

*Eric Craven's...*

®

# ACES NEWSLETTER

*The mission of the ACES Swim Club is to provide a highly competitive year-round swim program that supports athletics and personal development. Our program seeks to maximize potential technically, physically, and mentally through training and competition.*

*Eric Craven  
ACES Swim Club  
(303) 741-1733 Hotline  
acesswimming@msn.com*

**December Issue of 2009**

**Centennial, Colorado**

**The  
2009-2010  
ACES Swim Club  
Meet Schedule**

Nov 20 Developmental Meet  
Nov 21 Developmental Distance Meet  
Nov 29 ROCK 10 & Under  
Dec 10-13 Junior Nationals  
Dec 11-13 FAST Winter Open  
Dec 19 HRA Sprint Open  
Dec 29 Sprint Eliminator  
Jan 8-10 Suburban League Taylor Reeves Meet  
Jan 15-17 All Stars  
Jan 29-31 ACES Winter Hi-Point Invite  
Feb 12-13 Girls High School Championships  
Feb 12-13 HRA Winter Open  
Feb 20 Developmental Meet  
Feb 26-28 Silver State  
Mar 5-7 State J.O.'s  
Mar 10-14 Western Sectional Championships  
Mar 13 ACES Mighty Mini 8 & Under Meet  
Mar 20 Developmental Meet

## **“When Your Child is Disqualified”**

Published by the American Club Swimming Association,  
2101 North Andrews Avenue, Suite 107,  
Fort Lauderdale, FL 33311.

Concern: I've noticed that when some of our team's swimmers are disqualified the coach does not approach the official to question the call while at other times confronts the official immediately. There appears to be favoritism.

Response: If this is a case of favoritism we certainly do not condone this type of coach behavior. We recommend a direct, but polite discussion with the coach at a time when everyone has had some time distance from the situation.

If not favoritism, then the following may explain your coach's behavior:

The coach observed the infraction, was not surprised by the infraction, noted it, and talked with the swimmer about it. Coaches work with their swimmers every day and know each individual's difficulties with technique and tendency for mistakes. Coaches continually work with their athletes helping them to improve technique and correct mistakes but the results are rarely instantaneous. Swimmers take time to improve technique and eliminate mistakes. Coaches will enter a swimmer in an event even though the swimmer is only marginally capable of performing legal strokes and turns so that the swimmer gains experience. If the swimmer is disqualified the coach uses it as a learning situation for the athlete.

In some sports it is expected that there be a confrontation between coach and official with every call but that has not been our way in swimming.

When there is a confrontation it is generally over a judgment call made by the official for an infraction that the athlete does not have a history of making, and, in the eyes of the coach, was not a good call. In this case the coach will usually ask the official for a clarification of the call and the specific rule broken. The coach will also ask the official if he/she was in a proper position to make such a call.

### **Good Luck to....**

Andrew Hartbarger in the 100-200 Backstroke, 200 Butterfly, and the 200-400 IM, Kaitlynn Jackson in the 100-200 Freestyle & 200 IM, and Brian Styerwalt in the 100 Breaststroke at Junior Nationals in Columbus, Ohio  
December 10, 11, 12, 13 2009

### **The Three Immutable Laws of Improvements**

By John Leonard, (with thanks to Coach Frank Busch for the idea!)  
ASCA Newsletter, Vol. 07, Issue 2, page 2

#### **In order to Improve:**

- Show Up and be ready to start practice on time.
- Honor Your Teammates With Your Effort.
- Do Things Correctly.

**The same in life as in swimming**

**“I never wanted to be famous. I only wanted to be great.”**

**Ray Charles**

*Smile: if you can't lift the corners of your mouth, let the middle sag!*

**ACES Fall High Point Winners  
8 & Under Age Group**

(Went Home with a Trophy)

