



June/July 2021 Newsletter

Take Your Mark, Go!

Olympic Edition

GET A DCS L.I.F.E

LEAD. INSPIRE. FOCUS. EXCEL

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DCS Families,

It's an Olympic Year! And every four years, the world is mesmerized by the athleticism of Olympic athletes. **Competitive swimming and swimmers rise to the forefront and capture the imagination of the public.** People learn about our sport and realize what the DCS family has always known: swimming is an awesome, brutally difficult, unforgiving discipline...and these athletes make it look so easy! The swimmers that represent Team USA are a testament to perseverance, resilience, determination and grit. One of our own even made it to Olympic Team Trials this year! Hard work pays off.

In the meantime, the Summer Long Course season, and summer itself, is almost over! **We will begin our "end of summer" break in three weeks** to give everyone time to recharge before the return of school and the beginning of the short course season 2021-22. The consistent, deliberate work that our swimmers have been putting into their practices is paying off in great races that they are having

now and will pay even bigger dividends in the Fall and Winter. The Tokyo Olympics will be held during our rest break. **Be sure to [watch these amazing swimmers compete](#).** Remember, none of them started their journey at the top. It takes one stroke at a time...and a dream.

Lead. Inspire. Focus. Excel. Let's get to it.

Important Announcements

1. Annual DCS Registration is OPEN -- all returning year-round swimmers must complete by Sept 1st

We will begin the 2021-22 swim season on August 9th. All new and returning DCS team members who registered last fall 2020 or prior to June 2021, must complete the 2021-22 Annual Registration. **Registration cost for Bronze, Silver and Gold Team is \$150** and includes USAS Premium membership through Dec 2022, a team cap and team t-shirts. **Registration for Swim Academy, Novice, Blue, Future Team is \$85** and includes USAS Flex membership, a team cap and a team shirt. Flex membership allows for participation in 2 sanctioned, non-championship USAS meets through Dec 2022 in addition to all non-sanctioned meets.

2. DCS End-of-Season Rest Break starts July 24th

Hard to believe that summer is almost over! We will take a well deserved rest break starting July 24th. Last day of practice for each group may vary; a reminder email to each will be sent. We look forward to seeing everyone back at practice on Monday, August 9th.

3. Fall Practice and Meet Schedules 2021-22

The **tentative group practice schedule for Fall 2021 is posted on our website** below the current one. DCS will continue to hold practice during the same early morning and late afternoon/evening block as last year. We aim for consistency in scheduling so that you can plan accordingly! **Only very slight changes in days are anticipated.**

Coach Jarrod is creating a robust plan of Fall and Winter meets! Once finalized, all competitions will be posted to the website. Stay tuned!

4. 2021 DCS 5+5 Tandem Swim-Run -- Season kickoff and community event is AUG 28th

DCS Families, swimmers and the community are invited to join our first annual DCS 5+5 Tandem Swim-Run at the BWAC on August 28th. **The "5+5" is a sanctioned 5k run plus a 500yd swim. Our DCS swimmers will "team-up" by random assignment with a runner participant from the community-at-large;** the swim course and run course will be held concurrently. Then, the finish times of each random-tandem-duo will be combined to determine the top "swim-run" finishers. We will also award the fastest 5k runners by age group, just like a regular running race. Our intention is to gain public awareness of our swimmers and their abilities, host a great event for the community and raise funds for our aquatics program. Event registration and more to follow!

5. **Swim Across America - Atlanta, coming in October**

The Open Water swim fundraiser that benefits childhood cancer research will return in October 2021 to Lake Lanier! This year, Team DCS will participate and will be championed by Gold Group swimmer, Emma Staudigl. Emma has great experience in this event and encourages all DCS swimmers to join her in this worthy cause. Look for a letter from Emma in your inbox soon!

6. **Swim-a-Thon - pushed to Spring 2022**

Our big team fundraiser, Swim-a-Thon, will be pushed to Spring 2022. What is Swim-a-thon? All DCS swimmers will participate in a **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!

7. ***Reminder* Safe Sport Required Training for Parents and Swimmers --All practice groups**

SafeSport training is a required part of our annual registration. Just follow these easy steps: login to your DCS account, click on the Safe Sport tab on the left, scroll down to PARENT / ATHLETE EDUCATION and follow the prompts. This training is a requirement for our team to maintain status as a USAS Safe Sport Recognized club. Thank you!

