

# Dynamo Swim Club

Spring 2009

## MONTHLY SWIMMERS EAR

### Dynamo Banquet and Senior Recognition

**SAVE THE DATE!**

Dynamo Annual Swim Banquet

**Sunday, June 14**

**1-3 P.M.**

**Hilton Northeast**

The banquet will celebrate the past year, as well as recognize the Dynamo Seniors who will be heading to college in the fall. We will recognize a wide variety of achievements, and allow the seniors a chance to speak.

### THE DYNAMO CLASS OF 2009

Dynamo Swim Club proudly presents our graduating class of 2009. Dynamo is their Team and our future is largely dependant on their past. We hope they will always remember Dynamo and continue to learn and apply the skills and knowledge that they received within the club. The coaches thank the graduates and their families for a rich and rewarding experience.

Mark Alvis	Dunwoody High School	Undecided
Laura Browning	Alpharetta High School	Clemson University
Andrew Chang	Lakeside High School	Undecided
Derrick Fey	Chamblee High School	Georgia Southern
Anna Griest	The Westminster Schools	Bucknell University
Leslie Hackler	Centennial High School	Emory University
Addie Hamilton	Chamblee High School	Undecided
Emily Kintz	St. Pius X Catholic High School	Duke University
Andrew Klemperer	Paideia School	Georgetown University
Elizabeth McWhinnie	Galloway School	College of Charleston
Peter Melampy	Marist High School	University of Georgia
Graham Munger	St. Pius X Catholic High School	University of Georgia
Samantha Sater	Woodward Academy	Tulane University
Stacia Schacter	Holy Innocents High School	University of Miami (OH)
Lindzi Smith	Lassiter High School	Virginia Tech
Kevin Spiwak	Norcross High School	Georgia State
Karl Staber	Marist High School	Georgia Tech

Audrey Stephens	Lakeside High School	Undecided
Clayton Stout	Marist High School	US Naval Academy
Alexis Weber	West Forsyth High School	Georgia Tech
Jackson Wood	Dunwoody High School	Undecided

### 2009 Long Course Schedule

- 4/18-4/19** LSC Meetings  
**4/25-4/26** Spring Splash  
**5/2** Saturday Special  
**5/16-5/17** Bulldog Invite (UGA) and Dixie Classic  
**5/6-8** UofArizona Trip  
**6/6-6/7** Friday/Saturday IMX tentative - Sunday Special GRN/GLD/HS/AGD  
**6/19-6/21** Travel Meets SR Indiana University-'Cheeseburger in Paradise' Meet/ AG Largo-Florida  
**6/26-6/28** Coaches Invite  
**7/10-7/12** CAD (All AG) & SR Circuit Meet at Dynamo (All SR-Last chance to qualify for Sr State)  
**7/16-7/19** AG State/SR Sectionals Qualifiers  
**7/23-7/25** SR State Qualifiers

#### Additional Dates

- 7/28-8/1** Zones  
**8/4-8** US Open - Federal Way, WA  
**8/10-14** Juniors - Federal Way  
**9/26** LSC Meetings

### Dynamo Swim School Nominated for 2009 Parents' Pick by Nickelodeon

We are proud to announce that Dynamo Swim School was nominated for the 2009 Parents' Pick Award sponsored by Nickelodeon in the category of Best Swim Lesson in Atlanta. Nominations are made by Atlanta parents who have posted positive comments about the program. Voting takes place between May 15 and July 15 and since we are in the running for Nickelodeon's top ParentsConnect honor we are asking you to take a few minutes to go on-line and vote for our swim school. Please go online to [parentspick](#), click on **Atlanta** and then click on **Swim Class**. Then VOTE! Thanks in advance for recognizing Dynamo Swim School as the best lesson program in Atlanta!

### Registration 2009-2010

Registration time is upon us again. The process is going to be very similar to last year, and also to make sure you understand some slight differences.

