

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

[aceswimming@msn.com](mailto:aceswimming@msn.com)

## September Issue of 2011 Centennial, Colorado

The following swimmers  
represented the

ACES Swim Club at State J.O.'s in Denver  
July 29, 30, 31, 2011.

### 60 Swimmers Swimming in Individual Events:

Alex Bae	Radha Kotlairsky
Lindsay Barker	Walker Kurtz
Jacob Barshay	Sean Kuster
Simon Barshay	Michelle Lyubimskaya
Spencer Beer	Jared Markham
Daniel Breslin	Christopher McMahon
Rylie Breslin	Tanner Meeks
Aimee Burton	Claire Mills
Danielle Carr	Molly Nankey
Samantha Chacon	McKenna Newsum-Schoenberg
Talia Colalancia	Vincent Palma
Kenlyn Darrah	Kennedy Philbrick
Trey Dindinger	Gabrielle Pumo
Hannah Diones	Kyle Raney
Brendon Eckerman	Jordan Rowe
Griffin Eiber	Joshua Rowe
Laural Eiber	Matthew Rusakevich
Amanda Feilmeier	Joshua Schechter
Korbin Green	Shilan Schechter
Cami Goldsberry	Karen Spofford
Sydney Gonzalez	Rachel Stein-Plog
Andrew Hartbarger	Brian Styerwalt
Ellie Hill	Daryl Turner
Mary Hinton	Marissa Tyler
Elizabeth Hunt	Valeria Villagran
Matthew Hunt	Ian Woon
Kaitlynn Jackson	Shea Yuran
Kathryn Johnson	Cayla Zimmerman
Ryan Jurgensen	Joshua Zimmerman
Patrick Kelley	Julia Zimmerman

### Helping the ACES out in Relay Events:

Michael Hinton  
Kevin Shehan  
Darren Woon

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

### 2011 Long Course State Champions

Kathryn Johnson 10 & Under Girls 100 Freestyle

Elizabeth Glenn Open Girls 100 & 200 Backstroke

### Open Boys 400 Freestyle Relay

Jared Markham, Daryl Turner, Andrew Hartbarger, and  
Ian Woon

### Open Boys 400 Medley Relay

Jared Markham, Brian Styerwalt, Andrew Hartbarger, and  
Ian Woon

Joshua Schechter Open Boys 400 Freestyle

Daryl Turner Open Boys 100 Backstroke

## “You Can Quote Me...”

It's four years of waiting. It's pushing yourself past the limits. It's all your hard work paying off, as the 2012 Olympic Trials are approaching here is what the past Olympians say about the Trials:

“The Olympic Trials is probably the most nerve-racking experience there is, just because the American team is so deep, and to have five of the top 10 400 IMers in the world all swimming for two spots on the Olympic Team is probably more stressful than going to the Olympic itself. So with the talent we have in the U.S, you've got to be on your “A” game at Trials just to make the team”.

Sixteen-time Olympic medalist Michael Phelps

“The atmosphere at Trials is the most intense meet you can imagine. It's and incredibly overwhelming experience. They are so stressful it's crazy, because it's only six weeks before the Olympics. It's overwhelming, yet fun”.

Eleven-time Olympic medalist Natalie Coughlin

“The Olympic Trials is an action-packed week, full of a lot of emotion, and a lot of ups and downs. It can be a real challenge, but it can also be a positive experience. It's kind of the pinnacle of the sport for a lot of American athletes. Even those who go on to the Games will say one of the hardest parts of the Olympic experience is just getting through Olympic Trials first”.

Four-time Olympic medalist Ian Crocker

Jared Markham represented the ACES at Nationals in Palo Alto August 2, 3, 4, 5, 6, 2011 in the 200-400 Freestyle, 100-200 Backstroke, and the 200-400 IM

remember that now when I think of Trials. It really is a big deal to be there. It really is an honor just to compete”

2008 Olympic medalist Margaret Hoelzer

“Olympic Trials is the most nerve-racking meet I've ever been to, even more so than the Olympic. Doesn't matter if you're the American or World record holder all year, if you don't get first or second at Trials, you don't go to the Olympics”.

