

April 2021 Newsletter

Take Your Mark, Go!

GET A DCS L.I.F.E

LEAD. INSPIRE. FOCUS. EXCEL

DCS Families,

Welcome back from Spring Break! The 2021 Short Course Championship season wrapped last month with tremendous swims at our Championship meets at Senior State, Central Divisionals, the DCS Intrasquad Meet, and Age Group National Club Swimming in Orlando. Our swimmers' perseverance and hard work paid off with best times and killer swims by everyone. Coaches and swimmers from other teams pay attention when DCS is in the water!

A new DCS team record board (above) is now hanging in the lobby of the BWAC! It is a great motivator for our swimmers; in fact, several of the current records have already been broken. The DCS team record board will be updated at the end of each year-round season. Swimmers have until the end of the summer to shatter a few more.

After some much deserved rest, now is the time to keep training hard and keep pushing with purpose to get to the next level. Coach Trey, Coach Julie and I have big plans for this Spring/Summer! Our swimmers know what it takes to get there. Thank you, DCS Parents, for your support and trust in us to train your athlete. Let's get to it!

-- Coach Jrod

Important Announcements

1. Parent Meetings with DCS Board -- Spring Tailgate during Practice

All DCS parents, new members and veterans, are invited to attend an informal outdoor meeting with the DCS Board to receive the latest on our Spring/Summer session, answer questions about policy and procedure and get to know each other! All questions, comments and concerns are welcome. Blue, Future, Bronze and Silver Team will meet on Wednesday April 28th at 6:15pm. Gold Team will meet on Friday the 30th at 7:15pm. The "tailgate" will be held in the parking lot behind the BWAC. Please come!

2. Summer League Swimming Offers New Racing Opportunities in June

DCS has created a new Summer League team, the DCSunRays, to participate in the WestSide Summer Swim League (WSSL) this June. Six area teams are members of the WSSL. Membership in and practice for the Summer League program is separate and additional to DCS membership. Blue, Future, Bronze and Silver Team swimmers are encouraged to participate. Cost is **\$80**. [Click here to register](#) or look under "Team Events" on the DCS Calendar on swimdcs.com.

3. Summer Practice Schedule Starts June 1st

We are finalizing the Summer practice schedule with the BWAC. Currently, there will be NO CHANGE to the June-July practice schedule for Blue, Future, Bronze and Silver Team. GOLD Team and DCS Masters will continue to train in the early mornings; we anticipate 6-7:30am, are awaiting confirmation from the BWAC, and will advise once set! Check the DCS website for days and times.

4. Long Course Meets on the Team Calendar - Anticipate some adjustments

Regrettably, COVID continues to pose a challenge for teams and venues this summer in addition to unexpected meet woes. The Coach Lee Invite was cancelled due to pool maintenance problems. We appreciate your patience and flexibility!

5. Celebrating our Swimmers in May

To say that COVID was a challenge this past year is an understatement! DCS will celebrate the amazing accomplishments during the short course season in spite of the pandemic with an outdoor, socially distanced, pizza party. Dates and times coming soon!

6. Reminder: Warm weather means that Dryland Practice is Back

The return from Spring Break marked the return of Dryland practice. [Click here for the current swim/dryland schedule](#).

7. Swim-a-Thon returns in June - #SplashForSupplies

Our biggest annual team fundraiser, Swim-a-Thon, is back in June ... and with a twist! This year, DCS will also celebrate the teachers who support our kids in the classroom by donating a portion of the funds raised by our team to purchase needed supplies for our teachers...a #SplashForSupplies! Share this news with friends and family! Look for the lanerope on [our website](#) and help support DCS and the larger community.

All DCS swimmers will participate in the non-stop marathon swim during their respective practice times. We will tabulate the yardage swum to calculate the “collective distance” and convert it into miles. Our goal is to swim 999 miles...that distance will take us to Omaha, Nebraska, site of the 2024 USAS Olympic Trials! More info to come!

Mark your calendar

SWIM MEETS

May

DCS May 8th Distance Championships @BWAC

Saturday, May 8th
Limited to Gold and Silver Team
1000FR & 400IM only events

TEAM EVENTS

Parent Meeting/ DCS Board

INFO-Tailgate @ BWAC parking lot

Blue / Future/ Silver/ Bronze Team

Wednesday, April 28th @ 6:15pm

GOLD Team

Friday, April 30th @ 7:15pm

Summer League Team Registration

Interested? Sign up by May 23rd

Every practice

Staying Safe with COVID protocols

Monday - Saturday, AM and PM sessions

NO practice

**Monday, May 31st (BWAC closed for
Memorial Day)**

Treasurer's Update

Just a reminder that tuition is due by the 10th of each month! Also, should your child decide to take time off or not swim, a 30 day notice is required to suspend your account.

For your convenience, you may pay with a credit card by following these steps:

1. Log into your account
2. Select My Account (on the left side)
3. Under Billing, select Setup Autopay
4. Select the Payment Setup tab
5. Choose "Use for fees associated with your account" to ensure that all items posted to your invoice (meet fees, tuition, any extras such as team gear purchases, etc) are charged to your card at the first of the month. By selecting this option, you will not incur any additional service fees!
6. OR Choose "use for On Demand Payments"; however, this option will incur additional convenience charges.

If you wish to pay by check, please leave payment in the blue bank pouch at the COVID screening station at the pool or mail to DCS, 4352 Avary Place, Douglasville, GA 30135.

Thank you for your steadfast support. Stay well all!

