

Dynamo Swim Club

Welcome to the 2012-13 Season!



As the 2012-13 season begins, I welcome all new and returning families to Dynamo. I know that new and returning swimmers alike are going to be excited about the programs and possibilities that exist at Dynamo this season. The Dynamo Staff is enjoying some time off and will return on August 16 with many new ideas to implement as we begin our best year yet!

We are coming off a summer in which we were represented in two international meets: the Olympics in London (Matias Koski) and Junior Pan Pacs in Hawaii (Gunnar Bentz and Kylie Stewart). We also had 14 swimmers representing the team at Olympic Trials in June. For the Zone Championship, five of our swimmers made the Georgia team. These swimmers exemplify the spirit and effectiveness of the Dynamo program beginning with our age groupers and continuing through our senior swimmers.

As we turn to the next quad (we think in four year increments that coincide with Olympic competition), we once again focus on the process that helped us achieve outstanding progressive results over the previous four years. Our progression will continue as we refine and enhance our core principles:

1. Teaching: We are teachers first and coaches second.
2. Environment: We want our athletes' time here to be fun, include friends, and be intrinsically good for the athlete both physically and holistically.
3. Communication: We know the key to our success is consistent and clear communication with both families and athletes, and we constantly strive to improve in this area.
4. Dryland: We are committed to the benefits of dryland training and its positive effect on our posture, strength development, and flexibility. To promote this commitment we brought in strength training specialist Vern Gambetta. Vern, with the help of Skippy Mattson from Children's Health of Atlanta, will oversee our revamped program.
5. Strokes: We are committed to long-term development which includes a focus on all strokes, IMs, and distance freestyle as a base to improvement.

I hope this newsletter answers the questions that both new and returning families may have. If not, please call your coach or me, as I am always happy to help.

All The Best,

JT

www.dynamoswimclub.com



Early Season Skill Camps

Dynamo will host Skills/Immersion Camps throughout the season, as we did last summer. It is a great way to get our kids in the water together, as well as a number of coaches on deck together coaching. Our number one priority, as it says at the top of every one of our Staff Meeting agenda's, is 'Develop Skill'.

The Camps are set up to split out the 13 and overs into one session, and the 12 and unders into another. Athletes must sign up online (similar to a swim meet) through the website, and the cost is \$10.00 for each two hour clinic. The clinics are held at the Chamblee pool to take advantage of the 50 meter pool. Clinics are first-come, first-serve for sign-up online.

September 1

Camp I at Chamblee
Aquatic Management and Freestyle
8-10 AM/13 and Over's
10:30-12:30/12 and U

September 22

Camp II at Chamblee
Backstroke and Turns
8-10 AM/13 and Over's
10:30-12:30/12 and U

September 29

Camp III at Chamblee
Breaststroke and Butterfly
8-10 AM/13 and Over's
10:30-12:30/12 and U

Congratulations Matias Koski and Coach Rich Murphy on your performance at the 2012 London Summer Olympic Games!



Coach Assignments

	Alpharetta	Chamblee
Home School-Green	NA	Diana Stephens
Home School-Gold	NA	Joy Van Der Noord
AG3-Green	Nancy Williams & Kevin Boyd	Joy/Diana
AG3-Gold	Kevin Boyd	Joy Van Der Noord
AG2-Green	Cecelia Tripp	Matt Sanspree
AG2-Gold	Nancy Williams	Matt Zachan
AG1-Green	Kevin Boyd	Collin Burchins
Ag1-Gold	Nick Graves	Beth Winkowski
SR3	Michael Kirkpatrick	Matt Zachan
SR2	Cecelia Tripp & Michael Kirkpatrick	Beth Winkowski
SR1	Rich Murphy & Nick Graves	Jason Turcotte
Juniors	Jay Thompson	Amanda Tarpley
Sub/PT		Mandi Bell



