

the Atlantis Update

President's Message

Atlantis families,

Another short-course season is almost in the books and spring is almost here! In spring, we finish out our short-course championships meets, and take a few steps to close out that season. You'll be receiving a membership survey via email within the next few weeks. Please take the time to provide thoughtful feedback to the Board of Directors. Many important decisions are made based in part on input we get from our members through the survey. We will hold our Annual Spring Membership meeting on April 26, where we hold elections for open seats on the Board, and provide a presentation on what we've accomplished this season as a team and as a board, with updates on financials and membership statistics, and highlights from the survey. A call for Board nominations will go out soon.

The final event of the short-course season is the Annual Team Banquet, which will be held on April 23 at Glen Oaks for swimmers and their parents. After a brief hiatus, we've got our favorite DJ booked again this year, and it should be a fun time for all. In addition, it will be a special time to say our good-byes to Coach Kristi, who will be retiring after 30 years with Atlantis!

Alas, Spring is not the end! We will take the first week in April off for Spring Break, but the training continues year-round at Atlantis, and long-course meets begin in May. If you are not planning to continue training with Atlantis over the spring or summer, remember to follow our [Withdrawal Procedures](#).

The last thing I'd like to mention is a fun event we have planned for April 17. We will be hosting a movie screening of the film Swim Team at Emagine Royal Oak, and a fundraiser dinner at Buffalo Wild Wings that same night. This is an inspirational movie about a group of autistic swimmers, good for viewers ages 8-108. Details are posted on the website, and tickets are limited. I hope you'll join us for a fun evening. Please purchase tickets in advance!

Emily Hamilton, President

Dates to Remember

March 14 - 18

[NCSA Junior Nationals](#)

Orlando, FL

March 17 - 19

[12 & Under State Meet](#)

Holland, MI

March 23 - 26

[13 & Up State Meet](#)

Holland, MI

March 25

[8 & Under Finale](#)

Howell, MI

March 30 - April 2

[Speedo Sectionals](#)

Indianapolis, MI

March 31 - April 2

[Speedo CAN AM Para Swimming Championships](#)

Windsor, ON

April 1

Deadline to request withdrawal prior to May 1 billing cycle

April 17

[Movie Screening & Dinner](#)

Emagine Royal Oak

April 23

[Annual Team Banquet](#)

Glen Oaks Country Club

April 26

Annual Spring Membership Meeting



Coach's Corner - The Wall of Water

What do you see when stepping onto a pool deck? Most likely you will see a giant bath tub.

I used to see the same thing, but now I see a wall of water. I imagine a 75ft wave made still with lane lines going straight up into the air. You can walk right up to this wall of water and stand looking into it like a giant mirror as it towers above you. You can place your hand into it. You can place your whole body into it and you can travel through it. Tell me you don't want to try to go up it! Tell me you wouldn't want to climb to the top of this wall!

The first weird thing about swimming is that your body is horizontal to the earth's surface while performing. We are built vertically and all other sports take advantage of this except swimming (and that new "sport" where you fly around like a bird). The second weird thing about swimming is that it takes place in water. These two things create huge issues of conflict with a human's survival instincts, proprioception (knowing where your limbs are in space) and general perception of reality. Raise your arms with your hands above your head and walk up to the wall of water. If the goal is to go up to the top of the wall, which way would you press on the water to make that happen? How would you maneuver your arm or arms to make this happen? You would actually press in a fashion very similar to the way you would press out of a pool with very tall gutters (like Groves). Unfortunately, this is not what happens naturally when you hop into the water with the giant tub mindset. Instead, because survival mode kicks in, we initially see the arms press against the water in a way that keeps the head up, the hips down and creates little progress in the direction you really want to go. If you were truly climbing our wall of water these action would push you out of contact with the wall and cause you to fall back to the earth. SPLAT!

Humans can't swim, we aren't built to. Can a fish walk?? Flapping up and down and progressing along the deck doesn't count. You wouldn't call that walking, would you? Humans can climb. Climbing has been a core part of our time here on earth. While not as groundbreaking a feature as running, climbing is one of the things that has helped us survive. It requires a fantastic strength-to-weight ratio and a great cardio vascular system. So instead of thinking about moving across a pool, I believe that it's important to begin to think about using our bodies to move up the pool. We need to climb this wall of water.

Thinking about swimmer vertically/climbing the water isn't easy at first. I didn't think this way until a few years back when I was watching one of the coaches at Michigan while we were doing a Masters clinic. He raised his arm straight up above his head, pointing it towards the sun to demonstrate a freestyle stroke. The world suddenly made complete sense and my mind was blown. Often times coaches will demonstrate a stroke with their arm extended parallel to the earth's surface while their bodies stand perpendicular to it. If I truly mirror this I end up pointing my arm towards the bottom of the pool not the other end of the pool where I actually want to go. From that moment forward I've tried to coach and think about the pool as vertical not horizontal.

Like I said, we can't swim. But we may very well be the best water climbers on earth! So the next time you go to practice let your body do what it would naturally do if you were trying to climb up the pool. I bet you do better than ever!

