

Eric Craven's...

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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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May Issue of 2010

Centennial, Colorado

**The
2010
ACES Swim Club
Meet Schedule**

April 23-25	FST Spring Open
May 14-16	FST Spring Open
May 21-22	Boys HS State
May 28-30	ACES Spring Open
June 10-13	Meet of Champions
June 18-20	ACES Summer Open
June 25-27	FAST Summer Open
July 30	HRA Sprint Eliminator
July 8-11	Janet Evans Invite
July 9-11	Zone 2 Championships-Open
July 16-18	Zone 2 Championships-14 & U
July 25	ACES Last Chance
July 28	STARS 10 & Unders
July 30-Aug 1	State J.O.'s
Aug 3-7	U.S. Open
August 9-13	Junior Nationals
August 10-14	Western Zones

**“Hard work beats talent
when talent doesn’t work
hard”.**

- Anonymous

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

Sydney Gonzalez

- 10 & Under Girls 50 Freestyle-8th
- 10 & Under Girls 100 Freestyle-4th
- 10 & Under Girls 50 Backstroke-10th
- 10 & Under Girls 100 Backstroke-4th
- 10 & Under Girls 100 Breaststroke-8th
- 10 & Under Girls 50 Butterfly-9th
- 10 & Under Girls 100 Butterfly-5th

Mary Hinton

- 13 & 14 Girls 800 Freestyle-9th
- 13 & 14 Girls 1500 Freestyle-9th
- 13 & 14 Girls 200 Backstroke-6th

**Looks like the girls rule for the
month of April!**

The Ultimate Cool by Glenn Mills, NISCA Journal Magazine March/April 2008

It’s tough being a kid sometimes. It’s especially tough being a young athlete who aspires to greatness. Why? Because most young kids think for today and live in the present. It’s hard for them to envision a future that’s far enough ahead of them to give them time to build their dream.

Because today is SO important to kids, peer pressure usually comes in to play in the team environment. Making friends, talking, hanging out, being popular, and just being cool are important activities for nearly every kid. The problem is, coolness isn’t usually associated with work, dedication, commitment, punctuality, respect for elders (coaches and parents). If you watch MTV, Nickelodeon, and other kid-oriented shows these days, you know it’s not the work-ethic and respect characteristics that are featured, but rather pretty much of the opposite.

Because of how kids nowadays define “cool”, it’s understandable how being cool can sometimes get in the way of long-term success. Thankfully, this isn’t always the case. Sometimes, it’s the uncoolest kid who eventually takes the world by storm. Here are just a couple of “uncool” kids who ultimately reached the highest level of coolness:

Bill Gates. He was the king uncool as a kid. He wrote about how he was the only boy in the summer reading program as he was growing up. We can only imagine the ridicule he was put through by the “cool” kids. But now, it’s hard to imagine how anyone who ever made fun of Bill Gates could not admit that he is one of the coolest people of any age or time on the planet. And we’ve all given him money at some point in our lives. I mean, PC or MAC, we all use Microsoft products, so who’s cool now?

Michael Jordan. Did you know that MJ was cut from his high school basketball team? No doubt the older, more mature, more practiced kids scoffed at this youngster who was trying to take a spot on the team. But when he missed making the grade, Michael didn’t laugh it off to be cool. He used the setbacks to motivate him to work harder. The greatest athlete of the 20th century had natural ability, sure, but it was hard work that made him the best. Again, who’s cool now?

Michael Phelps. Most young swimmers who are training hard these days look at Michael’s million-dollar deals as something to aspire to. These swimmers may even daydream, while training, about what it would be like to be like Michael. The reality of the story is, Michael was-and is-a training machine. As the story goes, he swam 7K a day, every day, when he was thirteen. How much coolness do you think he had to give up to put in those kinds of hours seven days a week, year after year? Michael skipped the things that would make a 14- or 16 year old cool, to make sure he was the coolest at 19...and 20 and..

There is ultimately one thing that makes someone cool. Success. Unfortunately, success requires an uncool work ethic. The two don’t seem to go together. Most people don’t want to risk failure, because it’s uncool to throw yourself completely, and totally, at a goal that is so high, and where failure is a possibility. Most people would rather coast through life being “somewhat” successful, rather than ending up with the Ultimate Cool. Most people are just too scared to risk that much-or too impatient to put in the years of work that are required. That kind of risk isn’t for everyone. It’s for those rare individuals who decide to embrace the fear of failure, commit to overcome it, never accept it as an option, and do whatever it takes, no matter what, to achieve the Ultimate Cool.

