

Dynamo Swim Club

November, 2008

MONTHLY SWIMMERS EAR

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New This Month

With much fanfare, and some time tipping everyone off, we roll out a new template for our website on Tuesday the 28th of October. It is not in a totally completed form, but close enough we wanted to start using some of its' features, while we wait for others. Here are some of the features:

- Each family will have an account on the website, and access to their billing account that way. There is a functionality that allows for members to pay with a credit card online, though it is not required. Other teams that use this same system/vendor say that just about all their families use this feature. There is a convenience fee (equal to the transaction fee) for this, and this feature will be available as of November 21, and the December billing statement. Members can continue to send in checks as usual should they like.
- We can now sign up for meets online, rather than our present method of papers and emails. With this new system, our coaches will spend less time tracking down entry commitments, and more time coaching. This is the first feature we will put to use, for the Woodie B Malone and Lanier Aquatics Meets the weekend before Thanksgiving.
- In addition to signing up our athletes for meets, there is a volunteer sign-up for the meets as well. This feature, we believe, will help us get more of our membership helping at the meets. It will roll out soon.
- You have access to all your meet results through the system. While there are places to go outside of our website to do so, now convenient and easy within dynamoswimclub.com.

On Tuesday the 28th of October, all members will receive through email a login and password to our website. Most all articles and news is available without logging in, though the functions I mentioned above are only visible once you login. All members only have access to their own information (billing, times etc). There will be instructions in this email for signing in, as well as how to access your online account. Since your online account will not be active, there will be nothing to see. Keep the email for use on the 21st of November when your account is active.

To sign up for a meet:

1. Locate it in the right column of the front page, or by clicking the 'Events' tab on the top menu bar.
2. Click on "attend this event". If you haven't signed in, you will be prompted to.
3. Follow the directions, and you have the ability to commit to the event by sessions your child will be swimming. We will publish a meet information sheet with proper guidance for what session certain age groups will be swimming. You can include a note to your coach as well. Once our meet entries are finished, they will appear in your online account as well.

There will be a slight learning curve. Our ultimate goal is to provide our members with outstanding services, and use them to allow our coaches to spend more time coaching and less time administrating.

Cheers,

JT

Nutrition: Colorful Eating

What are the first three foods that come to mind when we say "carbohydrate?"

1. Pasta
2. Rice
3. Bread

Each if these is excellent. But what do they have in common? They're all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called **anti-oxidants**.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY is you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of "*free radicals*." Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is NOT a desired part of the

training process. Damage caused by free radicals (aka "scavengers") circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants "absorb" free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This a good reason to eat lots of colorful foods during the recovery time between workouts.

Colorful foods include, but are not limited to:

Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes

Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, Mike&Ikes, Fruit Loops, etc.

Swimming Is An Investment

With time at a premium in the two-career family, many parents are now asking "Is it the sacrifice and expense of joining an age group program worth it?" Here are some thoughts on why it is from Coach Cindy Anderson, head age group coach of the Reno Aquatic Club in Reno, Nevada.

"Age group swimming is much more than just swimming back and forth, day in and day out - the occasional swim meet and winning ribbon. Of course the swimmer gains from the physical activity of swimming, by becoming more fit...and there is involvement in an after-school activity at a time when working parents can't be with their kids. But age group swimming is an investment in the health, fitness, and overall growth and development of the youngster.

From the physical standpoint, swimming helps improve cardiovascular fitness, strength, flexibility, and neuromuscular coordination. In addition, swimming is a lifelong fitness activity that is relatively easy to pursue, low in injury risk, and helps reduce stress. It can be enjoyed recreationally long after it has ceased competitively.

Beyond the physical benefits, swimming in both practice and meets contributes greatly to the psychological and emotional development of the young athlete. As an activity, swimming requires the development of specific and complex motor patterns. Swimming well requires not only hard physical work, but also intelligent application of learned skills and the ability to THINK while performing. From concentration on performing stroke skills

correctly to executing race strategies, the athlete learns early to concentrate and perform under pressure. In addition nutrition education is an ongoing and essential part of the athlete's overall development and success.

Age group swimming also requires consistent dedication, discipline and long-term commitment to goals, learning the habit of persistent application of lifestyle adaptations for goal achievement. Young swimmers also learn to accept success and failure with equal grace. In life as in swimming, one often fails several times on the way to a success, and it is an essential and difficult life-lesson to learn. The ups and downs of competition and training expose the young athlete to the realities of success and failure and force them to deal with the living experience.

Age group swimming, both directly and indirectly, teaches the athlete to develop: goal-setting strategies, time management skills, relaxation and imagery techniques, positive attitudes, and generally enhances the athletes overall self-image. Competitive swimming is both social and fun, and by virtue of the athletic nature of the activity, reinforces positive social values and beliefs. Athletes are taught to value their hard work in training and steer clear of drug and alcohol abuses.

To be an athlete is a very special and wonderful thing. To be a competitive swimmer is special, wonderful, and difficult; but the benefits of the persistent dedication and application of efforts, along with the benefits of facing and dealing with the emotional and psychological experiences associated with the demands of training and competing for success, are well worth whatever personal and/or financial investments are required. Age group swimming is much more than it first appears.

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.

Short-Course Nationals Volunteering

Dynamo has been selected to host the USA Swimming Short Course Nationals again this year. Additionally we will host the meet in December of 2009 as well.

It will take a large number of volunteers to run this meet. This is your chance to help us show the rest of the world how great Atlanta and Georgia are; not to mention your chance to get close to people who dominated your T.V. screen just a few months ago.

If you'd like to volunteer, or you know an organization looking for volunteer hours or opportunities for their members – complete the [volunteer form](#) and send it to

Anita Damon (Volunteer Coordinator) or just send an email to:

usascn2008@gmail.com



We also need some assistance in the area of Corporate Sponsorship or donations:

We are in need of Corporate Sponsors to contribute food for hospitality. If you have restaurant connections, or know people in the food industry, we will have to feed approximately 250 officials, coaches, and volunteers each session. There will be advertising opportunities in hospitality for any sponsors who contribute – banners, tent cards on the tables, coupons or adds at the Atlanta Information Booth at the venue.

We are also in need of two (2) high-speed copiers for the four day duration of the meet. If you are in the office machine business, we would like to talk to you. If you have contacts in the office supplies, paper, T-shirt business; we also need your help.

If you can help in the sponsorship area – just email Ed Saltzman at:

usascn2008@gmail.com

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