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Centennial, Colorado

**The
 2008
 ACES Swim Club
 Meet Schedule**

May 30-June 1	ACES Spring Open
June 6-8	Janet Evans Invite
June 13-15	North Jeffco Summer
June 20-22	FAST Summer Open
June 27-29	ACES Summer Open
June 29-July 6	Olympic Trials
July 2	HRA Sprint Eliminator
July 11-13	Zone 2 Championships
July 15-19	Sectionals
July 20	ACES Last Chance
July 24-27	State J.O.'s
July 28	STARS 10 & Under
July 29-Aug 2	Senior Nationals
August 4-8	Junior Nationals
August 5-9	Western Zones
August 9-16	Olympic Games

Congratulations to...

Marc Houghton on winning the 4A HS State Championships in the 200 Freestyle.

AND

Conor Brennan on winning the 5A HS State Championships in the 50 Freestyle

AND

200 Freestyle Relay-1:25.66

Conor Brennan, Casey Fangnello, JB Britton, and Jonathan Jones
 A new CSI 15-18, 17 & 18, and Senior State Record.

AND

Tom Byorick on being named Rocky Mountain News All Colorado & 5A Coach of the Year

Eric Craven's...

®

ACES NEWSLETTER

A High Quality, Progressive, Year-Round Swimming Team

“Bringing Back Competition for Kids is a Winner” by Sue Pascoe (A writer from Los Angeles)

Article from USA Swimming

“These are the times that try men’s souls...What we obtain too cheap, we esteem too lightly; it is dearness only that gives every thing it starts one of the pamphlets in Thomas Paine’s “The American Crisis”. Although he was speaking of the Revolutionary War, his words ring true in times in a surprising area: raising children

My children’s first trophies came from YMCA Iddy-Biddy basketball at the age of 4. With the most recent addition of AYSO soccer trophies for my three children, our household now has close to 100. Trophies may mean something to parents-many of whom were raised when they still had value-but my children they aren’t associated with winning, excellence, attendance or even hard work.

You’d be hard pressed-in sports or school - to know that children have issues with winning and losing. In an effort to make sure no child feels bad all competitiveness is erased. Just because competition is ignored doesn’t mean it’s not there-it’s instinctive.

Last year, six high school swimmers, who had been with the local YMCA program since they were 7 years old, worked hard enough to qualify “Y” Nationals. You’d think the “Y” would be ecstatic. Instead, the director said that too much emphasis was placed on these “elite” swimmers. In August he did away with the competitive swim program because someone might feel bad. Excellence was the undoing of a program. After parents complained that all levels of swimmers were participating, and that younger ones needed someone to look up to, he agreed to reinstate a competitive program for the younger children, but no coach was provided for the high school kids. This emphasis on keeping competition to a minimum affects every sport.

Unfortunately, the well-intentioned drives to put all children on the same level also extends into the classroom, thereby requiring the same program for all children. Second-graders who can multiply and figure out logic problems are still required to do the simple addition problems as the rest of the class. All students are required to take algebra to graduate, even if their brains are not wired that way. A special-education kid who isn’t toilet trained and is blind and partially deaf is in a regular classroom, “mainstreamed” because “we are all the same”.

It’s the reign of mediocrity and the death of common sense. I laughed at the movie, “The Incredible”, because the parents wouldn’t let their son enter sports because he could run too fast. At the end of the movie, they let him enter a race, but he still “dumbed” it down, winning, but only barely. Diversity is the catchword for all that’s right, but it’s also the catchword that “dumbs” everything down. In other words, diversity means skin color or religion; it doesn’t actually mean we want people with diverse skills and talents.

When I was in third grade, spelling contest took the top two winners from each classroom to represent the school in a countywide contest. I didn’t and went home crying to my mother. Today, she’d sue the school district and the contest would be banned. Instead, she’d talked to me about my strengths. We talked about how my best friend had won it and how she was particularly good in that area, how it would be nice if I could cheer her on. My mother took a devastating time for me and made it into a life lesson about an individual’s uniqueness.

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

Senior ACES swimmers college bound to...

Conor Brennan	North Carolina State
Mike Darron	Metro State College
Kelly Edwards	Mesa State College
Casey Fangnello	Miami of Ohio
Marc Houghton	Colorado State University
Jennifer Johnson	Colorado State University
Jonathan Jones	Air Force Prep School
Nick Kreider	University of Colorado
Hunter Roux	University of Washington
Hannah Sanek	Colorado State University
Chelsea Simon	University of North Carolina-Wilmington
Jenna Snyder	California Lutheran College
Jason Ware	BYU @ Idaho

Pick and Pass

Which ravioli should be canned? Before you zap your snack, take a look at these nutritional match-ups:

Campbell's Spaghettios Raviolios

(1 cup serving) 270 calories, 8 gram of fat, 38 gram of carbs, 11 grams of protein.

Chef Boyardee Mini Bites Beef Ravioli

(1 cup serving) 280 calories, 13 grams of fat, 31 grams of carbs, 10 grams of protein.