Early-Season Schedule

August 16-17	site schedules (click link to see your group schedule)
August 18-20	off days
August 21-24	site schedules (click link to see your group schedule) The bulk of this week will be spent learning dryland exercises and routines. Coach Vern Gambetta , along with Skippy Mattson, will be in town for this week, putting together our Dryland System with the focus on: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Age Appropriate Exercises <input checked="" type="checkbox"/> Appropriate Progressions between the groups <input checked="" type="checkbox"/> Injury prevention/Posture/Movement
August 25-26	off days
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August 27-31	site schedules (click link to see your group schedule)
September 1	Camp I at Chamblee Aquatic Management and Freestyle 8-10 AM/13 and Over's 1:30-12:30/12 and Under's Cost is \$10.00 per swimmer sign up online as of August 1
September 2-3	off days
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September 4-7	site schedules (click link to see your group schedule)
September 8-9	off days
REGULAR SEASON SCHEDULE STARTS SEPTEMBER 10!	
September 10-14	Normal practice schedule begins
September 15-16	off days
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September 17-21	Normal practice schedule
September 22	Camp II at Chamblee Backstroke and Turns 8-10 AM/13 and Over's 1:30-12:30/12 and Under's Cost is \$10.00 per swimmer sign up online as of August 1
September 23	off day
<hr/>	
September 24-28	Normal practice schedule
September 29	Camp III at Chamblee Breaststroke and Butterfly 8-10 AM/13 and Over's 1:30-12:30/12 and Under's Cost is \$10.00 per swimmer sign up online as of August 1

Dynamo forms partnership with Gambetta, CHOA

With great excitement we are pleased to announce that Dynamo has entered into an agreement with Coach Vern Gambetta and Children's Healthcare of Atlanta (CHOA) as a consulting force to revamp our current dryland program through teaching, planning, and measuring based upon our athletes' current abilities. Coach Gambetta is simply THE name in strength training, particularly in youth sports. His resume includes acting as strength coach to professional teams and traveling the world as a speaker in this area.

Coach Gambetta will visit Dynamo frequently at first then less so as we establish our program by setting up age appropriate strength training regimens, while teaching the coaches how to present and execute the routines to our athletes. CHOA (Skippy Mattson and colleagues) also will be involved on an ongoing basis to add a flexibility emphasis and to provide teaching resources to our coaches. Please feel free to look at [Coach Gambetta's website](#) to get a feel for his beliefs and background.

Dynamo has entered into this relationship for several reasons and advantages:

1. We are finding that athletes who enter our program, at just about every level, are limited in simple movements. There is a healthy and heated debate nationally that physical education in schools is suffering from budget

cuts and other influences, which can leave our children deficient in basic calisthenics. While not wanting to enter this debate, we are finding the same issue with children who enter our program. Our new curriculum will be directed toward teaching movements based on each athlete's total athletic ability.

2. We are looking for a more global curriculum that will be geared to age appropriateness with progressions that make sense.
3. We are giving the coaches a teaching and training resource to help progress our athletes appropriately. We want to have the best dryland program in order to be the best at teaching dryland movements. Period.
4. We are looking to use this new relationship as a vehicle to have the most consistently healthy athletes possible.
5. We are also including nutritional and flexibility components as well. Any chance to have Skippy Mattson from CHOA more involved in the Dynamo program makes us better.

As we begin our new dryland program with Coach Gambetta and CHOA, we look forward to watching our athletes reap the benefits of this new curriculum. Should you have any questions, please contact [Coach Jason](#).



USA Swimming has great resource for new families '[Swimming 101](#)'

