

Dynamo Swim Club

December 2008

MONTHLY SWIMMERS EAR

Dynamo Records

It has been said that maybe we don't do a good enough job promoting Team Records being broken here at Dynamo. Some athletes mentioned that to me, and they are probably correct. Dynamo Team Records do not at all come cheap. There have been a number of great swimmers who have come through Dynamo, as much as any other Team. Period. We will do a better job promoting from here on out, and here is a very good start to a season full of opportunities:

Team Records set this season so far:

- Taylor Schick
 - **50 Free 23.86** (13-14 Girls Dynamo Record) Set 4 Dec 2008 USA Swimming Short Course National Championships
- Matias Koski
 - **1650 Free 16:00.79** (13-14 Boys Dynamo Record) Set 14 Dec 2008-GA SC SR State Championships
- Jack Lane
 - **50 Free 20.67** (15-16 Boys and Senior Dynamo Record (any age)) Set 13 Dec 2008-GA SC SR State Championships
 - **100 Free 44.79** (15-16 Boys and Dynamo Senior Record) Set 14 Dec 2008-GA SC SR State Championships
 - **200 Free 1:38.66** (15-16 Boys and Dynamo Senior Record) Set 5 Dec 2008-USA Swimming Short Course National Championships
 - **100 Fly 48.21** (15-16 and Dynamo Senior Record) Set 13 Dec 2008-GA SC SR State Championships
 - **200 Fly 1:49.74** (15-16 Boys Record) Set 13 Dec 2008-GA SC SR State Championships

GA Swimming Records set this season so far: (means in the state of Georgia, no one has ever gone faster for event)

- Jack Lane
 - **100 Free 44.97** (15-16 Boys Record)
 - **200 Free 1:38.66** (15-16 Boys Record)
 - **100 Fly 48.21** (15-16 boys Record)

- Matias Koski
 - **1650 Free 16:00.79** (13-14 Boys Record)

Beyond these performances, which are remarkable, Dynamo has been really good. The year after the Olympics is always a good one , and with the increased exposure, and the addition of our Technical Suit problem, it is even better.

USA Swimming SC Nationals

Thank you to all the families and volunteers who helped Dynamo host USA Swimming Short-Course Nationals. While not as many bug names as last years meet, it was still a very fast meet, and made possible through our Dynamo volunteers.

A special thanks needs to go out to Ed Saltzman who was the Meet Director, putting all the pieces together. He is a tireless worker and a long-time Dynamo Volunteer. Anita Damon took on the job of organizing the volunteers, which is the biggest single job associated with such an event. It takes someone with great organization skills, great communication and even more-so and easy way about them.

Great Job and Thank You!

Sports Parenting

USA Swimming and USA Skiing have partnered on a 'Successful Sports Parenting' program. This is one about phases of sport and roles, borrowed from Tennis: [sport and roles](#).

Attention Parents of 10 & Unders

Would you like to have the best DRY seat in the house at your child's swim meets? Are you comfortable enough with computers to use email and google? We are looking for a few parents of younger children who are willing to be trained as computer operators, and if you answered "yes" to both of these questions, you are qualified. For more information, please contact Sue Swanson at sueswanson@gmail.com.

Holiday Travel

As the holiday season approaches, the Dynamo coaching staff has some recommendations on how Dynamo swimmers can stay fit while traveling to visit family and friends.

Train with Another USA Swimming Club

Swimming is one of the most popular sports in the world in terms of youth

participation numbers. There are clubs of all sizes in most cities. Talk to your coach and let her/ him help you find a club to train with during your travels. Often your coach can quickly check the USA Swimming website and find one or more clubs centrally located to where you are traveling. Your coach can make a quick call to the coach at the club and find out if the club accepts visitors to train (almost all clubs do accept out of town swimmers as a courtesy) and what the holiday practice schedule will be. Please give your coach a few weeks to track down this information for you.

Swim On Your Own

While swimmers may not enjoy this option as much as training with another club, sometimes coaches cannot find a club convenient to where your holiday travels take you. However, most communities have pools which are open to the public. In this case, please ask your coach for some workouts you can do on your own while you are away. Remember, coaches are busy preparing for the holidays as well. So, give your coach plenty of notice if you will need specific written workouts.

Stay Active

There are some trips which lead swimmers away from the convenience of any type of training pool. In this case, swimmers should plan to do dryland training on his or her own. Talk to your coach about what she or he specifically recommends based on where you are traveling. Often times, coaches will recommend running, biking and body weight exercises to stay fit during your travels.

Dynamo Swim Club is a 501c(3) not for profit volunteer parent owned organization