

Dynamo Swim Club

Summer 2009

MONTHLY SWIMMERS EAR

What I've Learned...

As many of you know, swimming lost one of its greatest assets and possibly it's greatest coach when Richard Quick passed away in June. While swimming lost its motivator and forward thinker, I personally lost a great friend and mentor who gave a young coach direction and hope. I liken my opportunity to work as his assistant at Stanford University to a football coach working for Bill Walsh in his prime, or a college basketball assistant coach at Duke working for Coach Krzyzewski. A California reporter doing a story on Richard recently asked me "What was it about him, and what did I learn from him"? Got me thinking....

It is my hope that we honor Richard by carrying on as he did, to the best of our ability here at Dynamo. Here is some of what I learned;

1. **Always work on and progress technique.** Even more than working on technique, Richard was always finding new technical improvements. Richard didn't react to how others where swimming, others reacted to what Richard's Teams were doing. When he found someone who could advance his coaching and teaching, he found a way to adopt them, like a Bill Boomer or Milt Nelms. Richard would use many sources, almost all sources that would be termed as less successful coaches. Richard would talk to a first-year 23-year old coach at a clinic, and come away with something of interest and try it at practice that next Monday. He never discounted who could be a source of information or progression.
2. **Do things in the open; be transparent.** Richard was a forward thinker, and he would try just about anything to get an edge. Whatever protocols or methodologies Richard pursued for training were conducted out in the plain view of all. Nothing hidden, nothing secretive. It makes life simple, and easy for athletes to get behind. In 2004 we got involved with Lifewave, an Atlanta company that produces a non-transdermal patch for performance and recovery. Our Stanford athletes could wear the patches either hidden beneath their suits, or on exposed skin in plain view. Richard instructed our athletes to wear them in plain view. When other athletes and coaches at the Olympic Trials saw our athletes wearing the patches, there was much talk, but all tempered by the fact that it was out in the open and not hidden. It makes life simple.
3. **Govern and Coach for the athletes.** Richard sat on many committees for USA Swimming

and FINA. He always thought of the athletes and the sport when guiding, even if it was not in the best interest of his actual Team. While at Stanford, Richard supported a rule change to score an additional heat (third) of finals at the PAC-10 Championships, in order to help the smaller schools score some points against Stanford, Cal, USC, UCLA, Arizona etc. That made it harder for Stanford to win the meet (always kept smaller squads), but made sense for the overall health of the sport. That is confidence. Two years after that vote, the Stanford women took 4th at the PAC-10 meet, and 2nd overall by 1.5 points at the NCAA Championships. The move didn't fit his Team, but was good overall for our sport.

4. **Excitement covers up a lot of mistakes**. This will always be my strongest memory of Richard, and will also be the memory of people who just met him once. While Richard was a great technical coach, and preached technique in a relentless fashion, it was his excitement and intensity that people reacted to, be it at practice or meets or on the street. No one enjoyed what he was doing more than Richard, and it genuinely showed. At the meet, at the critical moment, excitement covers up a lot of mistakes, it's where great performances can live. Excited will overpower scared or nervous or timid. Excited.

There is much more that could be said to this, particularly Richard's life. I am appreciative of a relationship that started out work-related, but grew into much more. In 2000, during the Olympic Games, my father passed away. When Richard returned from Sydney, we got to talking about it, as there had been a long illness and Richard had been very supportive. He told me that I was going to miss my father when I needed advice and help, but miss him most when I had good news in my life and wanted to call and share it with him. With all due respect to Richard's family, I feel similarly now.

JT

Championship Meets and More Suit Stuff

As predicted, the suit business is now part of the swimming business. I would say more than we even planned, and we expected it to be big. I have copied the link to our [Championship Meet Suit Policy](#). I would ask that all athletes and parents be aware of such for the championship meet. It has become hard to police and stay ahead of. Some items of note/addendum:

1. We are a speedo team, and wear speedo suits as part of that contract with Speedo. Our contract ends on Dec 31 of this year. No telling what any future agreement is with speedo or another company, as that side of it is very different now. We are expected to be in Speedo suits, unless you just cannot find one through regular channels. Discuss this type of situation with your coach.
2. Please be reminded that we do limit how much suit one can wear in the age group program. The exception for the Age Group State Meet will be some athletes who already have achieved Junior National time standards, and will be attempting US Open and National standards. Once an athlete has Junior Cuts, they are a part of our National Team program.

Good Luck to our Graduating Seniors

Mark Alvis	Dunwoody High School	Undecided
Laura Browning	Alpharetta High School	Clemson University
Andrew Chang	Lakeside High School	Undecided
Chris Faux	The Westminster Schools	Williams College
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

Meet Schedule Short-Course 2009-10

Doug Coers Pentathlon	3-4 October 2009	All
Chattahoochee Gold Invite	9-11 October 2009 @ GOLD	AG1/SR1 - AG2/SR2
Dynamo Mile/Sat Special	24-Oct-09	SR1-2, AG1-3/AGD, GN, GLD
Mac vs. DYNA dual (AG)	14-15 November 2009	AG1, AG2, AG3
MAC vs. DYNA dual (SR)	14-15 November @ MAC	SR1, SR2, SR3
Stars & Stripes	15-Nov-09	AGD, Green, Gold
Woodie B Malone	4-6 December 2009	All Groups
Senior State	11-13 December 2009 @ GA Tech	Qualifiers

Animal Meet	2-Jan-10	SR1-3, AG1-3, AGD
Eastern Classic	16-18 January 2010	Qualifiers
Rays Coaches Invite	15-17 January 2010 @ RAYS	Non-Qualifiers
ASL Winter Invite	22-24 January 2010 @ ASL	AG1/S1/S2/S3 (8th grade and under) – Or all age groups
High School Time Trial	14-Feb-10	All (in High School)
Lanier Invite	19-21 February 2010 @ LA	AG Last Chance meet
Age Group State	26-28 February 2010 @ Savannah	Qualifiers
Senior Sectionals	4-7 March 2010 @ TBA	Qualifiers
Metro Champs	12-14 March 2010 @ RAYS	11 & Over
Age Group Sectionals	11-14 March 2010	Qualifiers
Warren Stephen's 10 & Under Metro's	20-Mar-10	10 & Unders

Registration for 2009-10

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

Registration is now live on the Dynamo website. 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 on the August invoice, which will post July 21. We will then skip the September billing month (still run invoices of meet fees etc). 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 21st of each month, any account with a balance will be charged a \$25.00 late fee automatically. We will notify about billing in the following manner
 - I. 15th of each month: Email to anyone with any balance due to Dynamo, as a reminder.
 - II. 21st of each month: Invoices are posted to your account (not sent or emailed). Reminder that the invoice is posted and to review and direct any questions to Edie Wunderlich.
 - III. 1st of each month: Reminder of due date for invoices.

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