

the Atlantis Update

President's Message

Happy New Year, Atlantis!

The Last Train to Indy has left the station! Thank you to our meet director Jen Harmon, all of our coaches and swimmers, and especially to our volunteers for making the meet a success. Those of you who have been around awhile know what a monumental achievement it was to hold a meet with MCA and BBD. It was so much fun to compete with our crosstown friends and rivals. Thanks to Coach Johnny for fostering great relations with these neighboring teams.

Moving on... what is success? Maybe it's because I'm an engineer, but I like data and measurables. It's human nature to want to know what *success* means, so that we can try to achieve it; clear criteria is important. The Board of Directors will be meeting next month to devise a list of success markers for our team, which we'll call Team Metrics. We will define what it means to be a "successful" club and then measure ourselves against it. This same mindset has already been rolled out through Coach Johnny's Swimmer Evaluations. We will also be developing criteria to define success in the work of our coaching staff and our Board Members, and evaluating against that criteria. Look forward to updates as we move through that process, and if you have any thoughts on the topic, I'd love to hear from you at emilyhamilton@bbaswimming.org.

Happy swimming!

Emily Hamilton, President

Dates to Remember

January 25

[Treat Dreams Team Fundraiser](#)
Ferndale

January 27 - 29

[2017 Circle City Invite](#)
IUPUI Indiana University
Natatorium

February 3 - 5

[Hot Chocolate ABC Meet](#)
Stoney Creek High School

February 4

[Team Field Trip MSU vs. UM](#)
Michigan State

February 5

[Guppy Bowl!](#)
Lake Orion High School

February 10 - 12

[Michigan Open](#)
Oakland University

Save the Date

February 18 - 19

Districts

March 3 - 5

Junior Olympics

April 23

[Annual Team Banquet](#)



Short-Course Championship Season - How does it work?

The Michigan USA Swimming Championship season is almost upon us! There are 3 levels of state championship meets in Michigan:

- ★ Districts
- ★ JOs (Junior Olympics)
- ★ State Championships

Championship meet time standards, or “cuts”, are qualifying times that swimmers must have achieved at a USA swimming-sanctioned meet in order to enter that meet. Dates and locations for all the meets are posted on our [SCY Meet Schedule](#) on our website under Meets & Events. The qualifying times can be found by going to the “Times” tab on our website, and clicking [Michigan Swimming Time Standards](#).

The District Meet is open to all swimmers who have not yet achieved JO or State meet qualifying standards. The JO meet is for athletes who have achieved JO (or Q2) qualifying times but have not yet achieved State cuts. The 12 & Under State Meet requires Q1 qualifying times, and is the culmination of the short-course racing season for 12 & Under athletes. The 13 & Over State Meet also requires Q1 qualifying times, and is Michigan’s highest championship for those swimmers. Swimmers may also qualify for Sectionals meet (Indianapolis), NCSA Junior National Championships (Orlando), also held in March/April or USA Junior/Senior National Meets.

USA/Michigan Swimming’s youngest age group for championship meet cuts is 10 & under, so it’s tough for our a large part of that age group to make JO or State cuts. While the 8 & Under Finale is not a championship meet, it’s a fun way to end the short-course season for our youngest swimmers.

If your swimmer has achieved a championship meet cut, they cannot swim that event at a lower-level championship meet. For example, a swimmer with a JO cut in an event cannot swim that event at Districts. They can only swim events at Districts for which they do not have a JO or state cut. The same holds true for JO’s; a swimmer with a state cut cannot swim that event at JOs.

Please have your swimmer talk with their coaches about the plan for championship season. If you have questions about the championship season, you can ask your point person, or your swimmer’s coach.

Thank you to our
Team Sponsors:



Visit them online for more information:

[Downtown Birmingham Veterinary Clinic, PC](#)

[Motor City Franks](#)

[The Varsity Shop](#)

Coach's Corner



How many of you walk backwards on your tip toes all day long?? Now that you're thinking about the balloon and the box of rocks all you need is a little UPKICK to get your whole body perfectly parallel to the surface of the water. Just remember what Chubbs Peterson said, It's all in the hips, It's All In The Hips, IT'S ALL IN THE HIPS.

<http://www.tweakedathlete.com/single-post/2016/05/24/VIDEO-Upkicking-1>

Yoga for swimmers:

Are you looking to diversify your dryland training routine? Yoga has many benefits that will enhance your swimming skills. Yoga helps to increase flexibility, strengthens core muscles, improves the power in your kicks, and helps with stamina and focus. Consistent practice of yoga helps to extend your muscles, and extended muscles help your efficiency in the water by allowing a fuller extension of your arms and legs.

Ready to get started?

Watch the [Race Club's Yoga for Swimmers series](#) for core, shoulders, and leg workouts.

[Read more](#) about the benefits of yoga from Gary Hall Jr.



Swim Cap Care 101

Follow these tips from SwimOutlet to extend the life of your swim cap!

While wearing the cap: Remove any clips or bobby pins from your hair when wearing a swim cap so you don't puncture your cap. Adjust your cap using your fingertips, not your fingernails

After swimming: Rinse your cap off in non-chlorinated water, and then dry the cap off gently with a towel or allow it to hang dry. You can sprinkle talcum or baby powder inside the cap to absorb moisture to help avoid bacteria growth and to keep the cap from sticking to itself.

When to buy a new cap: Caps that develop stretched-out areas or small holes will need to be replaced. Once a cap starts to stick to itself, has black mold spots, or discoloration, it is time to replace it!

Read more [here!](#)

SWIMMER SPOTLIGHT



Ella Rose, age 7

Speedster Ferndale

First Grade

Years with Atlantis: First year

Role models: Mom and Dad

Favorite stroke: Butterfly

Favorite event: 25 Butterfly

Favorite swimmer: Katie Ledecky

Future swim goals: To go to the Olympics

Hobbies: Swimming, Soccer, Jiu Jitsu, gymnastics and bossing my sisters around

Favorite book: Katie Wu

Favorite movie: Sing

When I grow up I want to be: A Swim Coach like my mom

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



fundraiser! For

**Birmingham Bloomfield
Atlantis Swim Team**

On Wednesday, January 25, Treat Dreams will donate
20% of all sales when this flyer is brought in!

Treat Dreams is located at
22965 Woodward Avenue
Ferndale, MI 48220