

*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.*

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**September Issue of 2010**

**Centennial, Colorado**

**The following swimmers  
represented the  
ACES Swim Club at State J.O.'s at  
Lincoln Park & Mesa State College  
July 30, 31, & August 1, 2010.**

**Swimming in Individual Events:**

Jack Azar	Christopher McMahon
Makena Baldwin	Alyse Miller
Emily Barboa	Vincent Palma
Simon Barshay	Ariane Pusey
Madison Bredehoeft	Kyle Raney
Samantha Chacon	Nick Raney
Talia Colalancia	Jordan Rowe
Adam Cole	Joshua Rowe
Fisher Darling	Alexander Rusakavich
Griffin Eiber	Matthew Rusakavich
Laural Eiber	Colleen Shehan
Cami Goldsberry	Kevin Shehan
Sydney Gonzalez	Karen Spofford
Andrew Hartbarger	Brian Styerwalt
Mary Hinton	Valeria Villagran
Michael Hinton	Elizabeth Wiley
Patrick Kelley	Jonathan Witchard
Radha Kotlairsky	Darren Woon
Bayley Krell	Ian Woon
Courtney Linton	Sara Young
Emily Mayo	

ACES had 27 swimmers plus 1 relay only swimmer attend the 2008 State J.O.'s.

ACES had 37 swimmers plus 2 relay only swimmers attend the 2009 State J.O.'s.

ACES had 42 swimmers plus relay only Swimmers attend the 2010 State J.O.'s  
That's an improvement of five more swimmers in the meet.

**Thanks for making the ACES proud at  
STATE J.O.'s!**

**"Your heart must be in  
your work."**

John Wooden

## **"There Are Several Kinds of Magic Dust"**

Brought to you by the CSI Education Committee

As parents, we sometimes come across the child that seems to be the epitome of the natural athlete; a child that can shine at any physical activity. As we watch that child grow and develop, he/she seems to accomplish great athletic feats regardless of the sport. The timing always seems excellent; the eye/hand coordination is there. The mental attitude is great, telling the body what to do and when to do it. We often wonder if we have discovered a child that has been sprinkled with "magic dust" at birth. Some athletes use that magic dust and find a home in a sport where they pour all their attention and achieve great results; some athletes spread the magic dust too thin and end up wasting it.

There are children who are absolute klutzes but who listen well and, with a lot of hard work, accomplish decent goals. They learn how to work hard and stay focused. They keep trying; they keep working hard at perfecting their craft. They listen to their coach, and practice, practice, practice. We watch as they progress at a slower pace, but progress they do. And at some point in their physical development, body and mind catches up with each other; muscles start working in conjunction with mental efforts and the klutz of the past has turned into a well coordinated physical machine that can accomplish high goals. The "magic dust" has finally shown itself.

Then there are those athletes who look at swimming as a sport they enjoy. They are rarely at the top of the pack, even though they work hard at practice and listen to their coach. Sometimes they have significant breakthroughs and cut time. But mainly, they keep swimming for the personal improvement they have in their times and because it is what their friends do. They value the social aspect of swimming, the close camaraderie that develops from spending so much time in the water with their friends.

As parents, we sometimes begin to wonder where the "magic dust" is for these children. They work hard at perfecting their stroke technique, but LSC Championship cuts don't come; Zone age group cuts are not there; Sectionals cut don't happen. We ask ourselves if we should continue to encourage such effort in a sport that does not seem to have any payback. Where is the "magic dust" for these athletes?

It comes in a different form as they develop a life-long love of swimming. It shows up in the path their career takes because they have learned important life lessons of long-term goal setting, dedication, organization skills and commitment-lessons that turn these athletes into successful business people, doctors, lawyers, engineers, teachers and even coaches who teach others how to become Olympians. The "magic dust" finally shows up in their lives.

So parents, sit down, strap in, settle back and enjoy the ride watching the "magic dust" that has been sprinkled on your swimmers lives, whatever form that might take. The CSI Education Committee hopes you enjoyed this article and found some thoughts to ponder.

*Congratulations to Mark Dylla on making the 2010 USAF Pan Pacs Team by placing second behind Michael Phelps at Senior Nationals in the 200 Butterfly. He will be eligible for many services and opportunities down the road as USAF gets ready for 2012 Olympics in London.*

*Congratulations to  
Andrew Hartbarger, Brian  
Styerwalt, & Ian Woon  
on making the  
Junior National Championships  
December 9, 10, 11, 12, 2010  
at Atlanta, Georgia  
(Georgia Tech University)*

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

## 2010 Senior ACES swimmers are college bound...

Carly Campbell	Colorado State U.
Kelly Cremer	U. of Colorado
Katherine Glassner	Colorado State U.
Caroline Haigh	U. of Northern Colorado
Kirsten Hillyer	U. of Idaho
Bess Hinton	Marquette U.
Madi Hogarth	Grand Valley State U.
Sam Huntley	U. of the Cumberlandands
Kaitlynn Jackson	U. of North Texas
Macy Kimminau	Creighton College
Keri Tuomala	U. of Northern Colorado

Sorry to see our seniors leave the ACES program, but exciting times are ahead the next four years.