Mark your calendar

SWIM MEETS

July

Dynamo Coda Classic
@ Bussard Aquatic Center
Friday-Sunday, July 9-11th
Gold, Silver, Bronze Group
Timed Finals

GA Age Group Long Course State Championships
@Georgia Tech

Thursday - Sunday, July 15th-18th
Must have qualifying times to enter

GA Senior Long Course State Championships
Friday - Sunday, July 23rd-25th
Must have qualifying times to enter

TEAM EVENTS

Every practice

Maintaining healthy protocols
Monday - Saturday, AM and PM sessions

NO practice

Monday, July 5th (pool closed)

Summer Break/Back to School
July 24th - August 7th

Annual Team Registration

Now Open! Complete by September 1st for returning year-round swimmers

Practice Resumes

Monday, August 9th

DCS 5+5 Tandem Swim-Run

Saturday, August 28th

@BWAC

Details coming soon

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

As we wind down our 2020-2021 season, I'd like to thank each and everyone of you for making this year the success that it has been. Through your patience, understanding and ability to adapt, we made it through! We look forward to seeing you all back in August.

~ Tish Atwell

Safe Sport @ DCS

As the SafeSport initiative continues to evolve, DCS will update our SafeSport policy accordingly. Parents, look for an important email outlining the updates in SafeSport 2.0 that are required by USA Swimming and our club by the end of July. Thank you for your support of our program!

~ Julieta Doyle

DCS L.I.F.E. @ School

At DCS, our swimmers excel in the water and out. The following athletes shared these outstanding accomplishments at their respective schools:

Emma Staudigl (8th, Bowden Middle School): 4.0 GPA, Junior Beta Club, Quest program, 9th grade honors algebra

Ana Peralta Rolka (12th, Oak Mountain Academy): Summa Cum Laude graduate, Female Athlete of the Year

Addison Cheatwood (5th, Mason Creek Middle): A Honor Roll, Perfect Attendance (for 6 years!), President's Award for Academic Excellence

Vito Cappiello (8th, Carrollton Middle School): 8th grade Math Award, Principal's List (99 average), Science Award, Student of the Month, Most Valuable Swimmer

Kaitlin Cappiello (10th, Carrollton High School): National Honor Society, Second Year Scholastic Letter (all grades 95 or better), 10th grade average 98.33

Levi Word (9th, home school): Magna Cum Laude Certificate from the National Latin Exam, Performed Shakespeare and entire poem of Midnight Ride by Henry Wadsworth Longfellow for his class.

Olivia Word (5th, home school): Memory Master Certificate for memorizing over 400 facts including US Geography, History, Timeline, Science, Math, Latin, and English grammar, completed Level 6 piano

Braelyn Dixon (6th, Carrollton Middle School): National Beta Club inductee, Excellence in Social Studies, Honor Roll, Outstanding Citizenship, Middle School Swim Team participant

Sophia Watroba (8th, The Heritage School): “Jefferson Award” (highest GPA in middle school), “Hawk Award” (most outstanding female athlete), Most Outstanding French Student

Charlie Bartlett (7th, Oak Mountain Academy): Honor Roll, National Honors Society Member, Coach’s Award for Best Middle School Athlete

Anna Bartlett (11th, Oak Mountain Academy): Citizenship Award, Headmasters List, National Merit Scholar Qualifier, UGA Certificate of Merit, National French Exam Bronze Medalist

DCS L.I.F.E. @ US Olympic Team Trials

Danielle Melilli, DCS Alumna and Division II swimmer at Queen’s University in Charlotte, NC, competed in her first USA Swimming Olympic Team Trials on June 7th in Omaha, Nebraska.

Although she did not swim her best time, Danielle raced a solid 50m Freestyle! We look forward to her sharing her experience with our swimmers. We could not be prouder and we can’t wait for #2024!!

~ *Maria Bartlett*

Parent Info

If you have any questions about your child's practice group, training or swim meets, please speak to Coach Jarrod or Coach Trey 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! Parents, if you are, please send Coach Jarrod a text to advise @ 470-507-1717. 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 \(2021\)](#)
- [2021 GA Senior State Qualifying Times \(LCM\)](#)

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.com

Follow us on Twitter @DCSwimming