Five-time Olympian and 12-time Medalist Dara Torres

“Olympic Trials is the one of the most intense and high energy swimming experiences anyone can have”.

2008 Olympian Eric Shanteau

“If your dream isn't bigger than you, then there's a problem with your dream”.

Deion Sanders

### Congratulations to...

Andrew Hartbarger (swam the 100-200 Butterfly, 100 Backstroke, and the 200-400 IM) and Daryl Turner (swam the 50-100 Freestyle and 100 Backstroke) at Junior Nationals in Palo Alto, CA, August 8, 9, 10, 11, 12, 2011.

The ACES sent six swimmers to Western Zones in Clovis, CA, August 9, 10, 11, 12, 13, 2011. The swimmers that represented the State of Colorado were Brendon Eckerman, Griffin Eiber, Sydney Gonzalez, Katie Johnson, Matthew Rusakovich, and Valeria Villagran

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

# The Ten Hardest Things to do in Swimming

Reprinted from Splash Magazine, September 2003

## Senior ACES swimmers college bound to...

Jeff Atkinson	Montana State University Science
Jack Azar	University of Colorado Business
Lexi Barber	University of San Diego Political Science & Business
Eric Dexter	Mesa State College Sports Management
Abby Dorfman	University of Vermont Education
Elizabeth Glenn	William & Mary Kinesiology
Silas Getz	Colorado State University Undecided
Luke Graber	Colorado School of Mines Engineering
Andrew Hartbarger	University of Minnesota Business
Sean Kuster	Cal Poly Tech State U. Bio-Medical Engineering
Luc Lagesse	Colorado State University Undeclared
Megan Lucero	University of Kansas Special Education
Jared Markham	University of Georgia Physical Therapy
Claire Mills	U. of Northern Colorado Sport & Exercise Science
Kyle Mussato	U. of Northern Colorado History
McKenna Newsum-Schoenberg	Emory College Pre-Law & Business
Zach Solis	Gustavus Adolphus College Athletic Training/ Kinesiology
Thomas Stone	Brigham Young University Economics
Brian Styerwalt	Denison College Business
Hunter Vanderpoel	Cal Poly Tech State U. Biology
Maddie Vanderpoel	Loyola Marymount Biology
Ian Woon	Dartmouth Government

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

## Good Luck!

- 10. That First Big Event**-Whether it's the 400 IM, the 200 Fly or the mile, there's always that event that has a swimmer shaking in their boots when they swim one of these races for the first time. Once they pull it off, though, they realize it was easier than they thought.
- 9. Diving in for Morning Workout**-That first brisk plunge is all you need to wake yourself up at 5:00 AM...if only you can throw yourself in.
- 8. Keeping Your Goggles on while diving in**-At any given meet, you'll see countless age groupers swimming the 50 Freestyle with goggles around their necks. Heck, even some world class athletes have problems with this one. Did you happen to watch Michael Phelps swim the 200 Butterfly in the 2008 Olympics?
- 7. The Flip Turn**-Think about the first time you tried a flip turn. You were probably either too close to the wall, or too far, and it took weeks of practice to do it right every time. Even today, you probably still miss walls and get water up your nose from time to time.
- 6. The Breaststroke**-Who's hasn't been disqualified in the breaststroke? This stroke has about a million little rules to remember and requires a great deal of timing and coordination - no wonder the real good breaststrokers make good IM'ers.
- 5. Pacing**-Whether it's the 200 or the 1000 Freestyle, pacing is the key to the race. It is not an easy task, but with hard work pacing does become part of your routine in practice.
- 4. Making the United States Olympic Team**-Of about 250,000 athletes registered with USA Swimming each year, only a maximum of 52 (26 women and 26 men) are chosen every four years.
- 3. Winning an Olympic Gold Medal**-Of the million swimmers in the world, you have to be the best swimmer in your event on that given day. But hey...somebody has to do it.
- 2. Breaking a World Record**-How tough is this one? Only three American men (Ryan Lochte, Michael Phelps, Aaron Piersol), and three American women (Jessica Hardy, Ariana Kukors, and Katie Ziegler), currently hold individual long course world records. There are no world records in yards - just American Records.
- 1. Make a Senior National Cut in every event**-Only a handful of American swimmers in the history of the sport have been able to do this. Natalie Coughlin & Michael Phelps are a few on this list.

