

# the Atlantis Update

## President's Message

Atlantis Families,

As summer approaches, I wanted to say thank you to a few individuals who have had a big part in making this season a great success:

**Coach Johnny** – It's been almost a year since Coach Johnny took the reins as Head Coach of Atlantis, and so a special thank you and congratulations to Johnny on surviving your first year in charge! Your energy and passion for the sport and our team is contagious.

**Our coaching staff** – Thank you coaches for teaching our kids how to swim, but more importantly, for teaching them about leadership, work ethic, goal-setting, sportsmanship, and teamwork. Your commitment and dedication to our children is truly appreciated.

**Kathy Barnas** – Kathy is stepping down from the Board at this time. Kathy has been a key part of the Board, organizing social events, planning the banquet, and making travel arrangements, among other things. We will miss her fun attitude and creative ideas!

**Judy Depew and Cheryl Bastian** – Until very recently, these ladies as membership chairs were handling all facets of registration and billing, along with answering the team email account. They are still serving on the Board and helping coordinate merchandise ordering, and various other projects.

**Kelli Dewey** – Thank you to our new Team Admin, Kelli, who has taken over the membership duties. Having a permanent person in this role (as opposed to rotating volunteers) was a strategic move for our team and will lead to long-term stability and consistency.

**The Board of Directors** – We've accomplished a lot this year! Thank you all for your commitment to our team. Also, a special welcome to Patrick McCourt who was recently appointed by the Board to fill a vacant seat.

**Our Point People** – Kara Gifford and her team of Point People help streamline merchandise distribution and answer questions from parents so the coaches can focus on coaching. Thank you!

**Coach Kristi** – An Atlantis legend, we've been lucky to have Kristi as a key part of our team for many many years. We are sad to see her go, but have a sneaking suspicion we'll see her around occasionally.

**Our Parents** – Thank you for choosing our team, thank you for volunteering, thank you for supporting your kids, and for letting the coaches coach. We believe swimming on a team like ours will teach your children so much more than just swimming. We are glad you agree!

If I had the room, there are many others I could thank who've stepped up to help in various ways throughout the season. Your efforts help make our team about more than just swimming. Thank you!

As a reminder, please be sure to fill out your Atlantis Membership Survey and to attend the Spring Membership meeting on May 3rd, where Board elections are held. Your input is critical to our team's success.

I look forward to seeing you at the banquet, and before we know it... the long-course pool!

*Emily Hamilton, President*

## Dates to Remember

**April 17**  
[Movie Screening & Dinner](#)  
Emagine  
Royal Oak

**April 23**  
[Annual Team Banquet](#)  
Glen Oaks  
Country Club

**May 3**  
[Annual Membership Meeting/Board Elections](#)  
Groves HS  
Cafeteria

**May 19-21**  
[PCC Cruisin' into Summer meet](#)  
Eastern Michigan  
University

**June 2-4**  
[Eric Namesnik Memorial Invitational](#)  
University  
of Michigan



# Seven Reasons to Swim Long Course

*Swimming World Magazine* listed some inspiration for hitting the 50-meter pool this summer!

## 1. Making it Short and Sweet

This shorter season can create a more fun, fast atmosphere than is sometimes seen in the long winter months. Hopefully, this change of pace will leave swimmers feeling excited and refreshed as they finish up the summer months and transition back to the short course season.

## 2. Soaking up the Sun

Along with an increase in vitamin D, schedules are often more relaxed during summer months. This leaves time to do other things between practice sessions, or at least time to squeeze in a nap before heading back to the pool.

## 3. Shaking it Up

Change is good. Every swimmer has reached a point in their careers where they get a little stuck, and switching up the training routine is a great way to get out of a rut. Long course training offers swimmers a chance to approach practices and races with a different mindset, which can help erase feelings of burnout and foster recommitment to the training process.

## 4. Creating Endurance

This type of training and racing builds a different type of endurance that is beneficial even if you aren't planning on any major long course meets. If you spend a good amount of time training meters, the transition back to a 25-yard pool will leave you feeling like the pool is suddenly significantly shorter than you remembered.

## 5. Building Toughness

While every swimmer develops their mental and physical toughness no matter the length of the pool they are training in, there is something special about racing certain events in a long course pool. The 400 IM and 200 fly take on totally different meanings when the amount of walls per race is cut in half. Getting through a 400 IM in the early period of the long course season can spur a confidence boost that transcends seasons.

## 6. Working Details

Long course means fewer walls, which can actually be a good thing. If you're a swimmer who struggles with their walls, having less to work with can actually help you get better. When you only have so many chances to hit your turn, the importance of walls takes on a totally different meaning. Committing to your turns and other details in long course will help your season, and hopefully translate into your short course training as well.

## 7. The Olympic Dream

Swimming and training in 50 meters gives everyone a little taste of the Olympic spirit. The Olympics offer a rare chance for swimming to take the spotlight, whether it is in the form of an Olympian singing their national anthem with the whole world watching, or a tiny age grouper pointing to the television and saying "I can swim that too!"

