

Dynamo Swim Club

December 2009

MONTHLY SWIMMERS EAR

Midpoint Check-up

Happy Holidays to all. I hope that all enjoy a wonderful time with family and friends. One of the things I try to do with the monthly newsletter is to help create some vision and the 'vibe' of the Team. We did something a little interesting this month that I want everyone to see clearly and understand.

There is a 'new' national meet in December of each year, the USA Swimming SC Junior Nationals, formatted the same as SC Nationals. It was held in Columbus (Ohio) this past weekend (December 10-12). Dynamo will be the meet host at Georgia Tech next December. We sent 14 swimmers to the meet, even though it coincided with the GA Swimming Senior State Championships. Two reasons for doing so, considering there was extra expense included, and we don't normally split our Team, particularly for championship meets:

1. The USA Swimming Championships have become very competitive, particularly the Junior Nationals in both August and now December. The thing about them that makes it a different meet is that you need to be absolutely at your best in both the morning (in order to make finals) and the evening (racing at finals). It is a learning experience to figure these meets out, as they can be both emotionally and physically demanding. It is our goal to get our people ready for that type of competition. We look forward to being more ready for the competition in August of next year as a result of this experience.
2. Taking 14 of our best swimmers out of the GA State Meet made that a different experience for our Team. Our goal was to open up our swimmers to the idea that anyone could lead our Team, and step up into taking the next step, or getting to the 'next level'. By all accounts a good experience, and we hope to report in 6 months about how much that experience changed our Team and our expectations. We had athletes swimming relays that never had before, and swimming in finals that maybe hadn't previously.

Time will tell, but we are always looking for ways to get our athletes to the next level!

Dynamo Volunteer System

This swim season we have ushered in a new system of managing volunteer hours. As a swim team, we are as strong as our family support is. Each family has been asked to work 12 hours per membership year. A membership year encompasses both short course and long course seasons. 12 hours could equal about 3-4 meets per year depending on the volunteer task.

Common questions about the program:

Q: I am a mother of 2, do I have to work 24 hours?

A: You do not have to work 12 hours per swimmer. Each family at Dynamo is asked 12 hours.

Q: Every time I try to sign up, I find all of the positions are taken. How am I supposed to volunteer?

A: We have only had 4 meets this year, there are 13 more to go. 9 of the 13 remaining meets are multi sessions/days. There are plenty of opportunities available.

A few benefits of this program are:

- * In the past whether you were able to volunteer or not, you were selected to do a meet just because your swimmer was in that session. Now we are placing you in control of managing your time and support. No more will you have to search for someone to cover for you at a meet because you were asked to work it without knowing your schedule. Are short course schedule is up and the long course will be up sometime after the New Year.
- * In the past, you were asked to work only the meet/session that your swimmer was in. With this new program you are welcome to sign up to help with any meet and any session that we host. With meets like Long Course Age Group State Meet (July) and Southeastern Zone Meet (July) that Dynamo will be hosting this summer, why not bring your swimmer who may not be in the meet to watch and cheer their teammates. It could be a learning experience as well.
- * With this system you are able to track your hours online. An individual receives the sign in sheet(s) and plugs in your hours online.

We are confident with this new system that you will be able to plan ahead and effectively track your hours.

Records Broken this Season: 2009-2010

- Taylor Schick Women 15-16 50 Free 23.46 (USAS SC Junior Nationals)
- Allen Browning Men 15-16 400 IM 3:56.27 (USAS SC Junior Nationals)
- Nicole Stafford Women 13-14 100 Back 56.46 (USAS SC Junior Nationals)
- Jack Lane Men 15-16/Open 200 IM 1:50.19 (USAS SC Junior Nationals)
- Jack Lane Men 15-16 LC 200 IM 2:07.80 (USAS SC Junior Nationals)

Please report any errors to [Coach Beau](#)

Attention Parents of 10 & Unders

Would you like to have the best DRY seat in the house at your child's swim meets? Are you comfortable enough with computers to use email and Google? We are looking for a few parents of younger children who are willing to be trained as computer operators, and if you answered "yes" to both of these questions, you are qualified. For more information, please contact Sue Swanson at sueswanson@gmail.com.

Supporting Your Children in Swimming

Parents can help their kids feel that they can reach goals they've set for themselves with effort, perseverance, and just a little patience. From PARENTS magazine, here are 7 ways to help your youngster

do their best.

1. **Support their efforts.** Listen to your child's dreams, goals, and ideas and help him to work out the steps of those that seem attainable by organizing them into do-able parts.
2. **Encourage follow-through.** Praise task completion and encourage them to carry on when the initial excitement fades. Relate your struggles to complete tasks and your satisfaction at having achieved a goal.
3. **Offer reinforcement or reward.** Give incentive for better efforts, not just accomplishments. Keep a chart with stars tracking progress and reward the task's completion, not its grade. Younger children need quicker rewards and briefer tasks.
4. **Recognize his success level.** When a child reaches a point of frustration, learning specialists advocate you help him return to a level where he feels successful. Then his enthusiasm will return.
5. **Involve others.** Tell teachers and coaches that it's more important to you that your child feel successful than to come out on top. Making your values clear to them can make them more effective in helping your child.
6. **Point out effort in others.** Make your child aware of how others work hard at their daily activities, so they know they're not alone in trying, overcoming discouragement, meeting challenges, and succeeding.
7. **Praise him for trying.** Point out how much you appreciate your child's doing something that may be difficult for him.

Applied to schoolwork, swimming, or other pursuits, these devices can help kids develop a "can-do" attitude.

Training While Traveling

It is highly encouraged that our age group swimmers continue to train throughout the holidays. We are currently in the peak of our short course season, as state and other championship meets are just around the corner. It is important that our swimmers stay conditioned and not miss a lot of training sessions. In this sport at this time of year, even missing a week may set a swimmer back for several weeks.

Many families will be traveling, and we are completely willing to assist you in finding a team to train with on your vacation. Our coaching staff is very familiar with lots of team's nation wide. All USA Swim Club teams are more than happy to welcome swimmers that need to get in some work-outs over the break. (At Dynamo, we have hosted and will continue to host club swimmers from various other teams.) No extra charge is applied in training with another team, as your child/ren are registered with USA Swimming.

If you are traveling this winter and need help with finding a team where you are visiting, please do not hesitate to call upon your coach to give you a few club team suggestions. We also do not have a problem with contacting that club for you and letting them know you will be attending some of their practices!

Dynamo Swim Club is a 501c(3) not for profit volunteer parent owned organization