**“Dream barriers look very high until someone climbs them. Then they are not barriers anymore”.**

**Lasse Viren**

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

# Nutrition

Dr. Kathleen Woolf

From USA Swimming-August 2007 Speedo Tip of the Week

## 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 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 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.
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## 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 illness.
- Swimming is a cure.

From USA Swimming Club  
Development

## Woolf's Tip:

Pre-event meals are the foods an athlete consumes before exercise and competition. During exercise, athletes rely on pre-existing stores of carbohydrates and fat to fuel exercise. A well-planned pre-event meal is the last opportunity to maximize these stores before beginning an event.

However, the pre-event meal does not compensate for poor overall eating pattern.

An ideal pre-event meal is high in carbohydrates, moderate in protein and low in fat.

Because fat and protein take longer to digest, they may remain in the stomach at the start of exercise resulting in stomach upset. The carbohydrates and calorie content of the meal should be reduced the closer to exercise the meal is consumed. One hour before exercise, try bananas, crackers, or sports drink. Two or three hours before exercise choose bagels, high-carbohydrates energy bars, pancakes, or waffles. Four or more hours before exercise, try a turkey sandwich or a bowl of spaghetti.

## New Team Records

### 10 & Under Girls 200 Freestyle Relay-2:20.89

Michelle Lyubinskaya, Molly Nankey, Kennedy Philbrick, Kathryn Johnson

**Valeria Villagren** 11 & 12 Girls 50 Butterfly-31.16

**Julia Zimmerman** 11 & 12 Girls 400 IM-5:41.41

**Mary Hinton** 15 & 16 Girls 1500 Freestyle-17:48.44

**Daryl Turner** 15 & 16 Boys 100 Freestyle-53.29  
15 & 16 Boys 100 Backstroke-57.99 & State Record

**Elizabeth Glenn** 17 & 18 Girls 100 Backstroke-1:05.79  
17 & 18/Open Girls 200 Backstroke-2:20.27  
Senior Girls 100 Backstroke-1:05.79  
Senior Girls 200 Backstroke-2:20-27

**Jared Markham** 17 & 18 Boys 400 Freestyle-4:04.66  
Senior Boys 400 Freestyle-4:04.66

### 15-18 Boys 200 Medley Relay-1:47.45

Jared Markham, Brian Styerwalt, Daryl Turner, Ian Woon

### 15-18 Boys 400 Medley Relay-4:02.07

Jared Markham, Brian Styerwalt, Daryl Turner, Ian Woon

### 15-18 Boys 400 Freestyle Relay-3:36.54

Ian Woon, Daryl Turner, Jared Markham, Andrew Hartbarger

### Open Boys 200 Freestyle Relay-1:36.80

Spencer Fronk, Daryl Turner, Jared Markham, Ian Woon

### Open Boys 800 Freestyle Relay-7:55.44

Andrew Hartbarger, Ian Woon, Spencer Fronk, Jared Markham

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

## Swimming One-Liners...

- **Why were the elephants thrown out of the swimming pool?**  
Because they couldn't hold their trunks up!
- **Why did the teacher jump into the water?**  
She wanted to test the water!
- **Why wasn't Susan afraid when she saw a shark while she was swimming in the water?**  
Because it was a man-eating shark!
- **Did you hear about the slow swimmer?**  
He could only do the crawl!
- **What kind of swimmer makes a good gardener?**  
One with great seed times!
- **Why did the vegetarians stop swimming?**  
They didn't like meets!
- **Why could male elephants swim whenever they want?**  
They always have trunks with them!