– Coach Johnny

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>](#)



Tyler Austin and the US Paralympic Team Set Multiple Records at GLT Meet

ZEELAND, Mich. – January 13 - 15 at the 2017 Great Lakes Tropical Challenge in Zeeland, Michigan, six 2016 Rio Athletes, the US National Paralympic Resident Team, and several Michigan Para swimmers took part in the age group meet and put on a show by setting 12 new US National Swim records. This was the first time the US National Paralympic Resident team participated in an Age Group Meet.

And, one of the Michigan para swimmers hails from our very own Atlantis Swim Team, Tyler Austin. For the past couple of years, Tyler has competed at national and international swim meets (Toronto, Cincinnati, Miami, and Windsor at the end of March). These events have provided Tyler with the opportunity to develop friendships with many of the 2016 Rio swim team members. After hearing that the US National Resident team was participating at the Great Lakes Tropical Challenge, Tyler and his father hopped in the car to join his friends in the pool.

Tyler is normally a quiet young man who usually shies away from the spotlight. However, he proudly introduced his Atlantis teammates to the amazing para athletes (and Rio Medal Winners) on the US National Team. Team USA warmly welcomed each and every swimmer. They graciously took selfies, signed autographs, talked about their 'problem' (para athletes do not consider themselves disabled, but rather have problems... just like you and me). Para athletes are grouped into different classes for competition (visually impaired, amputee, cerebral palsy, intellectually impaired, and dwarfism).

During the meet, the visiting National Team swimmers set 11 new American Records, and Tyler set a new record in the 100 Breast. He now holds nine National Records and one Pan Am Record.

Tyler and the US National Paralympic Resident Team will next compete at the Speedo Can Am Para Swimming Championships in Windsor Canada on March 31 - April 2. Tyler hopes to see and hear his friends cheering on Team USA and Atlantis in a few weeks.

Tye Dutcher after breaking his first US National record said "It was my first record. It is pretty cool. I have been through a lot in my life, losing my foot when I was 11 years old. I never gave up. It is the same thing with the rest of these athletes. We have a constantly positive attitude. We don't give up," Dutcher said. "Everyone says we are inspirations, but meets like this show what the Paralympics are all about." Now he is an American record holder at a meet that was set up giving the Paralympians a chance to race against swimmers of all abilities.

"We were all equals at this meet. It was a really neat opportunity for us. That was one of my favorite moments as an athlete, getting the chance to race with the able-bodied kids. It was amazing to see the crowd get the energy that they had. They looked at us as athletes, not different kids. That was amazing," said Tharon Drake, a medalist in Rio. "I was really surprised and really happy with all the times. Rio was a great experience, but I took some time off and enjoyed life outside swimming a little bit. Now I am

back in the pool. It was great to see the people here in Michigan come out and support us the way they did. It was awesome."

Leticia Martinez set records in the 50 backstroke (40.67) and 50 butterfly (32.96) on Sunday. She also set the mark in the 50 freestyle (29.86), 50 breaststroke (44.55) and 100 butterfly (1:18.11) on Saturday. "Not a lot of people know a lot about the Paralympics," said Martinez. "We train as hard as the Olympians and it is time to show everyone how hard we work. You can still accomplish your dreams whether you have the same abilities or not."

To Quote Atlantis Swim Dad, Michael Maceroni:
Miles driven in a 36-hour window: 375
Hotel: \$250
Meals for swimmers: never ending...
But what IS Priceless? When both of your swimmer sons get a chance to meet these incredible athletes and they can see how commitment, dedication and maintaining a great sense of humor can make a difference in your performance.

Thank you to Julie and Brett Austin for this article contribution.

Article Links:
[Paralympic Swim Team Website](#)

[Swim Swam Article - click here](#)

[Holland Sentinel Article - click here](#)

[Swimming World Magazine - click here](#)

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 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!

A Successful Jolyn Trunk Show

On February 26, a few Atlantis Seniors orchestrated a fundraiser in conjunction with Jolyn swimsuits at Seaholm High School. Jolyn is a popular brand across many of our female age groups - you'll usually spot a suit or two at every practice. Jolyn's rise to fame comes from their "have fun with" attitude, as a small company they sought the highest quality materials and construction at an honest price - with their products made in America the end result of their mission is a "suit that fits, stays put, and lasts".

The "fundraiser" part comes into play because Jolyn agreed to donate 10% of all sales that day to the Atlantis Swim team. The event was a success, there was a terrific turn-out including many of our own Atlantis swimmers, but we also had several other local clubs participate. Nice job swimmers and thank you to Jolyn!

Thank you to Atlantis Seniors Taylor Wiewiora and Nicole Bastian for this article contribution.

SWIMMER SPOTLIGHT



Alana Horwitz, age 9

Ferndale Silver

4th grader at Burton Elementary

Role models: Hannah Momblanco, Noah Momblanco, Mom and Dad

Favorite stroke: Breaststroke

Favorite event: 100 meter breaststroke

Favorite swimmers: Michael Phelps, Katie Ledecky

Future goal: to go to States

Hobbies: soccer and swimming

Favorite books: The Puppy Place Series

Favorite movie: High School Musical

When I grow up I want to be: a teacher

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