

# the Atlantis Update

## President's Message

Atlantis Families,

Thank you to all who attended the Annual Membership meeting on May 3rd and voted in the Board Elections. I am pleased to announce that Karen Schwartz, Kristen Pelshaw, Jennifer Harmon, Cheryl Bastian, Judy Depew, and Emily Hamilton were elected to a 2-year term on the Board of Directors, joining Mike Maceroni, Pat McCourt, Beth Miller, and Jeff Sullivan. Karen and Kristen are new Board Members and we are excited to have them on the Board. A special thank you to Jeremy Uniacke and Kathy Barnas for their years of service on the Board. Updated information on the Board of Directors can always be found under the Membership Tab on the team website.

If you were unable to attend the meeting, we thanked our volunteers, reviewed some recent changes to the Bylaws, provided a report on the Club's financial status, and reviewed the Membership Survey results. This year we had 99 families fill out the Membership Survey; thank you to those who took the time to provide feedback. The Board will continue to analyze the results as we plan for next year. Johnny spent some time reviewing his coaching plan, and the very exciting ways he is capturing data to help our swimmers improve. I encourage all families to attend the Fall Membership meeting when he will review that information again; it's pretty cool stuff!

As the long course season gets underway, the Board and Coaching Staff will spend the next few months planning out next year's season, from meet schedules to merchandise. As always, if you have thoughts you'd like to share, please feel free to reach out to me at [EmilyHamilton@bbaswimming.org](mailto:EmilyHamilton@bbaswimming.org). For those members taking the summer off or focusing on summer club swimming, have a great summer and we hope to see you back in the fall! Keep reading for Open House information - invite your friends!

*Emily Hamilton, President*

## Dates to Remember

**June 2 - 4**

[Namesnik Memorial Invitational P/F](#)

University of Michigan

**June 3**

[CW June Closed Invite](#)

University of Michigan

**June 16 - 18**

[OLY Summer Classic](#)

Oakland University

**June 23 -25**

[CW Summerfest](#)

Eastern Michigan University

**July 7 - 9**

[OLY Grizzly Summer Sizzler](#)

Oakland University

**July 19-22**

[Sectionals](#)

Ohio State University

**July 21 - 23**

[12 & Under State Meet](#)

Eastern Michigan University

**July 27 - 30**

[13/14 & Open State Meet](#)

Holland Aquatic Center

**August 2**

[Priority Registration Opens for the 2017 - 2018 season](#)



## Thank you to our Team Sponsors:



Visit them online for more information:

[Downtown Birmingham Veterinary Clinic, PC](#)

[Motor City Franks](#)

[The Varsity Shop](#)

[tweak <the athletic edge>](#)

## 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



Check out this video! Five tips to get into the best mindset before the next high-stakes performance.

<https://www.wsj.com/articles/how-to-psych-children-up-to-perform-1495198825>

# Jack Hamilton attends Central Zone Select Camp

Jack Hamilton was selected to attend the Central Zone Select Camp in Cincinnati, Ohio over Memorial Day Weekend. Camp attendees are selected by this criteria:

- 28 male and 28 female athletes are selected in each of the four Zones.
- Selected girls must be age 12-13 at the time of performance.
- Selected boys must be age 13-14 at the time of performance.

14 athletes of each sex are selected based on 2016 Long Course Meters (LCM) IMX point scores according to the following:

- Seven girls age 12 and seven boys age 13
- Seven girls age 13 and seven boys age 14

Then, the fastest swimmer in each Zone in each Long Course Meters (LCM) Olympic event (including the 800 and 1500 for both sexes) is invited for a total of 14 additional male and 14 additional female athletes. If a swimmer was already selected based on IMX score, the next fastest swimmer is selected in that event. Jack was selected based on his IMX score (3rd highest in the Central Zone). The Zone Select Camp is the first step in a National Team Camp progression. ***Congratulations, Jack!***



Source: [www.usaswimming.org](http://www.usaswimming.org)

# Senior Spotlight: Christina Hiotaky

Graduating from Berkley High School • Swimming with Illinois Institute of Technology

## Christina's swimming journey

I've been swimming competitively since I was nine years old (going on my ninth year). I started with Forest Hills Swim Club in 2008, where I'll be finishing up my final season this summer. I swam for YPAC from 2009 until they disbanded in 2012. I also swam for the Berkley High School Varsity Swim Team from 2013 until my final season in 2016. I started with Atlantis in September 2012, took a break year during the 2015-16 school year and have rejoined for the 2016-17 school year.

My favorite stroke is breaststroke, and my favorite events are the 200 breaststroke and the 200 I.M. My events in college will mostly be sprint freestyle (50 and 100 free) however, I will get the opportunity to swim some stroke events when possible.

## A favorite Atlantis memory

At the 2014 13 & up alternate state meet, the facility that we were at had agreed to let us use their pool last minute, but continued to run their regularly scheduled activities for families in the neighborhood next to the warm up pool. One of those activities was a zip line. They ran the zip line every day, but each day that we'd asked the coaches if we could ride the line, they would all say no. But on the last day, only Johnny was left as our coach, and he was the only one that let us ride the zip line that weekend. It's just further proof that Johnny is one of the best coaches that we've ever had!