July Issue of Tidbits of South Metro  
Denver Newspaper-Issue 356

## A goal without a plan is just a wish".

Gaston Rebuffat

### Thank you for your interest in the Aces Swim Team!

Practice will start for all groups and all pools Tuesday, September 6<sup>th</sup>, 2011.

The ACES website and hotline will be updated after August 29<sup>th</sup>, 2011. Please check for any additional information or changes at that time.

Description of Practice groups, expectations and cost:

- **Annual Yearly Family Membership \$125.00 per family.**
- **Every swimmer is required to be a USA Swimming member. The cost is \$58.00 per swimmer. This fee is paid annually. The membership will be good from the time of registration, beginning September 1<sup>st</sup>, until December 31, 2011. The 2011 memberships will expire December 31, 2011.**

**Jokers** 5:30-6:30 PM M-F @ Arapahoe **OR** 5:00-6:00 PM M-Th @ Cherokee Trail High School. Must attend three practices/a week and swim one meet/ month. Ages 10 & under beginning Competitive swimmers.

**\$70.00 per month per swimmer**

**Jacks** 5:30-6:45 PM M-F @ Arapahoe High School **OR** 5:00-6:15 PM M-Th @ Cherokee Trail High School. Must attend three practices/ week and swim one meet/ month. Ages 8-10 advanced competitive swimmers.

**\$85.00 per month per swimmer**

**Quacks** @ Arapahoe High School 4:30-6:00 PM M-W-F, and 5:30-6:45 PM T & Th. This group is for the more committed 10 & Under athlete.

**\$85.00 per month per swimmer**

**Queens** 6:30-8:00 PM M-F @ Arapahoe High School **OR** 6:30-8:00 PM M-Th @ Cherokee Trail High School. Must attend three to four practices/ week and swim one meet/ month. Primary ages 11-13 - intermediate competitive swimmers

**\$95.00 per month per swimmer**

**Kings** 6:30-8:00 PM M-F @ Arapahoe High School **OR** 6:30-8:00 PM M-Th @ Cherokee Trail High School. Must attend four- five practices/ week and swim one meet/ month. Primary ages 11-14 advanced competitive swimmers. Year round commitment is expected.

**\$95.00 per month per swimmer**

**Kingfish** 5:30-6:00 PM M-W-F Dryland, 6:00-7:30 PM M-W-F Swim, 5:30-7:30 PM T-Th Swim @ Englewood High School. **OR.** 6:00-6:30 PM M-W-Th Drylands, 6:30-8:00 PM M-Th Swim. Must attend four- five practices/ week and swim one meet/ month. Primary ages 12-14, very advanced competitive swimmers.

**\$105.00 per month per swimmer**

**Senior Prep** 4:00-5:30 PM M-F @ Arapahoe High School. Primarily HS age swimmers who are multiple activity athletes.

**\$105.00 per month per swimmer**

**Senior** 3:30-5:30 PM M-F Swim, and 5:30-6:30 PM M-W-F Drylands @ Englewood High School. **OR.** 6:30-8:00 PM M-Th Swim, and 6:00-6:30 PM Drylands. Primarily ages: 14 & Over advanced competitive swimmers. Must be committed to year round swimming (September-August).

**\$120.00 per month per swimmer**

As we get close to the starting date please check the ACES Hotline 303-741-1733, in case there have been any unforeseen schedule changes.