~ Cheryl Melilli

President's Update

By now, I'm sure you are all aware that the governor signed new orders lifting the 50 person occupancy in Georgia. You may be wondering what this means for DCS moving forward. As of right now, nothing has changed with our protocols - we still require masks to enter the building, take temperature, ask our COVID questions, adhere to the occupancy limits and space the swimmers accordingly. We have been advised that it will take some time for the county, the Parks Department and the Boundary Waters Aquatic Center to decide what, if any, changes they will make and once we know we will convey to you all what the changes will mean for us as a swim team. Please bear with us, and remember that it took more than 6 weeks for us to get back into the pool after the governor allowed pools to reopen last year.

Moving forward, any swimmer that arrives more than 15 minutes ahead of their scheduled practice, or who remains after practice will wait in the front hallway with the board members. We need to ensure that the coaches' attention is on the swimmers in the pool, while following occupancy limitations. For those who are working on schoolwork, a table and chairs will be provided. We appreciate your understanding.

~ Tish Atwell

DCS L.I.F.E.

Our swimmers excel in and out of the water! Has your swimmer been recognized for excellence in a pursuit outside of the pool? Parents, please send us a brag list. We will celebrate in the May issue of this newsletter.

~ Maria Bartlett

Parent Info

If you have any questions about your child's practice group, training or swim meets, please speak to Coach Jarrod, Coach Julie or Coach Trey outside of the facility at the end of practice or email us at douglascountystingrays@gmail.com to set up a convenient time for everyone.

A gentle reminder: **On time arrival for practice is very important so as not to disrupt the coaches' training for and instructions to our swimmers.** But, running late happens! If you are, please send Coach Jarrod a text to advise @ 470-507-1717

Remember, the more you attend practice, the faster you become fast! Please make being on time a priority!

We welcome a number of new families to DCS! The [swimming terminology](#) below may answer some questions regarding swim jargon you've heard ...or not!

What is a qualifying time?

USA Swimming Motivational Times as well as State and National Qualifying Times are posted on our pool deck behind the starting blocks. Why? Basically, all of these "times" are used by swimmers and coaches to set achievement goals. Since swimming is largely an individual sport, USA Swimming has created a list of "goal times" defined by gender and age, for every stroke and racing distance. Swimmers can then gauge their progress after each event they swim by comparing their race time with the USA Swimming Motivational Times chart. Beginners often start with a "B" goal time. It takes a lot of hard work to swim so fast!

Once your child has achieved solid "BB" and "A" times, it may be time to look at the GA State Qualifying times chart. These times or "cuts" are updated every year and are also specific to age, gender, stroke and distance. If your race times are equal or better to the qualifying times, you will attend the state championship meet! "Going to State" is a goal shared by DCS swimmers.

Time Standard Charts (available on our website at <https://www.teamunify.com/team/gsdcs/page/times/time-standards>)

- [2021-2024 Motivational Chart](#)
- [GA Age Group State Qualifying Times \(2020\)](#)
- [2020 GA Senior State Qualifying Times \(LCM\)](#)
- [2020 Speedo Sectionals Qualifying Times](#)

Remember: swimmers ALWAYS want to “drop time”. It’s a good thing!

Showing some Love and Keeping Records of Achievement

Virtual achievement patches and fireworks are awarded by USA Swimming to every swimmer once he/she has attained a Motivational Time "B", "BB", "A" and so on OR if they have competed in a long distance event. Just download the free **USA SWIMMING DECK PASS** App. Once your child has competed in a sanctioned swim meet (with official timing and USA Swimming stroke and turn officials such as the Candy Cane Invite), you will be able to track his/her performance and chart individual progress without having to purchase a giant three-ring binder (unless you want to)! Just download the APP and create an account. Your swimmer’s meet experiences are all there.

Another great application to download is **MEET MOBILE**. There is both a free as well as a for purchase version of this application. **MEET MOBILE** allows you to receive real time results of your child's races and placement ranking. This app is a *must* at larger competitions.

~ Maria Bartlett



Sponsors Page

Thank you, DCS FAMILIES.

Your tuition dollars support our swimmers and our coaches every month. Thank you for investing in our swimming program.

It's never too late to become a DCS Sponsor. Interested? We will have a number of recognition opportunities this year to promote local business support of Douglas County Stingrays. Just email us at douglascountystingrays@gmail.com for more information.

~ Maria Bartlett

Swimming Terminology

- **DQ'd** - Disqualified, meaning that there was something illegal about the swimmer’s stroke. It is important that all swimmers conform to the same rules for swimming to ensure a fair race for everyone. This is not a bad thing. While it is disappointing to be disqualified for a race, it is also an opportunity to learn and receive some feedback on your stroke.
- **SCY** - Short Course Yards. The length of the pool is measured in yards.
- **LCM** - Long Course Meters. The length of the pool is measured in meters.

- **Short Course Season** - Year round swimming is broken into two seasons. The short course season begins in September (when you pay your annual registration) and lasts until April. Meets during this time take place in 25 yard pools.
- **Long Course Season** - The long course season is April through July and meets are held in the long 50 meter (Olympic sized) pools.
- **Motivational Times** - Are a categorization of swim times, by age group, from slowest to fastest. These times provide guidance to swimmers on where they rank in comparison to others. The groupings are based on letters beginning with B and get progressively faster to AAAA times.
- **Time Standards** - Entry into a “championship meet” is restricted by the minimum time a swimmer must achieve.

www.swimDCS.com

Questions? Email us: [douglascountystingrays@gmail](mailto:douglascountystingrays@gmail.com)

Follow us on Twitter @DCSswimming