Dynamo 2012-13 Short-Course Meet Schedule

Dynamo Pentathlon/October 6-7	@ Dynamo	All
Mile Meet & Special/October 20	@ Dynamo	All
Spooktacular /October 27	@ Dynamo	10 & Under
SwimMac Duel/November 3-4	@ Charlotte, NC	14 & Under/Qualifiers
SwimMac Duel/November 3-4	@Dynamo	15 & Over/Qualifiers
Lanier Aq Fall Invite/Nov 3-4	@ Gainesville GA	Not in Mac or Special
Dynamo Special/November 4	@ Dynamo	10 & Unders
USAS Minnesota GP/Nov 9-11	@ UMinn	Qualifiers
Woodie B Malone /Nov 16-18	@ Dynamo	Qualifiers
UGA Invite/December 7-9	@ Athens, GA	All non-Sr State Qualifiers
GA SR State/December 7-9	@ Georgia Tech	Qualifiers
USAS Junior Nationals/Dec 6-8	@ Knoxville, TN	Qualifiers
South Pole –Gold/Dec 14-16	@ Cumming, GA	AG3-AG2
Animal Meet/December 29	@ Dynamo	All
ABSC Sr Circuit/January 4-6	@ UGA	SR1-SR2-SR3
Eastern Classic/Jan 18-20	@ Dynamo	Qualifiers
Coaches Invite/Jan 18-20	@ Mountain View	Non-Eastern Qualifiers
10 & under Circuit/Feb 2	@ Mountain View	10 & Under
High School State/February 8-9	@ Georgia Tech	High School Qualifiers
GA open/February 16-17	@ Georgia Tech	11-14 non-AG State Qualifiers
AG State Meet/February 22-24	@ Georgia Tech	Qualifiers
AG Sectionals/March 9-10	@ Greensboro	Qualifiers
11 & Over Metros/March 15-17	@ Dynamo	All (End of Season Meet!)
Sr Sectionals/March 15-17	@ TBD	Qualifiers
NCSA Jr Nationals/March 12-16	@ Orlando, FL	Qualifiers (End of Season Meet!)
10 & under Metros/March 23	@ Dynamo	10 & Under (End of Season Meet!)
NASA Showcase/April 11-14	@ Clearwater	14 & Under Qualifiers **tentative date

Where to find:

[Practice Schedules](#)[Meet Schedule](#)[Equipment Lists](#)[Time Standards](#)[Staff Directory](#)[Weekly Newsletters](#)[Monthly Newsletters](#)

Dynamo College Choices 2012

	High School ('12)	College ('16)
Adam McHugh	Chamblee	Auburn
'Alex Heldman	Northview	Alabama
Alex Maxwell	St Pius	Auburn University
'Alli Crenshaw	'Lassiter	Florida Southern
'Amanda Ray	'Lambert	'Wingate
Ashley Habib	Centennial	Georgia College & State
Ceasar Acosta	Lakeside	UGA
Chris Staley	Marist	Emory University
'Christina Moran	Northview	'Georgia Southern
Cici Zhang	Johns Creek	Georgia Tech
Connor Herman	Marist	Michigan
DJ Boutte	St. Pius X	Harvard
Elizabeth Pitts	Marist	Pepperdine
Erica Seifried	Chamblee	Georgia Tech
Haley Durmer	St. Pius X	Virginia
Hannah Clark	Lassiter	'Marshall
'Jaclyn Rohal	'Alpharetta	Georgia Tech
Jason Arne	Lakeside	Case Western Reserve University
Jay St. Onge	Dunwoody	UGA
Josh Cetron	Paideia	Dartmouth
Katherine Kerman	Westminster	Georgia Tech
Kevin Bai	Lakeside	Georgia Tech
Lindsay Caldarella	Dunwoody	UGA
Maddie Walters	Chattahoochee	Undecided
Mariana Viera	Northview	Undecided
Mary Wildner	Dunwoody	Georgia Tech
Mason Adams	Westminster	Denison
Matias Koski	Northview	UGA
Meredith Bean	Centennial	College of Charleston
Michael Ericksen	Westminster	College of Charleston
'Michael Kenny	Northview	Georgia Tech
Mitchel Gray	St Pius	University of Rochester
Nadine Marfurt	Atlanta International School	Georgia Tech
Niklaus Sykes	Marist	Purdue
Rachel Astles	Westminster	Penn
Rebecca Kerman	Whitfield	College of Charleston
Rishi Kowalski	Padeia	Amherst
'Robert Doles	'Johns Creek	'Harvard
'Ryan Prince	'Northview	Duke
Sam Lewis	'Milton	'North Carolina
Sarah Williford	Lassiter	Georgia Tech
Shannon McNulty	Marist	Georgetown
Stan Sater	Woodward	Tulane University
Stephanie Stadnick	Dunwoody	Berry College
Tyler Warnock	Marist	UVA

Skills Camps:

Dynamo will continue running skills camps throughout the season. The first three camps are scheduled at the Chamblee facility as follows:

Camp I: September 1 Aquatic Management&Free/8-10 for 13 and over/10:30-12:30 12 and Under

Camp II: September 22 Backstroke & Turns/8-10 for 13 and over/10:30-12:30 12 and Under

Camp III: September 29 Breaststroke and Butterfly/8-10 for 13 and over/10:30-12:30 12 and Under

Sign up online/\$10.00 per camp



Dynamo Swim School

Swimming:
The one lesson that can save your child's life!