#### Pool Addresses:

Arapahoe High School	2201 E. Dry Creek Road	Littleton	80122
Cherokee Trail High School	25901 E. Arapahoe Road	Aurora	80016
Englewood High School	3800 S. Logan	Englewood	80110
Heritage High School	1401 W. Geddes Avenue	Littleton	80120

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

**Cracking the ACES  
Long Course All-Time Top-10 List.....  
“I Am Legend”**

Alex Bae	15 & 16 Girls 50 Freestyle-10 <sup>th</sup>
Talia Colalancia	13 & 14 Girls 100 Backstroke-10 <sup>th</sup>
Bryce de Venecia	17 & 18 Boys 800 Freestyle-7 <sup>th</sup> 17 & 18 Boys 1500 Freestyle-7 <sup>th</sup> Senior Boys 1500 Freestyle-9 <sup>th</sup>
Brendon Eckerman	10 & U 50 Breaststroke-5 <sup>th</sup> 10 & U 100 Breaststroke-6 <sup>th</sup>
Griffin Eiber	11 & 12 Boys 50 Freestyle-10 <sup>th</sup> 11 & 12 Boys 100 Freestyle-7 <sup>th</sup> 11 & 12 Boys 200 Freestyle-4 <sup>th</sup> 11 & 12 Boys 100 Breaststroke-7 <sup>th</sup> 11 & 12 Boys 200 IM-7 <sup>th</sup>
Spencer Fronk	Senior Boys 100 Freestyle-4 <sup>th</sup> Senior Boys 100 Backstroke-5 <sup>th</sup>
Elizabeth Glenn	17 & 18 Girls 100 Backstroke-3 <sup>rd</sup> <b>Team Record</b> 17 & 18 Girls 200 Backstroke-1 <sup>st</sup> Senior Girls 100 Backstroke-4 <sup>th</sup> Senior Girls 200 Backstroke-3 <sup>rd</sup>
Sydney Gonzalez	11 & 12 Girls 50 Breaststroke-4 <sup>th</sup> 11 & 12 Girls 100 Breaststroke-5 <sup>th</sup> 11 & 12 Girls 100 Butterfly-10 <sup>th</sup> 11 & 12 Girls 200 IM-8 <sup>th</sup>
Andrew Hartbarger	17 & 18 Boys 200 Breaststroke-6 <sup>th</sup> 17 & 18 Boys 100 Butterfly-6 <sup>th</sup> 17 & 18 Boys 200 Butterfly-3 <sup>rd</sup> 17 & 18 Boys 200 IM-4 <sup>th</sup> 17 & 18 Boys 400 IM- Senior Boys 100 Butterfly-8 <sup>th</sup> Senior Boys 200 Butterfly-3 <sup>rd</sup> Senior Boys 200 IM-4 <sup>th</sup> Senior Boys 400 IM-3 <sup>rd</sup>
Mary Hinton	15 & 16 Girls 200 Freestyle-10 <sup>th</sup> 15 & 16 Girls 400 Freestyle-3 <sup>rd</sup> 15 & 16 Girls 800 Freestyle-2 <sup>nd</sup> <b>Team Record</b> 15 & 16 Girls 1500 Freestyle-1 <sup>st</sup> 15 & 16 Girls 100 Backstroke-6 <sup>th</sup> 15 & 16 Girls 200 Backstroke-9 <sup>th</sup>
Elizabeth Hunt	10 & U Girls 50 Backstroke-5 <sup>th</sup> 10 & U Girls 100 Backstroke-5 <sup>th</sup>
Kathryn Johnson	10 & U Girls 50 Freestyle-3 <sup>rd</sup> 10 & U Girls 100 Freestyle-2 <sup>nd</sup> 10 & U Girls 200 Freestyle-6 <sup>th</sup>
Jared Markham	17 & 18 Boys 100 Freestyle-4 <sup>th</sup> 17 & 18 Boys 200 Freestyle-3 <sup>rd</sup> <b>Team Record</b> 17 & 18 Boys 400 Freestyle-1 <sup>st</sup> 17 & 18 Boys 100 Backstroke-2 <sup>nd</sup> 17 & 18 Boys 200 Backstroke-2 <sup>nd</sup> 17 & 18 Boys 100 Butterfly-9 <sup>th</sup> 17 & 18 Boys 200 IM-2 <sup>nd</sup> 17 & 18 Boys 400 IM-2 <sup>nd</sup> Senior Boys 100 Freestyle-7 <sup>th</sup> Senior Boys 200 Freestyle-4 <sup>th</sup> <b>Team Record</b> Senior Boys 400 Freestyle-1 <sup>st</sup> Senior Boys 100 Backstroke-2 <sup>nd</sup> Senior Boys 200 Backstroke-2 <sup>nd</sup> Senior Boys 200 IM-2 <sup>nd</sup> Senior Boys 400 IM-2 <sup>nd</sup>