<b>Girls</b>	<b>Boys</b>
Megan Anderson-1 <sup>st</sup>	Joshua Wiegman-2 <sup>nd</sup>
Kennedy Philbrick-3 <sup>rd</sup>	Matthew Rusakevich-3 <sup>rd</sup>
Lauren Basilico-4 <sup>th</sup>	Kyle Raney-4 <sup>th</sup>
Grace Burachio-5 <sup>th</sup>	Joey Ulrich-5 <sup>th</sup>
Amanda Reeter-6 <sup>th</sup>	Jacob Barboa-8 <sup>th</sup>
Shea Yuran-7 <sup>th</sup>	Spencer Beer-9 <sup>th</sup>
Sophia Palma-8 <sup>th</sup>	Blake Schram-13 <sup>th</sup>
Emma VanMatre-12 <sup>th</sup>	Jack Aleksa-15 <sup>th</sup>
Daley Castellano-13 <sup>th</sup>	

**10 & Under Age Group**

(Went Home with a Trophy)

Sydney Gonzalez-2 <sup>nd</sup>	Adam Cole-4 <sup>th</sup>
Valeria Villagran-4 <sup>th</sup>	Fisher Darling-5 <sup>th</sup>
Cami Goldsberry-6 <sup>th</sup>	Joshua Rowe-6 <sup>th</sup>
Makena Baldwin-8 <sup>th</sup>	Levi Gooden-9 <sup>th</sup>
Marissa Kiefer-10 <sup>th</sup>	Brodie Pisack-13 <sup>th</sup>
Lindsay Barker-13 <sup>th</sup>	Connor Schieffer-15 <sup>th</sup>
Sarah Fantle-14 <sup>th</sup>	
Abby Ulrich-15 <sup>th</sup>	
Marissa Tyler-16 <sup>th</sup>	

**11 & 12 Age Group**

(Went Home with a Trophy)

Maddie McGuire-4 <sup>th</sup>	Michael Hinton-7 <sup>th</sup>
Monet Duhamel-11 <sup>th</sup>	Tristan Thomas-9 <sup>th</sup>
Claire Tronrud-14 <sup>th</sup>	Griffin Eiber-10 <sup>th</sup>
Hannah Lea-15 <sup>th</sup>	Darren Woon-11 <sup>th</sup>
Laurel Eiber-16 <sup>th</sup>	Patrick Kelly-12 <sup>th</sup>
	Kevin Shehan-14 <sup>th</sup>
	Jack Smith-15 <sup>th</sup>

**13 & 14 Age Group**

(Went Home with a Trophy)

Mary Hinton-1 <sup>st</sup>	Christopher McMahon-3 <sup>rd</sup>
Samantha Chacon-6 <sup>th</sup>	Logan Lagesse-4 <sup>th</sup>
Alyse Miller-8 <sup>th</sup>	

**Open**

(Went Home with a Trophy)

Emily Mayo-5 <sup>th</sup>	Andrew Hartbarger-2 <sup>nd</sup>
	Ian Woon-5 <sup>th</sup>
	Sam Huntley-6 <sup>th</sup>

**Cracking the ACES  
All-Time Top-10 List.....**

The following swimmers made the  
ACES All-Time  
"I Am Legend"  
Top-10 List

Mary Hinton  
13 & 14 Girls 100 Freestyle-9<sup>th</sup>

Kaitlynn Jackson  
17 & 18 Girls 200 Breaststroke-10<sup>th</sup>  
17 & 18 Girls 400 IM-10<sup>th</sup>

Julia Widmann  
17 & 18 Girls 50 Freestyle-6<sup>th</sup>  
17 & 18 Girls 100 Freestyle-4<sup>th</sup>  
17 & 18 Girls 100 Backstroke-3<sup>rd</sup>  
Senior Girls 50 Freestyle-10<sup>th</sup>  
Senior Girls 100 Freestyle-7<sup>th</sup>  
Senior Girls 100 Backstroke-4<sup>th</sup>

Joshua Wiegman  
8 & Under Boys 25 Freestyle-4<sup>th</sup>  
8 & Under Boys 50 Freestyle-4<sup>th</sup>  
8 & Under Boys 100 Freestyle-7<sup>th</sup>  
8 & Under Boys 25 Backstroke-7<sup>th</sup>  
8 & Under Boys 100 IM-4<sup>th</sup>

**Dare you to challenge the  
"Legends"!**

# Meet Tips-Important Information for Every Meet to Help Swimmers and Parents

Below are a few things to do and prepare for at the meet:

- Buy a program-Do not ask to use the coach's program.
- Please write event # and event description for event on the swimmer's arm or leg the night before or before warm-up so they know what they are swimming. Write in heat and lane # at the meet. Beware-that ink from the pen may cause an allergic reaction to some children's skin.
- Show up 15 minutes before the start of warm-up time.
- Bring extra towels and a warm jacket, parkas, or sweats to wear between events.
- Bring a pen, cards, and activities to do between races.
- Swimmers wearing a cap must wear an ACES cap. Latex caps are free, silicone caps are for sale at \$10.00 per cap. See coach.
- Bring healthy snacks and drinks to fuel the body during the meet.
- Be ready to swim in a relay if needed.
- Talk to your coach before your races.
- Report to Clerk of Course on first call for event.
- Swim down after your races if allowed to. A good rule of thumb is to swim down a 300-400 before getting out. It does not need to be a fast swim; you just want to feel better after a swim down than you did after a race.
- Talk to your coach after the swim down.

## Nutrition

Dr. Kathleen Woolf

From USA Splash Magazine-September/October 2007 Starting Blocks, page 12

### Woolf's Tip:

**How many more calories does a swimmer who practices four hours a day need than the average person? Why do we need so many?**

Swimmers have demanding training programs. They may participate in one to two workouts per day as well as stretching, flexibility, and resistance training. The longer and harder an athlete trains, the more energy is required. Thus, swimmers need regular meals and snacks to meet their daily energy requirements.

Energy needs are hard to predict since they vary with an athlete's gender, age, height, weight, stage of growth and level of physical activity. Without knowing your specific details, I cannot estimate the energy that you expend during training. However, growing athletes have the same nutritional requirements as other youth-they just require more of everything. You definitely need to consume more energy than your inactive friends to provide your body with the fuel you need for your sport. As long as you maintain normal growth patterns, a healthy body weight (check with your health care provider) and your level of competitiveness, you are probably meeting your energy needs.

"You can be an ordinary athlete by getting away with less than your best. But if you want to be great, you have to give it all you've got- your absolute everything."

Duke P. Kahanamoku

*Smile: if you can't lift the corners of your mouth, let the middle sag!*

# “Supporting Your Children in Swimming”

By John Leonard  
President, American Swim Coaches Association

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 seven ways to help you youngster do their best.

1. **Support their efforts.** Listen to your child's dreams, goals, and ideas and help him/her to work out the steps of those that seem attainable by organizing them into doable 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/her success.** When a child reaches a point of frustration, learning specialists advocate you help him/her return to a level where he/she feels successful. Then his/her 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/her trying.** Point out how much you appreciate your child's doing something that may be difficult for him/her.

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

## Check out what Russell Mark Has to Say On...

Russell Mark is the biomechanics coordinator at USA Swimming  
From September/October 2007-Splash Magazine-Volume 15-Issue 5, page 10

### How can I get a quicker reaction time off the blocks?

One thing you could do to improve your reaction time are drills on dry land. You can start by just standing tall and relaxed with your hands at your side, and then clapping your hands as quickly as possible after hearing a whistle blown or a start signal. You can progress to being in modified start position and jumping up at the signal. With practice, your entire body will adjust better to reacting to the command of a sound. Another simple thing that could improve your reaction time is making sure you have a good start position on the blocks. You should be in a position where you're ready to jump forward. Have your knees bent, and don't stand up on the blocks when the start signal goes off.

### Speedo Tip of the Month-Underwater Dolphin

**The Tip:** If done correctly, dolphin kicking underwater can be faster than swimming on the surface. Olympic Champions Natalie Coughlin and Misty Hyman, whose expert dolphin kicks propelled them to unforgettable victories, share their tips on how to get a killer kick.