## Looking forward to college

For college swimming, I'm very excited to be able to work with a new coaching staff, and new teammates from many different backgrounds and skillsets. I'm also looking forward to new training agendas, which will include more weight and dryland training. I am also very excited to continue swimming because even though it sometimes seemed like it was getting in the way of my social life, the fact of the matter is that I don't know where I'd be if I hadn't joined the sport.

## Why Illinois Tech?

At some point during my college search, I realized that even though Lawrence Tech (in Southfield, MI) had a very good architecture program, I would not be able to become an independent individual since I'd have to live at home. So I decided to look outside of Michigan even though I knew my options would be limited



since it's far more expensive to go out-of-state. I was fortunate to have stumbled across Illinois Tech, which had everything I was looking for in a university. After a campus visit and recruiting trip with the team, I was really able to fall in love with the school and could definitely see myself spending 5 years there.

The Illinois Institute of Technology (informally known as Illinois Tech) is home of one of the nation's best architecture programs. This is really important to me because I've always wanted to become an architect. Illinois Tech is just south of downtown Chicago, and the CTA Green and Red lines run straight through the campus which makes getting around places very easy. When I read online that I would be able to swim for them since they are in the NCAA Division III, I was very excited at the possibility of being able to continue my athletic career. I fell in love with the big city vibes as well as the generally small population there. The students all become very

close with one another and have fostered a community that makes everyone feel included, which is a really big thing for me to have in a university.

I'm excited to be going to school in Chicago because the downtown area is very lively and interesting, and I can't wait to explore the areas around there since I'll have a U-Pass which grants me unlimited access to the CTA Lines. I'm also excited to be able to study in a city that's renowned for their phenomenal architecture. And lastly I'm excited to be able to live outside of Michigan and find out what it's like to be on my own for the first time.

## What advice can you give the newest Atlantis swimmers?

My advice that I'd give to the newest swimmers would be to do what you love because it makes you happy. A lot of people do things for superficial reasons like winning medals and trophies, but that shouldn't be the primary reason why you

continue to do something. If you can't confidently say that you'd continue swimming if you didn't receive any medals then you should find an activity where you can say that. To the younger swimmer, I encourage them to go to practice even on days when they don't feel like it, and to remember to appreciate their coaches for everything that they do for them. It may not seem like it now, but eventually you'll grow up and look back at your time in this sport, just as I am. I hope that when you look back that you'll be proud of what you've done and the person that you've become as a result.

## What would you like to say to the coaches?

To all of my Atlantis coaches, I want to thank you for everything that you've done for me these past five years, from nagging me to get in the pool, keeping me calm before a lot of my races and always knowing the right thing to say when things don't go as planned. I can't thank them enough for their support both in and out of the pool.

# Senior Spotlight: Allie Russell

Graduating from Seaholm High School • Swimming with Harvard University



## Allie's swimming journey

I started swimming when I was six years old, and joined Atlantis in the Spring of 2015. My favorite stroke is breaststroke and my favorite event is the 100 IM. My event in college will likely be 100 breast, or the 100 IM if that's allowed (haha!)

## A favorite Atlantis memory

I enjoyed the breakfasts with Johnny and the team after there was no school, or if school was cancelled.

## Looking forward to college

Although some people don't consider it, swimming can be such an amazing team sport -- I can't wait to be able to live, study, and train with my teammates, and work together to achieve our goals.

## Why Harvard?

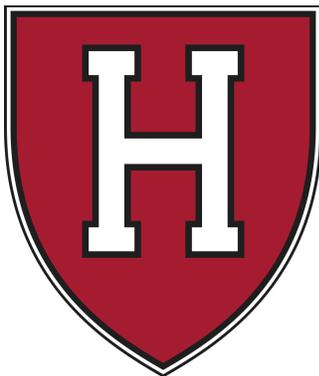
I chose Harvard because I was looking for a good combination of academics and athletics. I love that Harvard was not only a great school academically but was also a contender every year for their league title. I'm also looking forward to meeting new people from different backgrounds and cultures, and learning about myself as I go out on my own.

## What advice can you give the newest Atlantis swimmers?

Swimming can be challenging at times, but it is such a rewarding sport. It teaches you about dedication, time management, goal setting, and teamwork, to name a few. If you stick with it, swimming can open a lot of doors and teach you a lot about yourself. I have found so many great people in and around the sport who made an impact on me.

## What would you like to say to the coaches?

I would just like to extend a sincere thank you to my coaches. The commitment they make and the effort they put into their swimmers is truly exceptional.



# Work Hard. Swim Fast. Have Fun. **GO ATLANTIS!**



At Atlantis Swimming (BBA), we foster a life-long enjoyment of swimming and good sportsmanship by providing a positive team experience for competitive swimmers of all ages.

Our highly-qualified coaches offer unparalleled, developmentally-appropriate training that emphasizes technique and fitness for athletes of all levels - from beginning swimmers through elite athletes who attain national and international success.

**Come meet our coaches and see what our program has to offer during our Open Houses:**

**July 11, July 25 & August 8**

**6:30 pm • Southfield Civic Center Pool**

*Placement swims and free one-week trial periods are available in August.  
Please email [TeamAdmin@bbaswimming.org](mailto:TeamAdmin@bbaswimming.org) to register.*

**2017-2018 Registration begins August 2**



**[www.bbасwim.org](http://www.bbасwim.org)**

[TeamAdmin@bbасwimming.org](mailto:TeamAdmin@bbасwimming.org)