



September 2021 Newsletter

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# Take Your Mark, Go!

GET A DCS L.I.F.E.

LEAD. INSPIRE. FOCUS. EXCEL

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DCS Families,

Welcome to the 2021-22 swim season! September marks the beginning of USA Swimming's calendar year. Now is the time to reset goals and dream big! Together, we will work hard to give DCS athletes the best opportunity to learn and succeed.

Our DCS aquatics program has been improving in every way possible, from the pool to school. I think that the most important aspect of an athlete's life is the opportunity for sport to build character skills that will help them succeed not only in their present endeavours, but also far beyond their swimming years. So let's keep living that DCS L.I.F.E.!! Remember, at DCS we focus on the process because results are a consequence of the process.

Something that I have been saying to all my swimmers this season is: "If you want to be great, then you have to do the things that nobody else wants to do." That means not just working hard in the pool, but eating correctly, resting and sleeping enough, doing homework and maintaining good grades. Let's keep improving and dreaming.

**DCS Lead. Inspire. Focus. Excel.**

*~ Coach Jrod*

# Important Announcements

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## 1. Annual DCS Registration is DUE -- all swimmers must complete

All DCS team members 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, and 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 Team Caps and Shirts -- remember to update your shirt size

Your annual registration includes some team gear. **All will be delivered later this month.**

## 3. DCS All Groups Practice - Exhibition -- Tuesday, September 7th

Join us on Tuesday evening at 5:30pm as we demonstrate the DCS group swimming progression with an exhibition of our Novice through Gold groups. Coach Jarrod will introduce each group and goals for the team. Parents are encouraged to observe from the bleachers. A perfect evening to ask questions of our coaching staff!

## 4. Fall Practice and Meet Schedules 2021-22

The group practice schedule and meet schedule for 2021-22 short course season is posted on our website. **Look under DCS Calendar/Team Events for swim meets.** Coach Jarrod has created a robust plan of Fall and Winter swim meets! As we are still challenged by COVID-19, we appreciate your patience, flexibility, and understanding as we await final meet info for many meets and the possible addition of new racing opportunities.

## 5. DCS 2021-22 Sponsorship Drive -- NOW until September 15th

Our aquatics program continues to grow and support the dreams and aspirations of over 100 swimmers! We celebrate the success of our athletes at every stage of development: from Novice swimmers to young men and women who have represented our program on the National stage. **Your support helps us build champions** in and out of the water. [Click HERE for information.](#)

## 6. Swim Across America - Atlanta / Team DCS swims October 2nd

The Open Water **swim fundraiser that benefits childhood cancer research** will return next month to Lake Lanier! This year, Team DCS will participate and will be championed by Gold, Bronze, and Future group swimmers Emma Staudigl, Max Kubik, Abi Atwell, Micah Campbell, Zoe Schilke, and Miles Kubik. Want to join this worthy cause? Click [HERE](#) for more information! Spirit nights to help raise funds for this important cause will be held throughout September. Look for flyers soon!

## 7. Swim-a-Thon - pushed to Spring 2022

Our big team fundraiser, Swim-a-Thon, is planned for 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!

**8. \*Action Required\* Safe Sport Acknowledgement Due NOW**

DCS is a [USA Swimming Safe Sport](#) Recognized Club. The US Center for Safe Sport provides abuse prevention and awareness training to coaches, administrators, athletes and parents through their website and club programming. An updated Minor Athlete Abuse Prevention Policy (MAAPP) will be implemented on September 1st. **Please read and acknowledge the following by clicking [HERE](#).**

Thank you!

## Mark your calendar

### SWIM MEETS

#### September

**DCS Sugar Rush Sprint**

**@ BWAC**

Saturday, Sept 25th

Gold, Silver, Bronze, Future Group

Timed Finals

#### October

**Swim Across America - Atlanta**

**@Lake Lanier**

Saturday, Oct 2nd

**Auburn Invitational (tentative)**

**@Auburn University**

Friday - Sunday, Oct 15th-17th

Gold, Silver, Bronze, Future Group

Timed Finals

### TEAM EVENTS

#### Every practice

**Maintaining healthy protocols**

Monday - Saturday, AM and PM sessions

#### NO practice

**Monday, September 6th (pool closed for Labor Day)**

#### DCS TEAM EXHIBITION

**Tuesday, September 7th**

**Novice, Blue, Future, Bronze, Silver, and Gold**

**@BWAC**

**5:30pm**

**Parents encouraged to observe!**

#### Annual Team Registration

**DUE NOW for all swimmers**

#### Safe Sport MAAPP 2.0

**Complete by [CLICKING HERE](#)**

# Treasurer's Update

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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

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Welcome new swim families and welcome back returning swimmers and families. Unfortunately returning as well is COVID, especially the Delta variant! Please follow our COVID protocols, so we can keep COVID out of the pool. As one of just a handful of teams that was not kept out of the water or whose numbers were not reduced significantly, we must remain diligent. **If COVID spreads among our membership while at the pool, it will be up to Boundary Waters Aquatic Center and Douglas County (with whom we ARE NOT affiliated) to decide if/when we can get back into the water.**

We will be providing a flow chart shortly to assist you, but here are the protocols in a nutshell:

Whether the swimmer (or coach) is vaccinated or not, if you have COVID: We require a 14 day quarantine from the date of the COVID test. After 10 days, test for COVID again. If negative, the swimmer (or coach) may return on day 15 with proof of the test result.

If a swimmer (or coach) is unvaccinated and identified as COVID exposed, it will require a 14 day quarantine. If the swimmer (or coach) exhibits no symptoms throughout this time there is no test required, just a 14 day quarantine with a return on or after the 15th day. If the swimmer (or coach) exhibits any symptoms, then we request they get tested and if negative continue to quarantine until after 14 days returning on day 15 or after. If the swimmer (or coach) exhibits symptoms and tests

positive they will enter the COVID positive protocol above.

If a swimmer (or coach) is vaccinated and identified as COVID exposed, we ask the swimmer to remain out until days 3-5, and acquire a COVID test at that time. If the results of the test are negative, the swimmer (or coach) is welcome to return, if the results are positive they will enter the COVID positive protocol above.

At all times we request anyone who is unvaccinated to wear masks while entering and leaving the building and when not able to socially distance. We highly recommend masks for anyone who is vaccinated. Similar to last year, I am confident we can get through this if we all work together!

~ Tish Atwell

## Safe Sport @ DCS

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As the SafeSport initiative continues to evolve, DCS has updated our [SafeSport policy](#) accordingly. Parents, please [acknowledge the updates in SafeSport 2.0](#) that are required by USA Swimming and our club. Thank you for your support of our program!

~ Julieta Doyle

## Parent Info

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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](mailto: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](https://www.teamunify.com/team/gsdcs/page/times/time-standards))

- [USAS 2021-2024 Motivational Chart](#)
- [GA Age Group State Qualifying Times \(2022\)](#)
- [2021-22 GA Senior State Qualifying Times \(LCM\)](#)
- [USAS Para Motivational / Qualifying Times \(LSC/ZONE/Sectional\)](#)

**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**. It's a for purchase app that 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

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## 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](mailto:douglascountystingrays@gmail.com) for more information.*

~ Maria Bartlett

## Swimming Terminology

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- **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](http://www.swimDCS.com)

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

Follow us on Twitter @DCSwimming