**Good Luck!**

### Upcoming Meets (TENTATIVE)

MACS Fall Invite	October 15, 16, 17
Developmental Meet	October 29
ACES Fall Invite	November 5, 6, 7
CUDA Pentathlon	November 20 & 21
ROCK 10 & Under	November 28
Junior Nationals	December 9, 10, 11, 12
FAST Winter Open	December 10, 11, 12
HRA Sprint Open	January 18
Sprint Eliminator	December 29
CSST Winter Open	January 7, 8, 9
ACES Winter Open	January 21, 22, 23
Circle City Classic	January 28, 29, 30 <b>TEAM TRIP</b>
HRA Spring Open	February 11, 12, 13
Silver State	February 25, 26, 27
State J.O.'s	March 4, 5, 6
Western Sectionals	March 9, 10, 11, 12, 13
ACES Mighty Mini Meet	March 12

**Final Schedule will come out after October 11<sup>th</sup>**

## Nutrition to the Rescue! By Gary Hall

Ryan Lochte stole the show at the recent Pan Pacific Swimming Championships. Six gold medals and he came within a few tenths of his world record in the 200 IM, with a Lycra suit on! It was a very impressive performance, indeed. So what was the difference? What enabled Ryan to have such a stellar meet? Nutrition.

Apparently Ryan has changed his eating habits and it shows. We heard he gave up eating a lot of junk food and it shows. Yes, he was lean and mean and fast.

In 2008, during the Beijing Olympics, Lochte was quoted in the NY Times on line with the following. "Nutrition's probably the last thing I worry about," Lochte said. "It's probably my downfall. I've been eating McDonald's almost every meal here."

This year, at the Pan Pacs, Lochte tells the New York Times, "I haven't really been eating fast food. Before, I always thought it didn't really matter what you put in your body because you burn so many calories. What I've learned is it does make a difference."

Here is what he told USA Today in August. Before he got on the nutrition kick, this was what he was having. Morning: cereal...Sugar Pops, Fruit Loops or Frosted Flakes. Morning workout then lunch: McDonalds. Then nap or television, then afternoon practice, then dinner: McDonalds, then TV, then bed. That was pretty much every day except Sunday, when he just went to McDonalds then home. I'm definitely eating healthier," he says, noting that he has more pasta, fruit, vegetables and lean meats. "After eating a good meal, I'm just happy. It relates to my swimming. I'm having more than just a couple good practices in a row. I'm having a week where practices are unbelievable, and I think it's due to my diet."