- Heated Indoor Pool
 - Year-round instruction
 - Online and On-Site registration
-

Dynamo provides swimming instruction to all ages

DynaBabies (6-36 months)

Preschool (3-5 years)

Grade School (6-14 years)

Adult (15 years and up)

5 Atlanta-area locations

Agnes Scott • Alpharetta • Buckhead
Chamblee • Dunwoody

For more information, please email sean@dynamoswimclub.com

or call **Sean Penn 678-226-3759**

www.dynamoswimschool.com

Bring in this flyer for \$15 off one session of swimming lessons.

This offer may not be combined with any other offer or coupon. Expires 12.31.12

2012-2013 [Dynamo Registration](http://www.dynamoswimclub.com) is open on the Dynamo Website!

FAQ

For New and Returning Families

How do I sign up for a meet?

Sign into the team website. Click “Events and Records” on the top of the page, find the meet you want to attend and click “Attend this Event” on the pull down tab. Click “Yes, please sign me up for this event.” Choose the day and sessions you want to attend and click “Save Changes.” You are now signed up for the meet!

Do I have to attend every day of the meet?

No. When you sign up for meets you can choose the days and sessions you want to attend. Talk to your coach to see the more ‘key’ meets to attend for your group.

How do I see what events my child is swimming?

Log Into your online account

Click on the meet you want to see (title)

You should see a listing of your child's events entered on the following page

Who chooses my child's events?

Your child's coach will choose the events. You can make suggestions, but the coach has the final decision on what your child swims.

Is there a fee to swim in meets?

Yes. Meet fees are usually \$4.00 to as much as \$10.00 per event, plus a surcharge ranging from \$3.00 to \$20.00 depending on the meet.

What equipment does my child need?

[Equipment lists](#) are located on the website. It is your swimmer's responsibility to keep track of their equipment, not the coach's. We highly recommend you write your child's name on all of your equipment so when it gets left behind, it can be found in the lost and found.

Where can I purchase equipment/apparel?

Each Dynamo location has Kastaway Swimwear located on premises, and ordering can be done through them. Early in the season a ‘sizing’ will be conducted at each site, and orders taken at that time. Or you can stop by any time to order equipment. Parkas are ordered through the club using this [form](#), and take 4-6 week for delivery.

How do I sign up to volunteer?

Before the meet, you will get an email letting you know that the volunteer positions have been posted. When you see that, go to where you signed up for the meet on the team website. You will see a button that says “Volunteer Sign Up.” Click that and sign up for what you want to do. The parent volunteer in charge of keeping track of volunteer hours is [MaryAnne Koutrelakos](#). Each family is asked to volunteer at least 20 hours during the course of the year. There will be a fee if a family does not fulfill this obligation.

Where can I get definitions to all these swimming terms I am hearing?

The [Team Handbook](#) is located under the “About” tab on the Home Page, with a glossary of terms and several more informative sections.

How do I suspend my account?

If you decide you no longer want to swim with us, just send an email to [Chrys Randolph](#), billing coordinator, and your coach stating when you want to stop. You must give 30 days notice for your dues to terminate.

What is a State Cut?

A State Cut is a Georgia Swimming time standard that usually falls between a “BB” and an “A” time. When a swimmer achieves a State Cut, they are invited to the State Championship Meet at the end of each season.

What is a “B” and “BB” time?

“B” and “BB” times are national times standards set up by USA Swimming. A “B” time means you are in the 50th percentile of all USA Swimming, “BB” is 70th percentile. The list continues to “A,” “AA,” “AAA,” and “AAAA.” Here is a link to the national time standards set up by USA Swimming. Time standards are listed [here](#)

What is the difference between Short Course and Long Course?

