

ACES



NEWSLETTER

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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!

“Practice is Too Hard”

Published by the American Club Swimming Association

Yes, sometimes some of the things we do are “hard”. I prefer the word “challenge”. Part of what we do in practice is to challenge swimmers to extend themselves beyond what they thought they are capable of doing. We do this with care and in a systematic and progressive manner. We do not attempt to drive weaker age groups swimmers from the sport. Nor do we attempt to make each swimmer an Olympic swimmer. I have long term patience for each swimmer’s development.

All the facts and figures do not matter to a swimmer who says “It’s too hard”. This is where helpful support from parents can be of great assistance. Parents can remind children that some exercises push children into zones of uncomfortableness with good reason. We do not adapt without some workout overload or stress. It is basic principle of training applicable to all ages. It is also a basic principle of life that sometimes things get uncomfortable and we work a little harder to bring about a change.

With the change in coaching and in coaching styles the practices are indeed very different. We do far more stroke work now and we also challenge a bit more. With patience and support I am hopeful that all children will adapt and eventually enjoy the practice session.

At the age group developmental level our primary goals are to teach swimming skills, learn good practice habits, expose the children to life skills, set the aerobic conditioning foundation for senior level swimming, introduce competition opportunities, and to have fun.

“Fun” is an interesting word. One day at age group swim practice I asked 12 very exhausted swimmers aged 10 through 12, “How many of you had fun today?” This I asked after they had completed their first ever 3000 yard workout in a 75 minute period. Of course I was expecting none of them to say they had fun. What I was hoping to do was create a teaching moment where we could talk about the difference between fun and satisfaction. To my surprise every child wearily raised their hands and said that they had fun. When I asked them to explain, they all said they felt that way because they had never done 3000 yards before. Eventually three years later, 4 of the 12 swimmers completed 6000 yards in a 90 minute period and the other 8 completed between 4000 to 5000. All those swimmers are still swimming and still loving the sport because the challenge is the fun and the fun is the challenge.

Good Luck
To Jared Markham as he prepares for the 2011 National Championships August 1, 2, 3, 4, 5, 6, at the Stanford Aquatic Center. He will be swimming the 200-400 Freestyle, 100-200 Backstroke, and the 200-400 IM.
The next week August 8, 9, 10, 11, 12, at Junior Nationals Andrew Hartbarger will compete in the 100-200 Backstroke, 100-200 Butterfly, and the 200-400 IM, and Daryl Turner will swim in the 50-100 Freestyle and the 100 Backstroke.

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

21 Top Laws of Swimming

By Jerry Heidenreich

1. Three of the most important components of swimming are: technique, technique, and technique.
2. Strive for optimum, not maximum performance.
3. Learn to balance, align, and stabilize your body first. Everything else will become easier.
4. Seek the path of least resistance.
5. Find the path of most resistance.
6. To become effortless requires great effort.
7. Listen to the water, feel the water, be one with the water. Swim quietly.
8. The mind leads the body.
9. The harder you work, the harder you can play.
10. Practice does not make perfect. Perfect practices makes perfect. What you do in practice will determine what you do in meets.
11. The fastest swimmers are the ones who slow down the least.
12. The fastest you ever will travel is when you dive off the block and push off the wall.
13. Slice through the water, don't plow. Make your middle name "streamline".
14. Don't think of pulling the water. Learn to anchor your hands, wrists, and forearms, and hold onto the water. Learn to use your legs for balance and body stabilization.
15. Power is generated from the hips and torso. Use your shoulders for your recovery and to generate additional arm speed.
16. Relax from the inside out.
17. Never look back.
18. Attack your race, attack your opponent.
19. Embrace your opponents. They make you a faster, better swimmer
20. Use visual and mental imagery of yourself achieving and surpassing your goals.
21. Swim smart, use your head, and keep your head still.