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

2010

Senior Aces Swimmers are going to...

Rhys Breannan-Univ. of Georgia
Carly Campbell-Colorado State U.
Kelly Cremer-U. of Colorado
Katherine Glassner-Colorado State
Caroline Haigh-U. of Northern Colorado
Kirsten Hillyer-U. of Idaho
Bess Hinton-Marquette University
Madi Hogarth-Grand Valley State U.
Sam Huntley-U. of Cumberland
Kaitlynn Jackson-U. of North Texas
Macy Kimminau-Creighton College
Nathan Lee-U. of Denver
Keri Tuomala-U. of Northern Colo

Pick and Pass

Check out the beefy differences between these two jerkies:

Pemmican Premium Cut Beef Jerky

(1 ounce serving) 80 calories 1 gram of fat 4 gram of carbs, 13 grams of protein.

Slim Jim Original Beef Stick

(5 Sticks) 210 calories, 19 grams of fat, 3 grams of carbs, 8 grams of protein.

Stack Magazine, March 2008. page 28

Striving for the Ultimate Cool will eventually cost you some acquaintances (not friends). You won't have time for things regular people have time for, and many people think this is too much to sacrifice. OK, that's fine, too. If it's too much to risk, then it's not your passion. But for those of you who do have the potential, the environment, the support, and the time, to risk the Ultimate Cool for being merely cool...is the Ultimate Waste.

Here's the final kicker. We all may fail to reach our own self-defined Ultimate Cool. If the goal is so high that we miss it, the consolation prize isn't so bad. You'll still be a success, and you'll still be so far above average that you'll be able to hold your head high with your accomplishments, and know that you did everything possible to reach your goals. By the time you realize that you weren't considered cool as a kid, it'll be so far behind you, it just won't matter. You'll know in your heart that you have reached your own Ultimate Cool, and what the outside sees won't enter into your mind. Remember the work ethic of the "uncool" because that's what it's going to take to reach...The Ultimate Cool.

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

-John Wooden

Flawless Finishes

By Kelsey Savage-Hays
Speedo Tip of the Week

Of course the start matters, the turnover rate counts, and pace strategy shouldn't be overlooked, but in a head to head match, it's the finish that makes or breaks a race. Here are four do's and don'ts from Brian Brown, head coach of Asphalt Green Unified Aquatics, to help you hit the wall first.

Do anticipate. "The wall shouldn't surprise you," says coach Brown. A strong finish needs as much finessing as any other technique, and the best way to practice is by doing short sprints during workouts while memorizing your race-pace stroke count per lap. Work on reaching for the wall every time with a fully-extended arm.

Do count. For perfect timing, coach Brown emphasizes that the first stroke sets up the last, so starting the breakout stroke with great form means you're more likely to match the stroke count you've practiced, giving you a better idea of where the wall will fall.

Don't breathe! Freestylers should take their last gasp before passing under the flags and keep their head down until they touch the wall. Butterfliers, coach Brown points out, might end up inhaling between the flags and wall (depending on their natural breathing pattern), but they definitely shouldn't breathe on the finishing stroke.

Do make the last stroke count. Hit the touchpad energetically at the end of each race to stop the device and make your time official.

Don't Peek. "It's a common error for a swimmer who's in the lead to sneak a look at a close contender and end up placing second," says coach Brown. Instead of worrying about the final standings, tuck your head down and aim for the touchpad. Let the scoreboard announce who wins.

"The main ingredient of stardom is the rest of the TEAM".