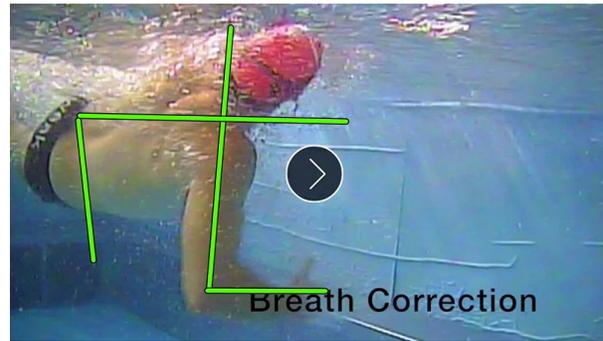
## Questions?

Don't forget, our general team email address has changed to [TeamAdmin@bbaswimming.org](mailto:TeamAdmin@bbaswimming.org). Use that for billing, registration, or general questions about our team, and our Team Administrator Kelli Dewey will help you or point you in the right direction.

You can also use the "Contact Us" button on the left side of our website. Our team [Facebook group](#) is a good way to ask questions of other parents.

And our coaches' emails are listed on the "Meet our Coaches" section of the website if you have swimming-related questions.

## Coach's Corner



I've said it once and I'll say it again: ALL STROKES START WITH EYES ON THE BOTTOM!  
If you haven't seen [this](#) yet you absolutely must watch it right now! If you already have seen it, watch it again!

<https://www.coachseye.com/t/IS7Y>

## Call for photos!

### Do you have photos from throughout the season?

Brett Austin puts together a fantastic slideshow for our team banquet on April 23rd. Please email him at [brettfAustin@gmail.com](mailto:brettfAustin@gmail.com) to coordinate getting your photos into the slideshow. This means you too, swimmers!

**We would particularly like your photos of Coach Kristi throughout the years, please look through your archives!**

## Thank you to our Team Sponsors:



**tweak**  
the athletic edge

### Visit them online for more information:

[Downtown Birmingham Veterinary Clinic, PC](#)

[Motor City Franks](#)

[The Varsity Shop](#)

[tweak <the athletic edge>](#)



# SWIMMER SPOTLIGHTS



**Natalie Rijnovean, age 6**

**West Maple Speedster**

**Kindergarten at Quarton Elementary**

**Role models:** My mommy

**Favorite stroke:** Breaststroke

**Favorite event:** 25 breaststroke

**Favorite swimmer:** Katie Ledecky

**Future swim goal:** To make the Olympics

**Hobbies:** Playing outside, reading, writing, playing with my cat

**Favorite book:** Princess in Black

**Favorite movie:** Harry Potter

**What I want to be when I grow up:** A teacher



**Elliot Rijnovean, age 9**

**Covington Bronze**

**3rd grade at Quarton Elementary**

**Role model:** My brother Finley

**Favorite stroke:** backstroke

**Favorite event:** 50 backstroke

**Favorite swimmer:** Michael Phelps

**Future swim goal:** To make it to the Olympics

**Hobbies:** Playing hockey, tennis, soccer, football and basketball, building Legos

**Favorite books:** Diary of a Wimpy Kid, Those Darn Squirrels

**Favorite movies:** Star Wars and Harry Potter

**What I want to be when I grow up:** A chef

In honor of Autism Awareness Month and in celebration of the life of Dominic Geskey, please join Atlantis Swimming for

# Dinner and/or a Movie

## Monday, April 17

### The Dinner

Buffalo Wild Wings  
Downtown Royal Oak  
5 to 9pm

15% of all food sales will be donated to our cause for purchases with a flyer

*You must print the flyer on page 2; showing on your phone will not count.*

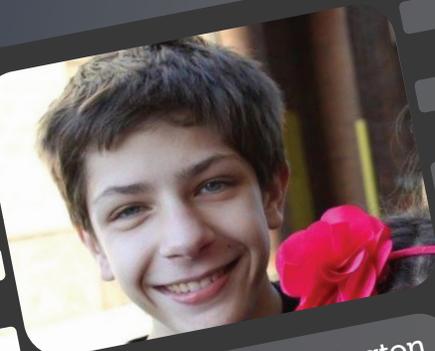
Flyers will also be available at the theater for those dining after the movie.

### The Movie

Swim Team  
Imagine Theater  
Royal Oak

A screening of the film Swim Team, an inspiring look at the rise of a competitive swim team of autistic teens.

Tickets must be purchased in advance.  
<http://tiny.cc/BBAevent>



Dominic was a Huntington Woods resident and Berkley High School student who passed away unexpectedly on March 13, 2017. He was loved by many.

**All proceeds from these events will be donated in Dominic's name to MI Community.**

MI Community is a 501C3 that works with students with disabilities to develop and support social relationships, job opportunities, health, and community connectivity with peers and community members outside of school.



**BUFFALO  
WILD  
WINGS**



[www.bbaswim.org](http://www.bbaswim.org)



**EAT WINGS  
★ RAISE FUNDS**

AN APPETIZING WAY TO RAISE FUNDS FOR YOUR ORGANIZATION

## **EAT WINGS. RAISE FUNDS. IT PAYS.**

On the day of your event, Buffalo Wild Wings® will donate 15% of all pre-taxed food sales (less alcohol and promotional discounts) from any guest that presents this fundraising ticket.

We look forward to helping your organization meet its financial goals. Together, we can make a positive impact and help keep our community working and playing together.

(Present this ticket to your server on the date & time listed below)

Birmingham Bloomfield Atlantis

Monday, April 17, 2017 · 5pm - 9pm

Only valid at: 500 South Main St. · Royal Oak, MI



**ADMIT 1**

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