Registration goes live on the Dynamo website on Monday the 18<sup>th</sup> of May. Once logged in with your Dynamo password (email [Jason](#) if you need it sent to you), you click on the red 'Start Registration' button on the left. It is important that you update all your information, particularly medical information that we will use in case of emergency.

New swimmer registration will open June 3, 2009 so it is important that returning swimmers register by then in order to allow for new swimmers.

Invoices and Charges for 2009-2010 will be as follows:

Month	Monthly dues Charged	Invoice posted	Due date
1	Yes	21 July 2009	1 August 2009
2	No	21 August 2009	1 September 2009
3	Yes	21 September 2009	1 October 2009
4	Yes	21 October 2009	1 November 2009
5	Yes	21 November 2009	1 December 2009
6	Yes	21 December 2009	1 January 2010
7	Yes	21 January 2010	1 February 2010
8	Yes	21 February 2010	1 March 2010
9	Yes	21 March 2010	1 April 2010
10	Yes	21 April 2010	1 May 2010
11	No	21 May 2010	1 June 2010
12	No	21 June 2010	1 July 2010

Please remember:

1. Dynamo has historically asked for the registration fee and one months of dues deposit when registering. We have separated the fees to spread out costs for the families. Dynamo will put the first monthly charge in on July 21 for the August invoice, and then skip the September invoice. The remaining 8 monthly charges will run from the October invoice through the May invoice.
2. Even in months that we do not charge monthly dues, invoices will still be run and posted. Meet entry fees and other charges may still happen during those months.
3. Please be checking your bills online. When invoices are produced on the 21<sup>st</sup> of each month, any account with a balance will be charged a \$25.00 late fee automatically.

## The Greatest Performance Enhancement Supplement: Sleep

Overrated? Never! Underachieved? Almost always! Sleep is the third component to recovery and performance. This follows hydration and nutrition that were featured in the first two medical shorts. Sleep is also restorative. Not only does it refresh your intellectual function, but it also allows the muscles to recharge, uninterrupted, for the next performance challenge. Sleep enhances reaction times, endurance performance, and power performance. Not too shabby when all you have to do is lay there. There is a catch, as you would guess. You have to have quality sleep and you have to have enough of it. It is a complete myth when someone tells you that they are fully recharged after 4-5 hours of sleep. The human brain goes through sleep cycles that include several stages of sleep, including REM (dream state) and deep sleep, as well as other intermediate stages. All of them are important to improve your daytime athletic and intellectual performance.

Individuals differ as to how many cycles they ideally need and how long a full cycle takes, but each person can tell you, if they are honest. I usually ask the Masters athlete when they would wake up without an alarm at the beach without any interruptions of any kind. The answer may be alarming (pun intended). In general, it is around 8 hours, but there are some that may be as low as 7 or as high as 10. As we age, the effectiveness of our sleep cycles tends to diminish. So it may be expected that, as adults, we may need more restorative sleep.

Address the issues that awaken you with your practitioner. Common interruptions include bathroom stops and medication dosing. It is well know that Melatonin is a common mediator of sleep in the brain and that this diminishes as we age. Many find that the use of over-the-counter Melatonin assists sleep

patterns with aging. You have to give Melatonin at least 4-6 months to see if it will help you and you need to clear its use with your practitioner, to avoid a medication interaction.

Sleep problems quickly become obvious. If you are swimming multiple practices per week and going to work and you are one of those 9-hour sleep creatures, where does that fit in? The answer is planned time management. What happens if you become sleep deprived, which is really easy to do on a demanding home and work schedule? Well, let's start with poor athletic performance, poor recovery, sub-par work performance, grumpy athlete with a short temper.....and that is just for starters! Now we have the question, which I posed last time. Is it over training or under-fueling or sleep deprivation? Can lack of appropriate hydration, nutrition and/or sleep result in pushing an athlete to an over-trained and unfulfilled state? You know the answer now. YES!

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