John Wooden

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

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

Madison Bredehoeft

11 & 12 Girls 100 Backstroke-9th

Sydney Gonzalez

10 & Under Girls 100 Freestyle-4th

10 & Under Girls 200 Freestyle-4th

10 & Under Girls 50 Backstroke-6th

10 & Under Girls 100 Backstroke-5th

10 & Under Girls 50 Butterfly-5th

10 & Under Girls 100 Butterfly-4th

10 & Under Girls 100 IM-4th

10 & Under Girls 200 IM-7th

Andrew Hartbarger

15 & 16 Boys 1000 Freestyle-9th

15 & 16 Boys 100 Backstroke-3rd

15 & 16 Boys 200 Backstroke-3rd

15 & 16 Boys 200 Butterfly-2nd

15 & 16 Boys 200 IM-4th

15 & 16 Boys 400 IM-2nd

17 & 18 Boys 1000 Freestyle-8th

17 & 18 Boys 1650 Freestyle-8th

Senior Boys 1650 Freestyle-9th

Senior Boys 100 Backstroke-4th

Senior Boys 200 Backstroke-4th

Senior Boys 200 Butterfly-6th

Senior Boys 200 IM-9th

Senior Boys 400 IM-5th

Mary Hinton

13 & 14 Girls 1000 Freestyle-7th

13 & 14 Girls 1650 Freestyle-6th

Kaitlynn Jackson

17 & 18 Girls 200 Breaststroke-10th

17 & 18 Girls 400 IM-10th

Emily Mayo

15 & 16 Girls 500 Freestyle-10th

15 & 16 Girls 200 Backstroke-8th

Kennedy Philbrick

8 & Under Girls 200 Freestyle-10th

Matthew Rusakevich

8 & Under Boys 200 Freestyle-7th

8 & Under Boys 25 Backstroke-9th Tied

8 & Under Boys 25 Breaststroke-8th

8 & Under Boys 100 IM-4th

Karen Spofford

15 & 16 Girls 1000 Freestyle-9th

15 & 16 Girls 1650 Freestyle-8th

Valeria Villagran

10 Under Girls 50 Butterfly-8th

10 & Under Girls 100 Butterfly-4th

Julie Widmann

17 & 18 Girls 50 Freestyle-6th

17 & 18 Girls 100 Freestyle-4th

17 & 18 Girls 100 Backstroke-3rd

Senior Girls 50 Freestyle-10th

Senior Girls 100 Freestyle-7th

Senior Girls 100 Backstroke-4th

Joshua Wiegman

8 & Under Boys 25 Freestyle-4th

8 & Under Boys 50 Freestyle-4th

8 & Under Boys 100 Freestyle-7th

8 & Under Boys 25 Backstroke-7th

8 & Under Boys 100 IM-4th

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

Summer Practice Schedule TENTATIVE-90% Accurate

(This practice schedule will begin on Tuesday, June 1st)

Seniors	7:00-9:00 AM	@ Lowry	M-F	Eric/Tom
	3:30-5:30 PM	@ Englewood High School	M-F	Eric/Jim/Tom
KingFish	7:00-9:00 AM	@ Lowry	M-W-F	Kevin
	9:00-10:30 AM	@ Lowry	T-Th	Kevin
	4:30-6:00 PM	@ Arapahoe	M-Th	
	4:30-6:00 PM	@ Cherokee Trail	M & W	
Kings	7:00-9:00 AM	@ Lowry	M-W-F	Kevin
	9:00-10:30 AM	@ Lowry	T-Th	Kevin
	4:30-6:00 PM	@ Arapahoe	M-Th	
	4:30-6:00 PM	@ Cherokee Trail	M & W	
Queens	7:00-8:30 AM	@ Lowry	M-W-F	
	9:00-10:30 AM	@ Lowry	T-Th	
	4:30-6:00 PM	@ Arapahoe	M-Th	
	4:30-6:00 PM	@ Cherokee Trail	M & W	
Jacks	7:00-8:30 AM	@ Lowry	M-W-F	
	9:00-10:30 AM	@ Lowry	T-Th	
	4:30-5:45 PM	@ Arapahoe	M-Th	
	4:30-5:45 PM	@ Cherokee Trail	M & W	
Jokers	4:30-5:30 PM	@ Arapahoe	M-Th	
	4:30-5:45 PM	@ Cherokee Trail	M & W	

Defeating Negative Self-Thoughts

By Dr. Aimee Kimball
Sports Psychologist
Speedo Tip of the Week

Have you ever said mean things to yourself like, “You are awful. You are the slowest person in the water,” or “There is no way I’m going to get better, I should just quit?”

If so, imagine how you would react if someone else said those things to you. You would definitely be angry and possibly push them in the pool. My point is, don’t say anything to yourself that you wouldn’t let anyone else get away with.

Tips for helping you quiet the negative talk in your head:

Be your own biggest fan.

Imagine the president of your fan club standing on your shoulder wearing a T-Shirt with your face on it telling you, “You’re awesome. You’ve worked so hard, I know you’ll do well. You deserve to be out here, show them what you got.” Cheer yourself on and have your “biggest fan” fill your head with positive thoughts.