Short Course means you are swimming 25 *yards* (the indoor pool at the Chamblee facility). Long course means you are swimming 50 *meters* (the outdoor pool at the Chamblee facility).

Continued on following page

FAQ

Continued from previous page

Why is my child's 100 Free Long Course time so much slower than his/her 100 Free Short Course time?

Short course times will always be faster than long course times for two main reasons: First, a meter is longer than a yard; and second, when you are swimming long course, you do not get the benefit of pushing off the wall as often.

How can I contact the coaches?

On the Home Page of the team website, there is a “**Coaches**” button in the upper left hand corner. Click on the button for bios and links to your coach’s email. There is also a Staff Directory under the “**Groups**” tab on the Home Page.

Where should I sit during practice?

When swimming in the indoor pool please sit in the stands above the pool at Chamblee, or in the bleachers behind the yard pool at the Alpharetta facility. Please do not sit elsewhere on the pool deck. When swimming in the Chamblee 50 meter pool, please sit on the bleachers on the far side of the pool.

How do I know when to arrive to meets?

Before the meet, a meet information sheet will be sent out to all participants that has everything you need to know about the

meet including: arrival times, warm up times, meet start times, where to park, directions, what to bring, etc.

I am interested in training for Stroke Judge or Meet Manager. What is involved? Who should I contact?

Contact [Gloria Davis](#) for Information on becoming involved in our meet officials

How will my child know what to do at Dynamo Swim Meets without my (parent) help?

At the Pentathlon(October 6-7) meet, we will pair new and young swimmers with Senior swimmers to help them learn the meet process, and connect them to the Team.

Are there drop-off or pickup procedures, as there are at most schools?

At Chamblee, you may drop off your swimmer at the front door. You, however, may not park along the curb at the front door to wait for your swimmer. While waiting for your swimmer, drivers must park in the lot until the swimmer has exited the building and then pull around to pick up your swimmer.

More Questions, contact Head Coach/CEO [Jason Turcotte](#) or your child's coach



How to Sign up for a Meet or an Event

Signing up for a swim meet is an easy process. On the Dynamo website home page, www.dynamoswimclub.com, in the middle of that page, you will see “Dynamo Team Events.” Listed below that heading are the swim meets that our swimmers may be eligible to swim. To the right of the swim meet name will be the tab “Attend This Meet.” Click on that tab and it will take you to a page with your swimmer(s) names listed. Click on each swimmer’s name to either commit or not commit to the meet.

Here are the steps if you **ARE NOT ATTENDING**:

Click on the Member Names [they default to Not Committed]
Then click on the Declaration pull-down and select **No**
If No, just click on the [Save Changes] button to save the changes
If you have more than one child, repeat the same task as listed above

Here are the steps if you **ARE ATTENDING**:

Click on the Declaration pull-down and **select Yes**
Once yes is selected, you may see the sessions that are available for this meet. If you are signing up by Day/Session and want to see what events are available, simply click on the meet name next to the Meet Name heading.
Check the Checkbox to the left of the name for those Sessions you would like/can swim.
Once you have finished, click on the Submit Button in the lower right
Repeat the process for additional swimmers.

Add any notes that you want the Coach to see

Your coach will decide which events your child will swim. Once they submit the final event choices you will be able to review by signing in and clicking on the Attend This Event button for any events listed on our team website. If you have any questions at this point, please contact your swimmer’s coach.



DYNAMO STAFF
Head Coach/CEO
[Jason Turcotte](#)

**CFO/Dynamo Pool
Management CEO**
[Mike Cotter](#)

Office Manager
[Edie Wunderlich](#)

Billing Coordinator
[Chrys Randolph](#)

**Associate Head Coach/
Lead Coach Alpharetta**
[Rich Murphy](#)

**Assistant Head Coach/
Lead Coach Chamblee**
[Beth Winkowski](#)

Swim School Director
[Sean Penn](#)

Facility Director
[Holly Welch](#)

Chamblee Facility Phone
770-457-7946

Alpharetta Facility Phone
770-772-6007