- Remember three key elements: proper body position is crucial; the force from your kick should be small and controlled.
- Coughlin says not to kick from the knees or feet. “It's an entire body movement, like you're snapping a whip,” she said. “It's a little crack in the wrist that evolves into a big kick at the bottom.”
- Start with a good streamline, toes turned in and ankles slightly separated. Get propulsion from kicking down (the leg bend and extension) and kicking up (engaging your back, glutes, and hamstrings). “A fish has no joints and bends the same way on both sides. I pretend to do the same, making a perfect “s” curve that slithers through the water like a snake,” says Hyman.
- Since surface tension causes drag, most elite-level swimmers stay under for the full 15 meters legally allowed in a race. But you don't want to stay underwater for too long. Once momentum ceases, gains made underwater could be lost, and fatigue from oxygen deprivation will slow you down.
- Consistency in practice is imperative. Commit to a number of kicks and do it off every wall, including warm-up. Then gradually increase that number. Coughlin's seven kicks in practice gets her about ten meters. During a race, 11 kicks gives her the full 15 meters. Hyman's rule is to always train two more kicks than what's planned in a race. So if you need kicks in a 2100 fly race, kick 11 times off every wall during fly practice.
- Try this: Practice 25 underwater, dolphin kicks on your back, plugging your nose to go long. Turn your head, use nose plugs or try Coughlin's tactic-plug your nose by flipping your upper lip.

**“You become a champion by fighting one more round. When things are tough, you fight one more round.”**

**James Corbett**

*Smile: if you can't lift the corners of your mouth, let the middle sag!*

## State J.O.'s Qualifiers

### 10 & Under-Girls

Makena Baldwin 50-100 Breaststroke  
 Sydney Gonzalez 100-200 Freestyle  
 50-100 Backstroke  
 50-100 Breaststroke  
 50-100 Butterfly  
 100-200 IM

### 11 & 12-Girls

Madison Bredehoeft 50-100-200 Backstroke  
 Maddie McGuire 100 Breaststroke  
 Claire Tronrud 50-100 Breaststroke

### 13 & 14-Girls

Samantha Chacon 50 Freestyle  
 100-200 Backstroke  
 Mary Hinton 100-200-500-1000 Freestyle  
 100-200 Backstroke  
 100 Breaststroke  
 200-400 IM  
 Elizabeth Wiley 200 Backstroke

### 10 & Under-Boys

Adam Cole 50-100 Backstroke  
 Fisher Darling 50-100 Breaststroke  
 Levi Gooden 200 Freestyle  
 50 Backstroke  
 Matthew Rusakevich 50 Breaststroke  
 100 Butterfly  
 Connor Schieffer 100 Freestyle  
 Joshua Wiegman 50 Freestyle  
 100 IM

### 11 & 12-Boys

Trey Dindinger 100 Breaststroke  
 Michael Hinton 200 Backstroke  
 Matthew Hunt 50 Backstroke  
 Tristen Thomas 200 Backstroke  
 200 Breaststroke  
 Darren Woon 50-200 Backstroke  
 Sergei Yeromich 50-100 Breaststroke  
 50-100 Butterfly  
 100 IM

### 13 & 14-Boys

Joseph Flynn 200 Butterfly  
 Logan Lagesse 100-200 Backstroke  
 Christopher McMahon 200 Freestyle  
 100-200 Backstroke  
 100-200 Breaststroke  
 100-200 Butterfly  
 200-400 IM  
 50-100 Freestyle  
 Joshua Witchard

## Silver State Qualifiers

### 10 & Under-Girls

Makena Baldwin 50 Freestyle  
 50 Backstroke  
 50 Butterfly  
 100-200 IM  
 Lindsay Barker 200 Freestyle  
 50-100 Breaststroke  
 Sarah Fantle 50 Backstroke  
 50 Butterfly  
 100 IM  
 Sydney Gonzalez 50 Freestyle  
 Marissa Tyler 50 Backstroke  
 100 Breaststroke  
 Abby Ulrich 50-100 Butterfly

### 11 & 12-Girls

Madison Bredehoeft 50-100-200 Freestyle  
 100 Butterfly  
 100-200 IM  
 Laurel Eiber 50 Backstroke  
 50 Butterfly  
 100 IM  
 Chloe Gooden 500 Freestyle

Emily Hecomovich 50 Freestyle

### 10 & Under-Boys

Adam Cole 50-100-200 Freestyle  
 50-100 Backstroke  
 50-100 Breaststroke  
 200 IM  
 Fisher Darling 50 Freestyle  
 100-200 IM  
 Levi Gooden 100-200 Freestyle  
 50 Breaststroke  
 100 IM  
 Kyle Raney 100 Freestyle  
 50 Backstroke  
 50 Breaststroke  
 200 IM  
 Joshua Rowe 50 Backstroke  
 100 Butterfly  
 200 IM  
 Matthew Rusakevich 100 Breaststroke  
 100 IM  
 Connor Schieffer 50 Backstroke  
 50 Butterfly  
 Joshua Wiegman 100 Freestyle  
 50 Backstroke