**You are what you ingest.**

### Cracking the ACES All TimeTop-10 List...

**Long Course  
As of August 10<sup>th</sup>, 2010**

**I AM Legend!**

**Starring:**

#### **Makena Baldwin**

10 & Under Girls 50 Breaststroke-10<sup>th</sup>

#### **Ian Francis**

Senior Boys 100 Breaststroke-6<sup>th</sup>

Senior Boys 200 Breaststroke-6<sup>th</sup>

#### **Sydney Gonzalez**

10 & Under Girls 50 Freestyle-6<sup>th</sup>

10 & Under Girls 100 Freestyle-2<sup>nd</sup>

10 & Under Girls 200 Freestyle-1<sup>st</sup>

10 & Under Girls 50 Backstroke-9<sup>th</sup>

10 & Under Girls 100 Backstroke-4<sup>th</sup>

10 & Under Girls 50 Breaststroke-3<sup>rd</sup>

10 & Under Girls 100 Breaststroke-2<sup>nd</sup>

10 & Under Girls 50 Butterfly-1<sup>st</sup>

10 & Under Girls 100 Butterfly-1<sup>st</sup>

10 & Under Girls 200 IM-1<sup>st</sup>

#### **Andrew Hartbarger**

17 & 18 Boys 400 Freestyle-8<sup>th</sup>

17 & 18 Boys 100 Backstroke-2<sup>nd</sup>

17 & 18 Boys 200 Backstroke-2<sup>nd</sup>

17 & 18 Boys 100 Butterfly-6<sup>th</sup>

17 & 18 Boys 200 Butterfly-3<sup>rd</sup>

17 & 18 Boys 200 IM-3<sup>rd</sup>

17 & 18 Boys 400 IM-2<sup>nd</sup>

Senior Boys 100 Backstroke-3<sup>rd</sup>

Senior Boys 200 Backstroke-3<sup>rd</sup>

Senior Boys 100 Butterfly-8<sup>th</sup>

Senior Boys 200 Butterfly-3<sup>rd</sup>

Senior Boys 200 IM-3<sup>rd</sup>

Senior Boys 400 IM-2<sup>nd</sup>

#### **Mary Hinton**

13 & 14 Girls 200 Freestyle-4<sup>th</sup>

13 & 14 Girls 400 Freestyle-6<sup>th</sup>

13 & 14 Girls 800 Freestyle-4<sup>th</sup>

13 & 14 Girls 1500 Freestyle-4<sup>th</sup>

13 & 14 Girls 100 Backstroke-7<sup>th</sup>

13 & 14 Girls 200 Backstroke-1<sup>st</sup>

Senior Girls 200 Backstroke-6<sup>th</sup>

#### **Kaitlynn Jackson**

17 & 18 Girls 100 Freestyle-9<sup>th</sup>

17 & 18 Girls 200 IM-4<sup>th</sup>

17 & 18 Girls 400 IM-6<sup>th</sup>

Senior Girls 200 IM-6<sup>th</sup>

#### **Bayley Krell**

15 & 16 Girls 100 Breaststroke-6<sup>th</sup>

#### **Emily Mayo**

15 & 16 Girls 200 Freestyle-9<sup>th</sup>

15 & 16 Girls 400 Freestyle-10<sup>th</sup>

15 & 16 Girls 200 Backstroke-5<sup>th</sup>

#### **Christopher McMahon**

13 & 14 Boys 400 Freestyle-6<sup>th</sup>

13 & 14 Boys 100 Backstroke-9<sup>th</sup>

13 & 14 Boys 200 Backstroke-10<sup>th</sup>

13 & 14 Boys 400 IM-7<sup>th</sup>

#### **Karen Spofford**

15 & 16 Girls 800 Freestyle-10<sup>th</sup>

#### **Brian Styerwalt**

17 & 18 Boys 100 Breaststroke-8<sup>th</sup>

17 & 18 Boys 200 Breaststroke-7<sup>th</sup>

#### **Ian Woon**

17 & 18 Boys 50 Freestyle-5<sup>th</sup>

17 & 18 Boys 100 Freestyle-6<sup>th</sup>

Senior Boys 50 Freestyle-10<sup>th</sup>

Senior Boys 100 Freestyle-8<sup>th</sup>

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

## Attitude Makes the Difference

Sample the following facts about Winners and Losers in life.

The Winner is always part of the answer;  
The Loser is always part of the problem.

The Winner has a program;  
The Loser always has an excuse.

The Winner says, "Let me do it for you";  
The Loser says, "That is not my job".

The Winner sees an answer in every problem;  
The Loser sees a problem for every answer.

The Winner says, "It may be difficult but it is possible";  
The Loser says, "It may be possible but it is too difficult".

When a Winner makes a mistake he says, "I was wrong";  
When a Loser makes a mistake, he says, "It wasn't my fault".

A Winner makes commitments;  
A Loser makes promises.

Winners have dreams;  
Losers have schemes.

Winners say, "I must do something";  
Losers say, "Something must be done".

Winners are a part of a team;  
Losers are apart from the team.

Winners see the gain;  
Losers see the pain.

Winners see possibilities;  
Losers see the problems.

Winners believe in win/win;  
Losers believe for them to win someone has to lose.

Winners see the potential;  
Losers see the past.

Winners are like thermostats;  
Losers are like thermometers.

Winners choose what they say;  
Losers say what they choose.

Winners use hard arguments but soft words;  
Losers use soft arguments but hard words.

Winners stand firm on values but compromise on petty things;  
Losers stand firm on petty things but compromise on values.

Winners make it happen;  
Losers let it happen.

What makes the difference?  
**ATTITUDE!**

Live with passion.  
Have as much fun as you can.  
Learn as much as you can.  
Choose to change and grow to be the best that you can be.  
Change your life from making a living to making a difference!

## Speedo Tip of the Week

This month's Speedo Tip of the Week comes from the September-October 2007 issue of Splash, in which correspondent Bonnie Moss offers some advice on setting season goals. Here are some pointers.

