to operate the concessions as we have for the remainder of the summer meets. Expect a grand opening event later in the summer!

JT

HAVING TROUBLE BALANCING FINAL EXAMS AND PRACTICE?

As we near the end of another school year, it seems as though everyone has the extra weight of stress on their shoulders. Between final exams, practice, hanging out with friends, getting a summer job, and family vacations, how do we manage to balance it all? We have developed a few pointers to guide you along!

BE A PLANNER

Organize your time between practice, friends, family, and studying well in advance. You should do this about 1 to 2 weeks before you start studying for finals. First, make a calendar of commitments and obligations you must attend to, like practice, school, appointments, etc., and plan your studying around this. Then, figure out the one or two subjects that you think you will need to study for the most. Decide adequate study times for these subjects on your calendar, and then add the remaining subjects. Make sure you include enough extra down time for relaxing, mental breaks, and hanging out with friends. Also, meet with your professor or teacher well in advance. Ask him or her what information you need to focus more time on, and what information will be pertinent to the exam. Bring old exams, homework, and assignments as examples, and remember to also have those on hand during your study time.

CHILL

Find a few activities that relax you and get your mind off studying. Exams are very stressful, so you will need something relaxing and enjoyable with which to reward yourself during a study break. During this time, get some fresh air, exercise, or see family and friends. Bring a watch so you don't lose track of time during these activities. These study breaks should be factored into your study calendar ahead of time.

MAKE A SPLASH

Make sure you still regularly attend practice! We know you have a lot on your plate, but the proven benefits of exercise have a positive impact on your studies. According to WebMD, exercise increases blood flow to the brain, which brings in oxygen and important nutrients. This causes faster brain waves, which are responsible for quick thinking! Other benefits of exercise are:

- Reduces anxiety
- Reduces stress
- Improves mood
- Promotes better sleep patterns

Continuing to come to practice regularly will also give you a way to see your friends and take a much needed study break.

HUNGRY?

Make sure you continue a balanced and healthy diet. Do not skip a meal, and continue drinking plenty of water and other hydrating fluids. Try avoiding caffeine or sugars while you study and take your exams. These ingredients will give you quick energy at first, but then will cause your blood sugar to crash.

ZZZZZZ

Make sure you continue your great sleep habits. Staying up late at night studying will make you very tired the next day, and will tempt you to drink caffeine. The downfall of substituting caffeine for a good night's sleep is mentioned above.

EXCUSES, EXCUSES

It can be very easy to put studying off until last minute...do not make excuses to not study. If you plan ahead and use your time wisely, then you will have plenty of time to study, relax, come to practice, and learn any new material you may have missed. If you truly feel overwhelmed and weighed down, then do not hesitate to talk to your coaches, teacher, parents, or friends for help and support.

If you follow these simple guidelines and helpful hints, then studying should be a breeze! GOOD LUCK!

2008 SPRING ATTENDANCE WINNERS

Chamblee
Green
Andrews, Winston
Bent, Nadia
Courtney, Tyler
Dillard, Matt
Fadjariza, Brian
Gantt, Courtney
Gonzalez, Nicholas
Johnson, Megan
Lang, Benjamin
Lonial, Ben
Malever, Rebecca
McGrady, Kaleigh
Morris, Mary Kate
Oh, Noah
Pascaner, Aaron
Pfahnl, Arnold
Rathbun, Grace
Sun, Lee-Kai
Sun, Lee-Shan
Valdez, Catalina
Yoon, Caroline
Young, Crystal

	Gold	
	Arail, Izzi	
	Bettin, Foster	
	Binkley, Maura	
	Cardot, Charles	
	Cruz, Jordy	
	Dillard, Jack	
	Gershon, Danielle	
	Glinsky, Manachem	
	Kleider, Emerson	
	Ng, Tiffany	
	Oh, Nicolas	
	Pfleger, Erin	
	Rogers, Stephanie	
	Solomon, Rachel	
	Stearns, Cailee	
	Sweet, Matthew	
	Thanes, Christopher	
	Williams, Margaret	
	Wurst, Jessica	
	Yoon, Chris	
	Ag3	
	Andrews, Rose	
	Angle, Sam	
	Bills, Alina	
	Buxton, Margaret	
	Cheung, Wesley	
	Durmer, Jeffrey	
	Hu, Rachel	
	Lonial, Hallie	
	Reynolds, Rob	
	Schank, Allie	
	Syre, William	
	AgD	
	Acosta, Cesar	
	Bruce, Travis	
	Caldarella, Lindsay	
	Greenstein, Ryan	
	Haratin, Helen	
	Krupp, Alex	
	Sturken, Craig	
	Wildner, Mary	
	Ag2	
	Andrews, Finny	
	Bentz, Gunnar	
	Cetron, Bryce	
	Coats, Sarah	
	Cooper, Caitlin	
	Davis, Alana	
	Dillard, Joe	

