

the Atlantis Update

President's Message

I'm happy to announce that the Board of Directors has hired a Team Administrator, and it's a familiar face. Coach Kelli Dewey will be stepping up to take on duties currently managed by parent volunteers Judy Depew and Cheryl Bastian, including registration, billing, and answering emails from current and prospective members. We are very excited to have Kelli take on a bigger role with our team! Having a team administrator (as opposed to using parent volunteers) was a recommendation from USA Swimming, for a club of our size. The workload is more than what we can reasonably expect from a volunteer, and having the position run by a staff member will provide a consistent approach to member interactions and transactions over time. As part of this transition, we are changing the email address we use for general inquiries and billing questions. Please update your address book to remove the bbasmwimming@gmail.com, and replace it with the new address: TeamAdmin@bbasmwimming.org

The new email is a result of another development within the Board. We recently obtained a donation of Microsoft 365 for our team. This cloud-based platform will allow board members and staff to use the bbasmwimming.org domain for our email addresses, and also provides us with tools for collaborating and storing important club documents in a central location. We hope its use will make board member and key volunteer transitions more seamless.

I hope you're enjoying the season and looking forward to celebrating our short-course accomplishments at the banquet on April 23rd. Atlantis continues full speed over the summer, when we transition to long-course training at the Southfield Civic Center 50 meter pool. We hope you'll stay with us; summer training is a special part of the team experience with all groups practicing at one outdoor location. Many of our swimmers train with both Atlantis and a summer club team. If you are not planning to swim with us over the summer, please be sure to withdraw your swimmer in accordance with our withdrawal policies (at least one month prior to the next billing cycle), as described in our Team Handbook posted under the Membership tab on our website. That way you'll avoid the automatic charges for the summer billing cycles.

Wishing all of our swimmers a successful championship season, whether your final meet is Districts or NCSA Juniors! Go Atlantis!!

Emily Hamilton, President

Dates to Remember

February 18-19

[2017 District Championships](#)

Lakeland High School

February 26

[Jolyn Trunk Show](#)

Birmingham Groves High School

February 28

[Chipotle Fundraiser](#)

32824 Woodward Ave

March 3 - 5

[Junior Olympics](#)

Kettering High School

March 9

[State Team Dinner](#)

Pasquale's, Royal Oak

March 17 - 19

12 & Under State Meet

March 23 - 26

13 & Up State Meet

March 25

8 & Under Finale

March 31 - April 2

[Speedo CAN AM Para Swimming Championships](#)

Windsor, ON

April 23

[Annual Team Banquet](#)

Glen Oaks Country Club



Coach's Corner - To Suit or Not to Suit, That is the Question

Back in my day when we had to walk up hill to school both ways in the blazing heat while it was snowing, we didn't have tech suits... Just kidding, that's not true. I actually have been privy to the very beginning of the tech suit craze. When I was about 8 years old they were just moving from "paper suits" to "aqua blades" a few years after that would come the first ever Fast Skin and it's been a whirlwind ever since.

Do they really work?

A bit, sure. It really depends a lot on your body type. The main advantage is the body profile changes when you pack all that you have into a casing that's 8 sizes smaller than anything you ever put on your body. Back in 2009 there were suits that truly gave the body a significant amount of buoyancy, plus they covered a greater area of the body. However, now due to standardized material specifications and coverage limits the advantages are nowhere near what they once were. They don't make you lighter, they don't make you stronger and they don't turn you into a shark.

Are they worth the price?

No way, Jose. Like I just mentioned, about 8 years ago the suits covered more, I often wore a suit that covered me from my ankle to my shoulder, and it cost about the same price that the mid-range tech suits cost today. Unless you are a swimmer trying to qualify for a meet higher than sectionals, I really don't think it's worth it. You keep coming to practice, working as hard as you can, achieve your goals and repeat that process; there isn't a suit in the world worth what you learn through that process and what you will achieve. The suits are a product made by a company whose goal is to turn a profit. Don't forget that.

A Dual Edge Mental Sword

The greatest boost the tech suit provides is to your psychological state. *I'm in Michael Phelps suit, I am Michael Phelps.* That's a nice boost. One day I was at practice at school and I had fins on and Michael was swimming the same set next to me with a smaller pair of fins on. He was having a not-so-good day, I was having probably one of my best days. Whatever it was, at the end of the set I beat him and few other Olympians that trained with us. Sure, I was pretty happy, but I had bigger fins on and I knew that it was a down day for them. It was still a boost for me.

