



SEPTEMBER / 2025

Newsletter

ATLANTIS SWIMMING 2025-2026

AT A GLANCE

- [Practice Schedule](#) - Check here daily for the most up-to-date schedule (Keep an eye on this as it changes frequently!)

Welcome

Hello Atlantis Families,

The season is off to a great start, and we're excited to cheer on our swimmers as they gear up for the first meets in October—good luck, Atlantis!

HELP WANTED: We are looking for a licensed CPA to assist with our annual tax preparation, filing & independent financial audit services to ensure compliance and transparency. This would fulfill your volunteer obligation for the season. If interested, please email TeamAdmin@bbaswimming.org.

MEET INFORMATION: New swim families feel free to check out our [Swim Meet 101](#) to help navigate the season smoothly.

Be on the lookout in early October for our volunteer sign-up for the upcoming hosted meet taking place November 8 & 9 at Seaholm High School. Job sign-ups can be found under the meet listing in Events – look for "JOB SIGN-UP". Meets run best when everyone pitches in!

**Reminder that every family is required to volunteer for one shift at some point during the season - our hosted meet is the best way to fulfill this requirement!*

Below is some helpful information for our upcoming meets:

- **October 11: Back to Pool Meet** - [Lake Orion High School](#)
 - There is average seating at this venue. There is room for camping chairs along the top. This meet typically has concessions on site.

- Plenty of parking is available at this location. There are lots in front and behind the school. Look for the “Natatorium” entrance and there will be a sign labeled “Pool/Gym” by the doors towards the north end of the parking lot.
- **October 18 & 19: OLY Fall Classic** - [Oakland University Natatorium](#)
 - There is PLENTY of bench seating at this venue. There are typically concessions at this venue, but it is a bit of a hike to the upper floor of the facility.
 - Parking is questionable depending what is happening on campus. There are surface lots next to the pool and a parking structure with a bit of a walk. Swimmers & spectators can enter in the “VIP Entrance” along the alley on the northwest side of the Aquatic Center.
- **November 1 & 2: MLA Fall Invite** - [Holland Aquatic Center](#)
 - We have been unable to get a hotel block, but several people have booked rooms at the Courtyard Marriott downtown. This venue has lots of seating with concessions on site.
- **January 23 - 25: Circle City Classic** - [IU Natatorium, Indianapolis, Indiana](#)
 - Swimmers qualify for this meet based on achieving [“BB” time standards](#). Please review the most current time standards (SCY times) to understand qualifications.
 - Due to other youth sports events, many hotel blocks in the city are full. There are currently rooms available at Atlantis suggested hotels – [Towne Place Suites Downtown](#) or [Tru by Hilton Indianapolis Downtown](#) (located next door to each other). These are just suggestions for families & are by no means mandatory.

Important Info

Key items to focus on this month

TWEAK – One-on-One Stroke Analysis 📍 Location: [2135 Cole St., Birmingham, MI 48009](#)

Take swimming to the next level with TWEAK (Technical Work with Enhanced Aqua Kinetics)! This unique program provides video-aided stroke coaching in an endless resistance pool, using both above- and below-water technology. Swimmers receive individualized feedback to fine-tune technique and build efficiency in the water. Instructors [Kelli Dewey](#) and [Jason Austermann](#) bring their expertise to help athletes refine technique, improve efficiency, and gain confidence in the water.

Atlantis swimmers enjoy special rates for TWEAK sessions! These sessions are completely optional, but when booked through our website Atlantis families receive a discounted rate. TWEAK is a valuable complement to regular practices, giving swimmers focused technique work to strengthen their skills.

👉 [\[Click here to sign up!\]](#)

arena Tech Suit Fitting - Wednesday, Oct. 15 4:30–8:00 PM @ the Varsity Shop

[SIGN UP HERE](#) (please note 13 & up or 12 & under with your sign up!)

Swimmers will receive:

- A **professional fitting** with expert guidance by our arena rep
- Access to purchase **arena tech suits at a discount** (discount valid only when purchased at the Varsity Shop)
- Help finding the right suit for championship season

⚠ Space is limited - sign up is first-come first-served. We are also planning a second fitting for January.

Our Team

New Assistant Coaches - We're excited to welcome some new faces to our pool decks!
Please join us in giving them a warm welcome.

- **Jason Austermann** - Jason is one of our TWEAK technique coaches who has crossed over to help our swimmers in the pool. A former distance swimmer, he understands that strong technique is the foundation of great performance. Jason graduated from Michigan State University, where he captained the Men's Swim Team and competed at the 2010 and 2011 Big Ten Championships. He also serves as an assistant coach at HWAC during the summer and has experience working with competitive swimmers of all ages. Jason is currently a science teacher at Berkley High School.
- **Jonah Venos** - A Bloomfield Hills native, Jonah holds a bachelor's degree in Psychology with a minor in Philosophy from John Carroll University. His coaching experience includes time with the Solon Stars/North Coast Aquatic Team in Solon, Ohio, several years as an assistant coach at Beachwood Recreation Association in Troy, and summer work with the Cranbrook Swim Club. As an athlete, Venos was a standout swimmer. At Brother Rice High School, he was a two-time state champion, four-time All-American, seven-time all-state honoree, and four-time county champion. At John Carroll, he built on that success as an 11-time All-American and 17-time Ohio Athletic Conference (OAC) champion. In 2022, he was named OAC Swimmer of the Year, winning the 100-yard breaststroke, two titles in the 200-yard breaststroke, and contributing to a championship in the 800-yard freestyle relay, while setting five school records along the way.
- **Erin Marshall** - Erin grew up swimming for BBA, Bloomfield Hills High School, and SURF, where she has also been coaching for the past five years. She is a graduate of Grand Valley State University with a degree in Lower Elementary Education. While at GVSU, she swam with the Grand Valley Swim Club and served as president and workout coordinator. Her favorite event was the 200 butterfly. During her college years, Erin also coached with JAWS in the Grand Rapids area. She currently teaches in the Bloomfield Hills School District.

Looking Ahead!

Please note our upcoming events

- Oct 11: RS Back to Pool Meet (this meet is good for 1st & 2nd year USA swimmers)
- Oct 15: arena tech suit fitting @ The Varsity Shop 4:30pm - 8:00pm
- Oct 17 - 19: OLY Fall Classic Meet (this is a no-cut meet for experienced swimmers)
- Oct 23: Parent Social Event - info coming soon
- Oct 26: Halloween Costume Contest for the whole team
- Nov 1 - 2: MLA Fall Invite (Prelim/Final meet) - Holland
- Nov 8 - 9: Atlantis Quacktacular (Prelim/Final for 12 & Under and timed final for 13 & Up) - Seaholm HS

Stay Connected

Our email and social media info

For questions, feedback, or story contributions, email TeamAdmin@bbaswimming.org and we'll be in touch.

- **Stay Connected with the SportsEngine Motion App!**

Download the SEMotion app to keep Atlantis at your fingertips. With the app, you can easily view your swimmer's meet schedule, check your account, and stay on top of upcoming events—all in one place. It's the easiest way to stay connected and informed throughout the season.

👉 Search [SEMotion](#) in the App Store or Google Play and log in with your Atlantis account

- **Website:** www.bbaswimming.org
- **Social Media:** Follow us on [Instagram](#) & [Facebook](#) for updates and photos