The Ten Hardest Things to do in Swimming

Reprinted from Splash Magazine, September 2003

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 up yourself up at 7:00 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 senior swimmers have problems with this one.
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 it just 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 win it.
2. **Breaking a World Record**-How tough is this one? Only three American men (Ryan Lochte, Aaron Piersol, and Michael Phelps), and four American women (Natalie Coughlin, Janet Evans, Katie Hoff, 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.

"Many people FAIL because they quit too soon. They lose faith when the signs are against them. They do not have the courage to hold on, to keep fighting in spite of that, which seems insurmountable. If more of us would strike out and attempt the "impossible", we very soon would find the truth of that old saw that nothing is impossible...abolish fear and you can accomplish anything you wish

C.E. Welsh,
Business Executive

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

Smart Swimming

From Rocky Mountain News-Mini Page June 20, 2007

New Team Records

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

Open Boys 200 Freestyle Relay-1:36.80

Spencer Fronk, Daryl Turner
Jared Markham, Ian Woon

15-18 Boys 400 Freestyle Relay-3:36.54

Ian Woon, Daryl Turner,
Jared Markham, Andrew Hartbarger

Open Boys 800 Freestyle Relay-7:55.44

Andrew Hartbarger, Ian Woon,
Spencer Fronk, Jared Markham

11 & 12 Girls 50 Butterfly-31.16

Valeria Villagren

11 & 12 Girls 400 IM-5:41.41

Julia Zimmerman

15 & 16 Girls 1500 Freestyle-17:48.44

Mary Hinton

15 & 16 Boys 100 Freestyle-53.29

Daryl Turner

17 & 18/Open Girls 200 Backstroke-2:20.27

Elizabeth Glenn

Fuel for Swimmers

Swimming is hard work. Swimmers use their arms, legs, torso to move through the water. To get the energy they need, swimmers should eat healthy foods.

Experts in nutrition at USA Swimming gave The Mini Page some tips about which foods and drinks help provide the energy to swim well.

- Drink water or sports drinks early and often during practices, about every 15 minutes. Without fluids, your body can't work as well.
- Healthy foods supply the body with energy. These foods include:

-Carbohydrates: bread, pasta, cereal

-Protein: peanut butter, lean meat

-Healthy fats: olive oil, nuts fish

- Avoid carbonated drinks such as soda; they make you feel bloated, or blown up.
- Avoid drinks with caffeine; they cause your body to lose fluid.

Check out what Josh Davis Has to Say On...

Josh Davis Multi Olympic Gold Medalist

Freestyle

Thumb by side, elbow high, reach on side.

Don't flip wrists on recovery, don't extend arm to finish. Lift elbow and relax recovery.

Josh favorite drill: Catch up drill with a stick so as not cheat.

Keep head next to shoulder reaching arm. Stay streamlined.

Keep kick skinny and fast.

Think about speeding hips, not shoulders.

Backstroke

Still head, straight elbow (on recovery), see shoulders.

Noon entry is bad. Think one eleven and one o'clock.

"Throw" the arms back.

Josh favorite drill: Spinning. Backstroke is a controlled spin drill.

Breaststroke

Timing, fast hands, fast heels.

Pull, kick, glide.

Accelerate through the pull with one motion.

The better pullouts you have, the less you have to swim breaststroke (if you are slow in the Breaststroke).

Turns (Breaststroke and/Butterfly

Slide (elbow back), ceiling (throw head back and all you should see is the ceiling), slick your head back.

Freestyle Turns

Carry momentum into wall and keep speed off the turn.

Think "hot walls".

Don't take last stroke and wait to turn. Swim into wall keeping speed.

Don't kick too big and too soon after the push off. Streamlining is most

important to keep speed off the wall. Work on where you need to flip for each pool. Plant feet high near the surface for better push off

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

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

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

Dare you to challenge the “Legends”!

**State J.O.’s, Nationals, Junior Nationals, &
Western Zones are coming soon...**

“Impossible is nothing”

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