Now think about the boosts you get here: I'm not in Michael Phelps suit, but the guy next to me is. I touch the wall before the guy in the Michael Phelps suit. I'm better than Michael Phelps. That's boost number one. When you beat someone wearing the fastest (or more expensive) suit, you own them. They are now terrified of you. They think, I wore the fastest suit and I got beat by that guy in a drag suit. The guy that you beat thinks that guy in the drag suit must be part fish. That's boost number two. If I hadn't been wearing fins, or ones the same size, that would have been an incredible day, and Michael might have thought "uh-oh".

The Suit You're In

Think about the suit you're in right now. The one you are wearing day in and day out at Atlantis practices. Haven't you worked more on swimming technically perfect than any other swimmer on any other club in the state in that suit? Oh yes you have! Haven't you thought since your very first practice about pushing off the wall as hard as you possibly can? About taking at least 6 dolphin kicks off every wall? I've watched you and I know you have! Haven't you practiced as hard as hard as you can to achieve all of your goals in that suit? You have!

I think you have everything you need to be one of the fastest swimmers in the state in the suit you're in right now.

– Coach Johnny

Atlantis Swimming Invades East Lansing

Nearly 50 people braved the cold morning to make the trek west to East Lansing to see the Spartans host the Wolverines on February 4th. When we arrived, the divers were warming up, the coaches were giving last minute speeches, and warm up in the pool looked no different than any other meet warm up. Except the water was tinted green, the lane lines were sharply alternating green and white, and the swimmers were clad in all green or blue.

The swim parents are still swim parents, even when their swimmer is swimming at the collegiate level. Donning their shirts, their wrist charms and caps. Dads in that seat, with the camera set on the uni-pod, flipping through the heat sheet, talking with the same parents you spend so much time with while still having that sense of pre-race jitters. Teammates were cheering at the turn end of the pool. No less enthusiastic than your summer swim team; silent until the last 15 feet into the wall and then a burst of yelling and screaming that could only be provided by the same people who get up every day at 4am and smile about it. A camaraderie only truly felt by those who do it...

After the meet, three female members of the MSU swim team, including Macy Moore, came out to talk with Atlantis swimmers. The head coach, Matt Gianiodis, took photos and answered questions from grandparents and swimmers. A great way to spend a day.



Thank you to Mike Maceroni for this contribution. Photo credits to Mike Maceroni and Carrie Drinkert

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Did you know?

Atlantis does not publish a team directory, but you can access contact information online anytime!

Our membership directory can be accessed in the following manner:

- 1) Log into your account.
- 2) Click the small (tiny!) magnifying glass icon labeled "Members" in the far top left corner of the website.
- 3) The member search page will appear where you can search for members by Last Name and/or Roster Group or you can click to "Display ALL" for a list of all members.

SWIMMER SPOTLIGHT

Luca Bartoi & Ari Nikolavsky

West Maple Bronze swimmers and best friends since Kindergarten!



Luca Bartoi, age 9

4th grader at West Maple Elementary

Role models: My dad and my mom

Favorite stroke: Backstroke

Favorite event: 50 meter backstroke

Favorite swimmer: Michael Phelps

Future goal: to go to the University of Michigan

Hobbies: swimming, baseball, soccer, skiing, playing outside, math, and playing Ipad games

Favorite book: Big Nate

Favorite movies: Back to the Future (parts 1, 2 and 3)

When I grow up I want to be: a doctor

Ari Nikolavsky, age 10

4th grader at West Maple Elementary

Role models: my mom and dad

Favorite stroke: freestyle

Favorite event: 100 freestyle

Favorite swimmer: Michael Phelps

Future goals: to be an awesome basketball player as well as a great swimmer

Hobbies: playing basketball and playing with my little brother

Favorite books: The Lion, The Witch and the Wardrobe, Greenglass House

Favorite movie: Hidden Figures

When I grow up I want to be: a professional basketball player and an Olympic swimmer

Contribute to the next newsletter! Do you have an article idea? Would your swimmer like to be featured? Contact Sarah Rayo **by March 1st** to be involved: therayofamily.mi@gmail.com