Stack Magazine, April 2008. page 32

Happy Birthday to...

Spencer Banwart	Alan LeBlang
Emily Barboa	Megan Lucero
Rylie Breslin	Kevin McKanna
Kassandra Brisch	Matthew Rusakevich
Joseph Flynn	Nicholas Tice
Madelyn Hogarth	Keri Tuomala
Logan Lagesse	

"The difference between ordinary and extraordinary is that little extra".

Anonymous

Kids can take it. They know who's smart in class. They also know the smart kid in class may not be the best athlete. The most popular kid may not be the most creative. It's time to celebrate real differences or at least let them exist. Bring back spelling bees and math contest in elementary schools, and celebrate the winners. Choose royalty in a school based on a popular vote. Have art contests with real winners. Do away with participation medals and ribbons.

In life, we lose far more contests than we win, and learning to lose is as valuable as learning to win.

For one reason or another we all fall short from time to time. The important thing about failure is to learn from it, and use it to grow into a better person, swimmer, etc. You may recognize some of these "failures" from an Ann Landers column.

- Einstein was 4 years old before he could speak.
- Isaac Newton did poorly in grade school and was considered unpromising".
- Beethoven's music teacher once said of him, "As a composer, he is hopeless".
- When Thomas Edison was a youngster, his teacher told him he was too stupid to learn anything. He was counseled to go into a field where he might succeed by virtue of his pleasant personality.
- F.W. Woodworth got a job in a dry goods store when he was 21, but his employer would not permit him to wait on customers because he "didn't have enough sense to close a sale".
- Michael Jordan was cut from his high school basketball team. Boston Celtics Hall of Famer Bob Cousy suffered the same fate.
- A newspaper editor fired Walt Disney because he "lacked imagination and had no good ideas".
- Winston Churchill failed the sixth grade and had to repeat it because he did not complete the tests required to promotion.
- Babe Ruth struck out 1,300 times-a major league record.

A person may make mistakes but isn't a failure until he starts blaming someone else. We must believe in ourselves, and somewhere along the road of life, we must meet someone who sees greatness in us expects it from us and lets us know it. It is the golden key to success.

Speedo Tip of the Month

By Nicole Haislett

1992 Olympic Gold Medalist and Professional Chef

Haislett offers some advice on refueling the body after a workout and shares a recipe for low-fat granola that contains carbohydrates, protein, fiber, and plenty of vitamins and minerals.

Haislett's Tip:

Without getting too scientific, our bodies-specifically our muscles-need fuel, and the only energy source that can power them is ATP (adenosine triphosphate). Our muscles store enough ATP for just a very short time.

For back-up, our energy system is supplied by fat, carbohydrates and protein throughout the duration of aerobic exercise. As a swimmer's body struggles to keep up with the demand placed on it by its muscles, breakdown occurs.

Athletes can recover more effectively, work out harder more frequently, increase muscle mass and enhance physical adaptations by not only watching what they eat, but when they eat it.

I received a lot of e-mails from readers about nutrition-what they should eat after workouts, and so on. One that really stuck with me, however, was about swimmers skipping breakfast because they were going straight from morning practice to school and didn't have time to eat. That's not a good idea.

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

It's important to refuel your body after workout, and that window of opportunity is open for just 30 minutes after exercise.

I want to share a recipe from my mother-in-law for low-fat granola. It is great tasting and extremely healthy.

It contains carbohydrates, protein, fiber and plenty of vitamins and minerals. The fats present are monounsaturated-the good kind. It can be made in large batches, stored for up to month in the freezer, or a week at room temperature in an airtight container. It's convenient snack for a swimmer on the run and is much healthier than many store-bought granolas, which are usually high in saturated fat and contain lots of preservatives.

4 Cups Old Fashioned Oats	½ Cup Light Brown Sugar
¼ Cup Honey	1 ½ Cup Dried Cranberries or Raisins
1 ½ Cups Sliced Almonds	½ tsp. Cinnamon
¼ Cup Canola Oil	1 Cup Sliced Dried Apricots
1 cup Plain Shelled Pumpkin Seeds	½ tsp. Salt
1 tsp. Vanilla	

Preheat oven to 350 degrees. In a large bowl, mix together oats, almonds, pumpkin seeds, brown sugar, cinnamon, and salt.

In a small sauce pan, warm honey and oil over low heat. Stir in vanilla. Pour honey mixture over oat mixture, and gently stir to combine.

Spread granola out onto a large baking sheet and bake for 40 minutes, stirring every ten minutes.

Allow granola to cool completely. Stir in fruit and enjoy a healthy, well-balanced snack after workout.

What your coaches are saying in practice:

Aaron:

"Practice how you want to perform at meets!"

Eric:

"Be tough, stay tough, swim fast!"

JC:

"You're burning daylight!"

Jim:

"Whether you think you can or can't, you are probably right!"

Karen:

"I don't care if you do it FAST, but you gotta do it right!"

Kevin:

"We only fall so we can learn to pick ourselves up!"

Laurie:

"Fast feet are happy feet!"