**....Continue  
Cracking the ACES Short Course  
All-Time Top-10 List.....  
“I Am Legend”**

Emily Mayo	15 & 16 Girls 100 Freestyle-6 <sup>th</sup> 15 & 16 Girls 200 Freestyle-3 <sup>rd</sup> 15 & 16 Girls 400 Freestyle-2 <sup>nd</sup> 15 & 16 Girls 800 Freestyle-3 <sup>rd</sup> Senior Girls 200 Freestyle-4 <sup>th</sup> Senior Girls 400 Freestyle-2 <sup>nd</sup> Senior Girls 800 Freestyle-3 <sup>rd</sup>
Christopher McMahon	15 & 16 Boys 400 Freestyle-10 <sup>th</sup> 15 & 16 Boys 100 Backstroke-10 <sup>th</sup> 15 & 16 Boys 200 Backstroke-8 <sup>th</sup> 15 & 16 Boys 200 Breaststroke-10 <sup>th</sup> 15 & 16 Boys 400 IM-7 <sup>th</sup>
McKenna Newsum-Schoenberg	17 & 18 Girls 200 Freestyle-7 <sup>th</sup> 17 & 18 Girls 400 Freestyle-4 <sup>th</sup> 17 & 18 Girls 800 Freestyle-2 <sup>nd</sup> 17 & 18 Girls 1500 Freestyle-2 <sup>nd</sup> 17 & 18 Girls 200 Butterfly-7 <sup>th</sup>
Matthew Rusakevich	10 & U Boys 50 Butterfly-5 <sup>th</sup> 10 & U Boys 100 Butterfly-2 <sup>nd</sup>
Josh Schechter	15 & 16 Boys 100 Freestyle-8 <sup>th</sup> 15 & 16 Boys 200 Freestyle-8 <sup>th</sup> 15 & 16 Boys 400 Freestyle-10 <sup>th</sup> 15 & 16 Boys 100 Butterfly-7 <sup>th</sup> 15 & 16 Boys 200 IM-10 <sup>th</sup>
Karen Spofford	17 & 18 Girls 1500 Freestyle-10 <sup>th</sup> 17 & 18 Girls 200 Breaststroke-6 <sup>th</sup>
Daryl Turner	15 & 16 Boys 50 Freestyle-3 <sup>rd</sup> <b>Team Record</b> 15 & 16 Boys 100 Freestyle-1 <sup>st</sup> <b>Team Record</b> 15 & 16 Boys 100 Backstroke-1 <sup>st</sup> 15 & 16 Boys 200 Backstroke-6 <sup>th</sup> 15 & 16 Boys 100 Butterfly-3 <sup>rd</sup> Senior Boys 100 Freestyle-6 <sup>th</sup> Senior Boys 100 Backstroke- Senior Boys 200 Backstroke-10 <sup>th</sup> Senior Boys 100 Butterfly-9 <sup>th</sup>
Valeria Villagran	<b>Team Record</b> 11 & 12 Girls 100 Freestyle-6 <sup>th</sup> 11 & 12 Girls 50 Butterfly-1 <sup>st</sup> 11 & 12 Girls 100 Butterfly-3 <sup>rd</sup>
Julia Zimmerman	11 & 12 Girls 200 IM-8 <sup>th</sup> <b>Team Record</b> 11 & 12 Girls 400 IM-1 <sup>st</sup>

**Dare you to challenge the “Legends”!**

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