### The Tip:

A new season means new goals. Set aside some one-on-one time with your coach to help define those goals. Follow these guidelines:

- Champions know what victory feels like, and what they have to do continually on a daily basis to feel it again. Ask yourself: What do I want the end result to feel like? Then go from there to set your goal.
- Set a goal that you and your coach feel is realistically attainable. Whether it's to qualify for the State J.O.'s or to improve your weakest stroke, make sure the goal is something you feel you can honestly achieve with hard work.
- Your plan must be flexible enough to have room for setbacks and disappointments, or even unexpected success.
- Imitate. You might do this a lot when perfecting stroke technique, but give it a try with goal setting. Look around at what other swimmers have that you want, such as an age group record. Find out how they did it and be open to trying their tactics. Learn from others who are where you want to be.
- Doing anything well comes from doing it over and over and doing it right. Let's say your goal for the season is to make every single practice. If you're not used to daily workouts or doubles, the first weeks will be hard. But once you turn it into a habit, it becomes a part of who you are and success will often follow. Also, your coach may respond with more appreciation for your dedication.
- Surround yourself with people who support what you are doing. Your coach, parents and teammates should be in your inner circle. Don't spend time with people who sabotage your efforts and undermine your goals.
- Remember, your coach is there to guide you and provide the tools. A coach can only do so much. The rest is up to you. There is an old saying that always holds true: Whether you think you can or you can't, either way, you're right.

## Commonly Used Swimming Terms

Alternate Breathing - In freestyle swimming, breathing to the right side then swimming an odd number of strokes and breathing to the left side, then swimming an odd number of strokes and breathing to the right side, etc.

Blocks - The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.

Build - Increasing in effort/speed within a specific distance.

Circle Swimming - Performed by staying to the right of the black line when swimming in a lane to enable maximum use of pool space.

Course - Designated distance (length of pool) for swimming competition.  
Long Course = 50 meters Short Course = 25 yards or 25 meters.

Deck - The hard surface around the pool.

Descending - Swim each distance faster within a given set as the set progresses. Typically, you begin at an easy pace and progress to a faster one throughout the set.

Disqualified - A swimmer's performance is not counted because of a rules infraction. Also called a DQ.

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

## Why Should My Child Be A Swimmer

- Swimming is an outstanding activity for young people.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many of today's super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates, and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self esteem.
- Swimming can prevent drowning.

### Did you know?

- Drowning is a leading killer of American children.
- In ethnic communities, drowning rates are nearly three times the national average.
- More than 30% of kids are at risk for obesity-related illnesses.
- Swimming is a cure.

**Drills** - A drill is used to break down parts of a stroke in order to emphasize certain aspects of the body's movements. Drills may be used to learn a new stroke or strengthen certain areas of a stroke.

**Fins** - Large rubber flipper-type devices that fit on a swimmers feet. Used in swim practice, not competition. Also called flippers by some.

**Flags** - Triangular pennants alternating colors suspended on a line stretched over the width of the pool. In a short course pool, they are 15 feet from the wall and in a meter pool they are five meters from the wall. Used primarily to notify backstrokers that the wall is coming.

**Interval** - A specific elapsed time for swimming or rest used during swim practice.

**Kickboard** - A flat rectangular board (usually a stiff or hard Styrofoam) used to isolate leg muscles in kick sets.

**Lane** - Specific area in which the swimmer is assigned to swim.

**Lane Lines** - The floating markers which separate adjacent lanes.

**On The Bottom** - this refers to the 30 on the pace clock. It is called this because of its' bottom-most location on the clock.

**On The Top** - this refers to the 60 on the pace clock. It is called this because of its' top-most location on the clock.

**Negative Split** - For any given distance, the second half is faster than the first half.

**Pace** - The often pre-determined speed with which a swimmer completes each segment of a race or practice

**Pace Clock** - The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.

**Pull Buoy** - Usually two cylinders of Styrofoam tied together with rope and placed between the legs. It enables you to focus on your pull without kicking.

**Set** - A number of repeated swims at specified distances with a stated interval.

**Streamline** - The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight as it can be.

**USA Swimming** - USA Swimming, Inc. The national governing body for amateur competitive swimming in the United States.

**Wall** - The vertical portion of the pool.

**Warm Down** - The recovery swimming a swimmer does after practice or a race when pool space is available.

**Warm-up** - The practice and "loosening-up" session a swimmer does at the beginning of practice or before the meet/their event.

**Yardage** - The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

Distance	Number of Lengths	Distance	Number of Lengths	Distance	Number of Lengths
25	1	225	9	425	17
50	2	250	10	450	18
75	3	275	11	475	19
100	4	300	12	500	20
125	5	325	13	1000	40
150	6	350	14	1650 (mile)	66
175	7	375	15		
200	8	400	16		

**"Impossible is Nothing!"**

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