	Drummond, Austin	
	Durmer, Julia	
	Ehrlich, Daniel	
	Hu, Rebecca	
	Koch, Rachel	
	Lechner, Suzanne	
	Longo, Haley	
	Munger, Austin	
	Naegle, Olivia	
	Niederhauser, Mary Kate	
	Nowak, Kate	
	Smith, Sarah	
	Taylor, Tristan	
	Williams, Matthew	
	Ag1	
	Astles, Rachel	
	Durmer, Haley	
	Eriksen, Michael	
	Fallon, Miranda	
	Kelly, Annie	
	Kelly, Ryan	
	Kowalski, Rishi	
	Osment, Erin	
	Peaden, John	
	Price, Carter	
	Sater, Stan	
	Seifried, Erica	
	Staley, Chris	
	Zhang, CiCi	
	Sr3	
	Alvis, Mark	
	Balenger, Addie	
	Bentz, Kenzie	
	Cambria, Zach	
	Chang, Ben	
	McWhinnie, Elizabeth	
	Reuning, Tom	
	Senter, Wally	
	Slimming, Harry	
	Sr2	
	Hamilton, Annie	
	McMahon, Sara	
	Kelly, Lizzie	
	Fusco, Emily	
	Whelan, Alex	
	Sr1	
	Brodie, Layne	
	Couture, Wilson	
	Griest, Anna	
	Kintz, Emily	

McDonnell, Brigid Mary
Munger, Graham
O'Neill, Sheila
Stephens, Jake
Alpharetta
Green
Auerbach, Cade
Bailey, Elizabeth
Bray, Isabelle
Bowen, Mackenzie
Cross, Michael
ElGomayel, Allie
Frierson, Bayley
Gurin, Stella
Horvath, Hansen
Jan, Richard
Klustner, Jordan
Kortana, Animesh
Laegen, Lizzie
McMahon, Karsen
Nedza, Jacob
Paczewitz, Corrine
Ray, Alexander
Ruth, Alex
Smy, Izzy
Smy, Ryan
Spralding, Greer
Veal, Mary Kate
Wan, Martin
Weisman, Arielle
Yang, Jason
Yang, Tigerwin
Zhan, Jeff
Zhang, Andrew
Zou, Kelly
Zhang, Ashley
Gold
Ahuja, Avni
Chen, Edward
Chu, Justin
Clough, Gracie
Craver, Addie
Durrence, Olivia
Finn, Claire
Frierson, Kenna
Griffin, Austin
Lewis, Averil
Liu, Sarah
Marshall, Clay
Messawer, Isabelle

	Norman, Caroline	
	Popenov, Elizabeth	
	Schantz, Sarah	
	Spiers, Tristan	
	Swanson, Kenia	
	Taylor, Michael	
	Tejeda, Amber	
	Todd, Jake	
	Tzeng, Jessica	
	Wang, James	
	Williamson, Kota	
	Zou, Andy	
	Ag3	
	Anderson, Katie	
	Angell, Sydney	
	Auerbach, Knox	
	Bennison, Haley	
	Christian, Carlisle	
	Cooney, Danny	
	Damon, Hannah	
	Evenson, Alex	
	Evenson, Megan	
	Fahey, Lexy	
	Fahey, Tory	
	Fisher, Klaire	
	Funnell, Emelia	
	Ho, Alex	
	Hogan, Kelly	
	Kelson, Lexie	
	King, Mandy	
	Koski, Joonas	
	Laegen, Sam	
	Liebenow, Hayley	
	Lusby, Trent	
	Mallon, Ashley	
	Mulia, Audy	
	O'Connor, Meagan	
	Rizzo, Ellie	
	Schreiber, Lauren	
	Steubler, Vivian	
	Swanson, Trey	
	Venizoles, Conrad	
	Wei, Julian	
	Weidner, Elise	
	Wellman, Jay	
	Whitridge, Tess	
	Williams, Tori	
	Williamson, Colt	
	Wu, Derek	
	AgD	