Morgan:

"This is your last repeat in this set, let's make it your best one!"

Tom:

"You don't have to feel good to swim fast, you have to swim fast to swim fast".

"Progress always involves risk; you can't steal second base and keep your foot on first base".
Frederick Wilson

ACES Swim-A-Thon Top Earners

Carissa Janitell	Cherokee Trail	\$565.00
Samantha Baldwin	Arapahoe	\$560.00
Paige West	Arapahoe	\$560.00
Spencer Banwart	Englewood	\$550.00
Alyse Miller	Cherokee Trail	\$500.00
Weston Scott	Arapahoe	\$366.00
Erin Whitaker	Heritage	\$300.00
Tristan Thomas	Cherokee Trail	\$260.00
Emily Mayo	Englewood	\$255.00
Emily, Hannah, Megan Sanders	Arapahoe	\$255.00
Maddie Bredehoeft	Arapahoe	\$250.00
Brooke Bower	Arapahoe	\$250.00
Isabelle Schneyer	Cherokee Trail	\$250.00
Katherine Harston	Heritage	\$250.00
Georgia Tauer	Heritage	\$210.00
Maggie Rice	Arapahoe	\$250.00

Nice job everyone, and thanks for working so hard for the
ACES Swim Club

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

After the first long course meet of the 2008 season, the following swimmers made the ACES All Top-10 List

I AM Legend!

Spencer Banwart

10 & Under Boys 50 Freestyle-8th
10 & Under Boys 100 Freestyle-4th
10 & Under Boys 200 Freestyle-3rd
10 & Under Boys 50 Backstroke-6th
10 & Under Boys 100 Backstroke-9th
10 & Under Boys 200 IM-5th

Conor Brennan (HS State)

17 & 18 Boys 50 YDS Freestyle-2nd
17 & 18 Boys 100 YDS Freestyle-3rd
Senior Boys 50 YDS Freestyle-4th
Senior Boys 100 YDS Freestyle-3rd

Spencer Fronk (HS State)

15 & 16 Boys 100 Backstroke-4th
Senior Boys 100 Backstroke-6th

Andrew Hartbarger

15 & 16 Boys 100 Butterfly-8th
15 & 16 Boys 200 Butterfly-6th
15 & 16 Boys 400 IM-7th

Marc Houghton (HS State)

17 & 18 Boys 200 Freestyle-7th
Senior Boys 200 Freestyle-7th

Kaitlynn Jackson

15 & 16 Girls 50 Freestyle-9th
15 & 16 Girls 200 Freestyle-10th
15 & 16 Girls 100 Breaststroke-10th

Matt Voell (HS State)

17 & 18 Boys 100 Butterfly-3rd
Senior Boys 100 Butterfly-4th

Sergei Yeromich

10 & Under Boys 100 Breaststroke-6th
10 & Under Boys 100 Butterfly-9th

The ACES are off to a good start!

ACES Swim Club Summer Practice Schedule

Seniors	7:00-9:00 AM	@ Lowry	M-F
	3:30-5:30 PM	@ Englewood High School	M-F
KingFish	7:00-9:00 AM	@ Lowry	M-W-F
	9:00-11:00 AM	@ Lowry	T-Th
	5:45-7:45 PM	@ Englewood High School	M-Th
	OR 4:00-5:30 PM	@ Cherry Creek High School	M-Th
Kings	7:00-9:00 AM	@ Lowry	M-W-F
	9:00-10:30 AM	@ Lowry	T-Th
	5:30-7:00 PM	@ Englewood High School	M-Th
	OR 4:00-5:30 PM	@ Cherry Creek High School	M-Th
Queens	7:00-9:00 AM	@ Lowry	M-W-F
	9:00-10:30 AM	@ Lowry	T-Th
	5:30-7:00 PM	@ Englewood High School	M-Th
	OR 4:00-5:30 PM	@ Cherry Creek High School	M-Th
Jacks	7:00-9:00 AM	@ Lowry	M-W-F
	9:00-10:30 AM	@ Lowry	T-Th
	OR 4:00-5:30 PM	@ Cherry Creek High School	M-Th
Jokers	4:30-5:30 PM	@ Cherry Creek High School	M-Th

The ACES Bus services will be offered again this summer. Services will start on Monday, June 2, 2008. The pick up time will be 6:15 AM (SHARP!) from Arapahoe High School. The bus will leave the Lowry Pool around 9:15 AM and return to Arapahoe High School. Most days a coach will chaperone on the bus. On days which that is not possible, parents will be asked to chaperone. The bus and driver are provided by the Littleton Public Schools. Insurance on the bus ride falls under the LPS umbrella. The cost, based on 19 trips and 50 swimmers is \$85.00. This is slightly higher than last year, but operating cost are obviously higher. To reserve a spot, email Coach Tom Byorick at: tom@aceswimclub.com right away. If you do not get a return email in a day or so, its because Tom did not get your email so try again. The bus is intended to service swimmers 9 years old and older. Parents of 8 & Under swimmers should talk to Tom personally before signing up.

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