Write down your negative thoughts.

Write a list of things you typically say to yourself, then counteract those thoughts with something positive. For example, if you write down “I’m not nearly as good as her. There’s no way I can win,” you can cross it out and say to yourself, “She’s fast, but I don’t control her. I am going to swim my best and get a great time.”

Create more positive than negatives.

Any time you say something negative, make yourself say two things you’re doing well. For example, if you say, “My turns are awful,” you have to positively refocus yourself by saying, “I have a great stroke and my starts are fantastic.” Tell your coach, your teammates, you’re your parents to enforce this with you. too, in all areas of your life.

Make it Great!

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

The 21 Indisputable Qualities of a Leader

By John Maxwell

Becoming the Person Others will
want to follow:

Character: Be a Piece of the
Rock.

Charisma: The First
Impressions Can Seal the Deal.

Commitment: It Separates
Doers from Dreamers.

Communication: Without It
You Travel Alone.

Competence: If You Build,
They Will Come.

Courage: One Person with
Courage is Majority.

Discernment: Put an End to
Unsolved Mysteries.

Focus: The Sharper It Is, the
Sharper You Are.

Generosity: Your Candle Loses
Nothing When It Lights
Another.

Initiative: You Won't Leave
Home Without It.

Listening: To Connect with
Their Hearts, Use Your Ears.

Passion: Take This Life and
Love It.

Positive Attitude: If You
Believe You Can, You Can.

Problem Solving: You Can't
Let Your Problems Be a
Problem.

Relationships: If You Get
Along, They'll Go Along.

Responsibility: If You Won't
Carry the Ball, You Can't Lead
the Team.

Security: Competence Never
Compensates for Insecurity.

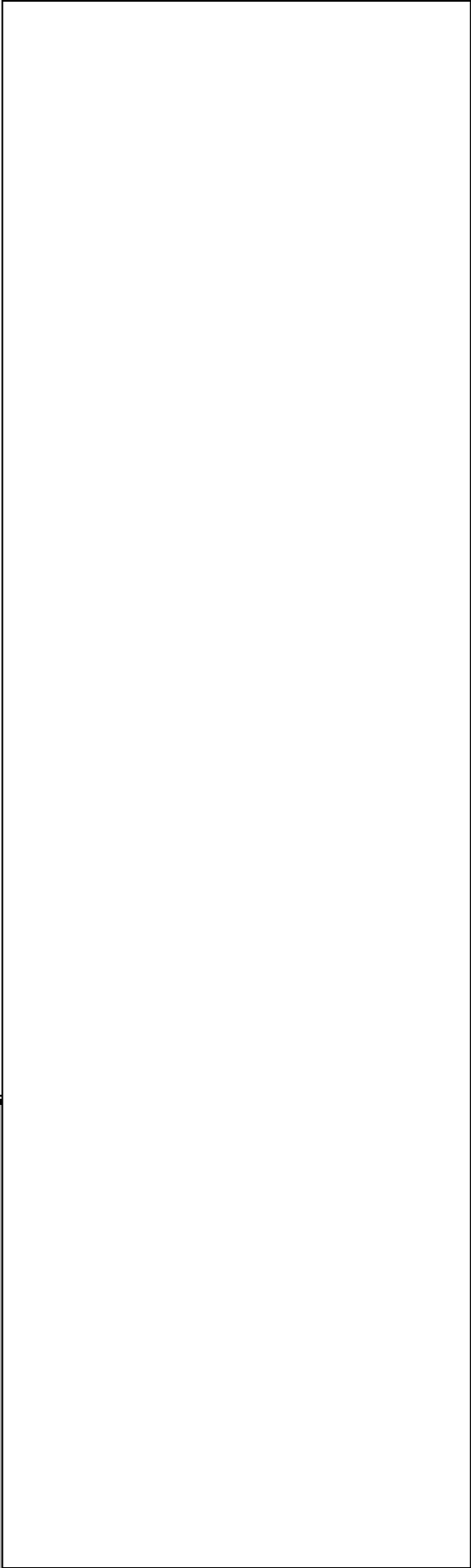
Self-Discipline: The First
Person You Lead is You.

Servanthood: To Get Ahead,
Put Others First.

Teachability: To Keep
Leading, Keep Learning.

Vision: You Can Seize Only
what You Can See.

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



Smile: if you can't