Allen, Hanna
Ash, Reed
Blackstone, Rachel
Borden, Callie
Cave, Megan
Cheng, Michael
D'Souza, Marissa
Fang, Andy
Fang, Jerry
Gao, Allen
Ghai, Surabhi
Hand, Sabrina
Gillen, Abbie
Hutchinson, Aaron
Kostov, Val
Lan, Philip
Lauer, Charlotte
Lung, Nadia
Malinowski, Erik
Petrina, Erik
Stacey, Katie
Thomas, Kaylun
Thompson, Laura Ann
Walters, Maddie
Wan, Mark
Whitlock, Robbie
Zink, Amanda
Ag2
Anderson, Gentry
Faucher, Elizabeth
O'Connor, Cailin
Stiles, Julia
Tieu, Kelly
Ag1
Blair, Connor
Cassidy, Nick
Dedich, Katie
Dong, Lisa
Hogan, Lindsey
Howell, Marshall
Kase, Samantha
Kenny, Michael
Koutrelakos, Kati
Lembeck, Natalie
Lyons, Morgan
Mazourenko, Lusya
Nickens, Margaret
Prince, Kelsey
Ranzau, Emily
Reynolds, Michael

Weissman, Meredith
Sr3
Angle, Caroline
Habib, Ashley
Habib, Drew
Hallenberg, Christy
Kocks, Madison
Laegen, Cassie
Mitry, Katherine
Sykes, Niklaus
Yang, Alice
Sr2
Brockelbank, Elliott
Burke, Hanah
Kase, Dylan
Koski, Matias
Prince, Ryan
Rohal, Jaclyn
Swanson, Sam
Thompson, Kelsey
Sr1
Anderson, Tyler
Ash, Julia
Browning, Allen
Browning, Laura
Cross, Jessica
Gorin, Dmitiry
Lockard, Melanie
McCarthy, Kara
Templeton, Dylan
Vater, David

Why Attend a Team Travel Meet?

Travel trips have many social and competitive benefits conducive for long-term development. Each summer, Dynamo provides the great opportunity for many of our young swimmers to go on a team trip to an out-of-town (sometimes out-of-state) swim meet. In the past, we have taken groups to places such as Irvine, CA; Ft. Lauderdale, FL; Washington, DC; and Indianapolis, IN. This summer we have chosen to attend meets in Ft. Lauderdale, FL; Spartanburg, SC; and Raleigh, NC, depending on your son/daughter’s group placement and current ability level.

While on a travel trip, swimmers travel together on a charter bus, room with their teammates in a hotel near the pool, eat meals together, and are under the supervision of their coaches and designated chaperones. For many swimmers, it’s their first weekend away from mom and dad, and their first opportunity to take responsibility for prepping themselves to swim fast. Mom and Dad aren’t around to help out with the little things, such as packing their bag, ensuring proper hydrating and refueling, or getting them out of bed in the morning. While ones times will take care of themselves, ultimate success of the trip can be determined by how well each swimmer does the little things correctly.

On the senior training level, senior sectionals, junior nationals, and senior nationals are focus meets for our training groups. Beyond Dynamo, swimmers will focus on their collegiate conference meets, NCAA championships, Olympic trials, and for some, the Olympic Games. These meets generally rotate between various sites in different cities and states, where team trips are a must, not an option, in order to compete against the appropriate competition. The travel trips we take during the season and championship season help each swimmer prepare for their most important championship meets when they get older.

Travel trips give each swimmer a chance to represent themselves, their family, and the Dynamo Swim Club, not to mention an excellent opportunity for making new friends. While some swim clubs do not have travel trip opportunities, we feel it's a privilege to have this opportunity as a member of the Dynamo Swim Club, and hope that many of our swimmers can take advantage of this wonderful experience.

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...

Officiating

Georgia Swimming Officials who volunteer at home or away meets (anywhere throughout the United States) are well-taken-care of with up-to-date heat sheets (even when none are sold), free food in hospitality, free admission, and often free parking as well.

Georgia Swimming is the governing body for USA Swimming in our state. Dynamo is looking for volunteers interested in becoming certified as **Administrative Judges**, who deal with swimmers' entries, timing equipment and scoring, working with Clerk of Course.

Georgia Swimming will be offering an

Administrator Clinic - Saturday, May 24, 9:00 AM-1:00 PM, Mountain View Aquatic Center, Marietta Ga. If you have interest to attend this clinic, please contact Jeff Seiden, bigmonkey42@hotmail.com no later than May 20 so that training materials can be provided.

Attendees for ADMIN only (Clerk of Course) who are not current USA Swimming Non-athlete Members will need to bring two checks made payable to GA Swimming, \$49 for USA membership and \$15 for the clinic.

Not only does officiating fulfill your volunteer commitment at Dynamo, the time spent is satisfying and yields great friends and experiences. We have a great group of officials with Georgia Swimming at Dynamo. We'd love to have you join us! Interested to find out more about this great volunteer opportunity? Contact Dynamo parent, Julie Allen, at allen.julie@sbcglobal.net.