

Dynamo Swim Club

January 2009

MONTHLY SWIMMERS EAR

The Dynamo Eastern Classic

Before we get on to the information about the Eastern Classic and other meets, we need to correct a mistake. Last month we listed Team Records set this season, and mentioned how we don't make a big enough deal about them, as they are not easy to come by. Swimming at Dynamo, there was somebody previously on this Team who was good at what you are good at.

Apologies to Gunnar Bentz, as he was left off a list of Team Records in the December Monthly Newsletter. Gunnar set two records earlier in the SC Season at the Woodie B Malone Meet:

- 50 free 23.99
- 200 Breaststroke 2:24.86

Again, our apologies to Gunnar, and Congratulations!

We have worked long and hard to re-establish the Eastern Classic Swim Meet, to be held at Dynamo on January 17-19. This is a meet that is associated with our best years; top Teams from around the country traveling to Atlanta to compete in a Team Meet format. Squads of 50 will compete as a Team to win the meet, sometimes a concept that is lost in club swimming. I think athletes are always better when they are competing for something more than themselves. Teams chose their 50 athletes however they like, from whatever age groups. Dynamo selected our Teams based on power points, adding up an athletes top three events and using that score.

The Teams competing this year are:

- Carter Center Aquatics (Virginia)
- Summerville Marlins Racing Team/City of Charleston (Charleston, SC)
- Twin Cities (Minneapolis MN)
- Bernal's Gator Swim Club (Boston, MA)
- North Baltimore Aquatic Club (Baltimore, MD)
- Swimmac of the Carolinas (Charlotte, NC-MAC to us)
- City of Mobile Swim Association (Mobile, AL)

Of added interest and prestige, Katie Hoff will be swimming in the meet this year, fresh off winning three medals at last summers Beijing Olympics.

The last couple of years have been tough on this meet, with many Team's opting for a different meet. We appreciate the families billeting some of the visiting Team's swimmers. We are looking for all our families to take on the role of host's to the visiting swimmers and families. We have set up our volunteer assignments, but may use a second course (the outside pool) for more sessions, and will need

more timers. We ask that Dynamo families please be responsive to any calls for more volunteers. We wish all the swimmers well this weekend, as we will be represented at three meets across Atlanta. This should be a fun one, and I would think everyone's idea of 'what good is' will be altered!

Nutritional Information- Nutritional Value System

Copied from www.nuval.com

Some information on a new nutritional value system, created by a team of physicians including the inventor of the glycemic index. The idea is to rate foods nutritional value within food groups, and across food groups. Some basic information:

The Numbers Tell the Story

You know that making better food choices is essential to good health, but it can be confusing and time consuming. Now the NuVal™ Nutritional Scoring System is here to help.

Developed by a recognized team of nutrition and medical experts from leading health organizations and universities, the NuVal System is a food scoring system that helps consumers see – at a glance – the nutritional value of the food they buy.

How the Scoring Works

The NuVal System scores food on a scale of 1 to 100. The higher the NuVal Score, the higher the nutrition. It's that simple.

Because the NuVal System applies the same nutritional criteria to all foods, you can now quickly and easily compare the nutritional value of foods not only within a category (vegetables) but also across categories (vegetables and veggie burgers).

See [foods and their scores](#)

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.

“If I only had one day left on this earth, I'd spend it at a swim meet because they last forever!”

Glenda Orth, Georgia Swimming Officials Chairperson, recently shared this sentiment; and, when you're sitting in the crowded bleacher seats at a swim meet, most any swim parent can identify with that feeling!

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, an up-close view of the pool out of the crowded bleacher seats, and often free parking as well.

Are you able to write off any of your travel-related expenses for swimming? How much are you paying for that hotel room in Auburn, Augusta, Charlotte, and Raleigh ...? Do you put miles on your car traveling to swim meets? Have you paid for parking, tolls, hotel rooms, and even airfare in order to attend a swim meet? Georgia Swimming Officials are typically parent volunteers who are able to deduct their swim meet travel expenses when preparing their personal tax returns.

Georgia Swimming is the governing body for USA Swimming in our state. Dynamo is looking for volunteers interested in becoming certified as entry-level officials: either Stroke & Turn Judges, who evaluate swims; or Administrative Judges, who deal with swimmers' entries, timing equipment and scoring, working with Clerk of Course.

Clinics will be offered in Alpharetta on **Saturday, March 28** and **Sunday, March 29**. Advance Registration is required. Clinic pre-registration and payment must be received as soon as possible to secure a space in the class as well as to review advance materials if needed (*NOTE TO SELF*: mark the calendar to respond by March 1 to not miss this opportunity).

For those interested in certification as a **Stroke/Turn Judge**, we're now able to offer you the choice of whether you'd like to do some advance preparation and have a shorter class (2 hours) or just show up for the 4-1/2 hour format with no advance preparation. The **Stroke/Turn Express Clinic** will be offered on **Saturday, March 28 from 9-11am**. The **Stroke/Turn No Advance Prep Clinic** (4-1/2 hour format) will be offered from **10am-2:30pm on Sunday, March 29**.

The **Administrative Judge Clinic** will be offered on **Saturday, March 28 from 9am-1pm** in Alpharetta. If you're calendar is already booked on March 28 so that you're unable to participate with your Dynamo friends, an Administrative Judge Clinic will also be offered on **Saturday, March 14 from 9am-1pm** at Mountainview Aquatic Center in Marietta.

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!

If you have interest to learn more about this opportunity, contact Dynamo parent Julie Allen (allen.julie@sbcglobal.net). Don't delay in expressing your interest to participate. Volunteers from other teams will also have the opportunity to register and spaces are limited.

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