### 11 & 12-Boys

Ryan Carr 50 Freestyle  
 50-100 Backstroke  
 100 IM  
 John Cremer 50-100-500 Freestyle  
 100 Backstroke  
 50-100 Breaststroke  
 100 Butterfly  
 200 IM  
 Mark Cremer 500 Freestyle  
 50-100 Backstroke  
 100 Butterfly  
 200 IM  
 Trey Dindinger 50-100 Butterfly

*Smile: if you can't lift the corners of your mouth, let the middle sag!*

Olivia Johnson	100 Backstroke 200 IM	Griffin Eiber	100 IM 50-100-500 Freestyle
Hannah Lea	100 Backstroke 50-100 Butterfly 200 IM		50-100 Backstroke 50 Breaststroke 100 IM
Maddie McGuire	50 Freestyle 50 Backstroke 50 Breaststroke 50-100 Butterfly 100 IM	Michael Hinton	50-100-200-500 Freestyle 50-100 Backstroke 50-100 Butterfly 100-200 IM
Paige Nankey	500 Freestyle	Matthew Hunt	50-100 Freestyle 100 Backstroke 50 Butterfly 100 IM
Ari Pusey	50-200 Freestyle 100 Backstroke 100 Butterfly 200 IM	Patrick Kelley	50-100 Backstroke 50 Breaststroke 50-100 Butterfly 100 IM
Megan Sanders	50 Butterfly 100 Breaststroke	Sandy Lane-Wierzba	100-500 Freestyle
Claire Tronrud	50 Freestyle 100-200 IM	Vincent Palma	50-100 Butterfly
Valeria Vallagren	100 Butterfly	Nick Raney	500 Freestyle
		Kevin Shehan	50-100-200-500 Freestyle 100 Backstroke 100-200 IM
		Jack Smith	50-100 Freestyle 50-100 Backstroke 100 Breaststroke 100 IM
		Tristen Thomas	50-200 Freestyle 100 Backstroke 100 Breaststroke 50-100 Butterfly 100-200 IM
		Darren Woon	50-100-200-500 Freestyle 50-100 Backstroke 50-100 Breaststroke
		Sergei Yeromich	50-100 Freestyle 200 IM
<b>13 &amp; 14-Girls</b>		<b>13 &amp; 14-Boys</b>	
Emily Barboa	50-100-500 Freestyle 100-200 Breaststroke	Liam Bristol	50-500 Freestyle
Sabrina Brakeman	50 Freestyle 100-200 Backstroke	Joseph Flynn	50-100 Freestyle 100 Backstroke 100 Breaststroke 200 IM
Mattie Cassaday	100 Breaststroke	Logan Lagesse	100 Butterfly 200 IM
Samantha Chacon	100-200-500 Freestyle 100 Breaststroke 100 Butterfly 200 IM	Alex Rusakevich	100-200 Backstroke 200 Breaststroke
Talia Colalancia	50-100 Freestyle 100-200 Backstroke 100 Butterfly 200 IM	Nick Raney	500 Freestyle
Mary Hinton	50-100 Freestyle	Jonathan Witchard	200 Freestyle 100 Breaststroke 100 Butterfly 200 IM
Mariah Hodges	100 Butterfly		
Radha Kotliarsky	50-100-200-500 Freestyle 100-200 Backstroke 200-400 IM		
Jennifer LeBlang	200 Backstroke 100 Breaststroke 200 IM		
Alyse Miller	50-100-200-500 Freestyle 100-200 Butterfly		
Kristen Pauls	100-200 Backstroke 100-200 Breaststroke 200 IM		
Jordan Rowe	50-100-200-500 Freestyle 100-200 Backstroke 100-200 Breaststroke 200 IM		
Colleen Shehan	50-100-200-500 Freestyle		
Elizabeth Wiley	50-100-200-500 Freestyle 100 Backstroke 100 Butterfly 200 IM		

*Smile: if you can't lift the corners of your mouth, let the middle sag!*