

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 2013

Centennial, Colorado

2013-2014 ACES Schedule
TENTATIVE

Oct 4	Devo Meet
Oct 18-20	MACS Fall Invite
Oct 25	Devo Meet
Oct 26	Swim-A-Thon
Oct 26	Team Pictures
Nov 8-10	ACES Fall Open
Nov 23-24	CUDA Pentathlon
Dec 5-7	Nationals
Dec 6-8	Pioneer Open
Dec 12-14	Junior Nationals
Dec 21	HRA Sprint Open
Dec 27	Sprint Eliminator
Jan 3-5	CSST Winter Open
Jan 10-12	Taylor Reeves Open
Jan 10-12	All Stars
Jan 17-19	CUDA Classic
Feb 14-15	HS State-Girls
Feb 21-23	ACES Winter Open
Feb	Swim-A-Thon
Feb 28-Mar 2	Silver State
Feb 28-Mar 2	Senior State
Mar 7-9	State J.O.'s
Mar 12-16	Western Sectionals
Mar 15	ACES Mighty Mini

“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 manor. 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 uncomforableness 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.

This is a first, in all my years of coaching with the ACES Swim Club, never have we cancelled practice due to rain. This is a good lesson that whenever a school or school district cancel schools, that also means the ACES will not be having practice that day as well. The Weather forecast for the year, is that Colorado could possibly have a very busy winter, lots and lots of snow and blizzard like conditions. We will do our best to inform our members whether or not practice has been cancelled or not. Please be sure to get register for the upcoming season, so that you and your family will receive important emails throughout the year.

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.

“You’ve got to think lucky. If you fall into a mud hole, check your back pocket. You might have caught a fish.”

Darrell Royal

The Right to Lead

By John Maxwell

American Swimming Coaches Association Newsletter, Volume 2010, Issue 08, page 4.

What gives a man or woman the right to lead? It certainly isn't gained by election or appointment. Having position, title, rank or degrees doesn't qualify anyone to lead other people. And the ability doesn't come automatically from age or experience, either.

No, it would be accurate to say that no one can be given the right to lead. The right to lead can only be earned. And that takes time.

THE KIND OF LEADER OTHERS WANT TO FOLLOW

The key to becoming an effective leader is not to focus on making other people follow, but on making yourself the kind of person they want to follow. You must become someone others can trust to take them where they want to go.

As you prepare yourself to become a better leader, use the following guidelines to help you grow:

1. Let go of your ego.

The truly great leaders are not in leadership for personal gain. They lead in order to serve other people. Perhaps that is why Laurence D. Bell remarked, "Show me a man who cannot bother to do little things, and I'll show you a man who cannot be trusted to do big things."

2. Become a good follower first.

Rare is the effective leader who didn't learn to become a good follower first. That is why a leadership institution such as the United States Military Academy teaches its officer to become effective followers first – and why West Point has produced more leaders than Harvard Business School.

3. Build positive relationship.

Leadership is influence, nothing more, nothing less. That means it is by nature relational. Today's generation of leaders seem particularly aware of this because title and position mean so little to them. They know intuitively that people go along with people they get along with.

4. Work with excellence.

No one respects and follows mediocrity. Leaders who earn the right to lead give all to what they do. They bring into play not only their skills and talents, but also great passion and hard work. They perform on the highest level of which they are capable.

“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!

Cracking the ACES All TimeTop-10 List...

Short Course

I AM Legend!

Myriah Arita-Balter	17 & 18 Girls 100 Backstroke-3 rd
Team Record	17 & 18 Girls 200 Backstroke-1 st
	17 & 18 Girls 400 IM-2 nd
	Senior Girls 100 Backstroke-3 rd
Team Record	Senior Girls 200 Backstroke-1 st
	Senior Girls 400 IM-4 th
Katie Cohen	8 & U Girls 25 Breaststroke-3 rd
Talia Cololancia	15 & 16 Girls 100 Butterfly-9 th
Connor Croan	15 & 16 Boys 200 Freestyle-10 th
	15 & 16 Boys 500 Freestyle-6 th
	15 & 16 Boys 200 Breaststroke-7 th
	15 & 16 Boys 100 Butterfly-8 th
	15 & 16 Boys 200 IM-5 th
	15 & 16 Boys 400 IM-4 th
	17 & 18 Boys 500 Freestyle-4 th
	17 & 18 Boys 100 Breaststroke-8 th
	17 & 18 Boys 200 Breaststroke-5 th
	17 & 18 Boys 200 IM-5 th
	17 & 18 Boys 400 IM-3 rd
	Senior Boys 500 Freestyle-8 th
	Senior Boys 200 Breaststroke-10 th
	Senior Boys 200 IM-7 th
	Senior Boys 400 IM-4 th
Ella Drury	10 & U Girls 50 Breaststroke-6 th
Brendan Eckerman	11 & 12 Boys 50 Breaststroke-7 th
	11 & 12 Boys 100 Breaststroke-4 th
Griffin Eiber	13 & 14 Boys 50 Freestyle-10 th
	13 & 14 Boys 100 Freestyle-3 rd
	13 & 14 Boys 200 Freestyle-2 nd
	13 & 14 Boys 200 Backstroke-8 th
	13 & 14 Boys 100 Breaststroke-10 th
	13 & 14 Boys 200 Breaststroke-7 th
	13 & 14 Boys 200 IM-6 th
Laurel Eiber	13 & 14 Girls 50 Freestyle-10 th
	13 & 14 Girls 100 Freestyle-10 th
	13 & 14 Girls 100 Breaststroke-4 th
	13 & 14 Girls 200 Breaststroke-6 th
	13 & 14 Girls 200 IM-7 th
Jordan Foster	10 & U Girls 50 Freestyle-7 th
	10 & U Girls 50 Breaststroke-2 nd
	10 & U Girls 100 Breaststroke-10 th
Team Record	10 & U Girls 50 Butterfly-1 st
Team Record	10 & U Girls 100 Butterfly-1 st
Lars Hanna	10 & U Boys 100 Backstroke-9 th
	10 & U Boys 50 Butterfly-9 th
	10 & U Boys 100 Butterfly-8 th
	10 & U Boys 200 IM-7 th
Mary Hinton	15 & 16 Girls 1000 Freestyle-6 th
	17 & 18 Girls 500 Freestyle-4 th
	17 & 18 Girls 1000 Freestyle-3 rd
	17 & 18 Girls 1650 Freestyle-3 rd
	17 & 18 Girls 200 Backstroke-5 th
	Senior Girls 500 Freestyle-7 th
	Senior Girls 1000 Freestyle-3 rd
	Senior Girls 1650 Freestyle-3 rd
	Senior Girls 200 Backstroke-7 th
Paige Johnson	15 & 16 Girls 100 Backstroke-6 th
Jake Markham	15 & 16 Boys 100 Freestyle-5 th
Team Record	15 & 16 Boys 200 Freestyle-1 st
	15 & 16 Boys 100 Butterfly-3 rd
	15 & 16 Boys 200 Butterfly-2 nd
	15 & 16 Boys 200 IM-7 th
	Senior Boys 200 Freestyle-9 th
	Senior Boys 100 Butterfly-7 th
	Senior Boys 200 Butterfly-4 th
Emily Mayo	17 & 18 Girls 200 Freestyle-2 nd
	17 & 18 Girls 200 Backstroke-6 th
	Senior Girls 200 Freestyle-4 th
	Senior Girls 200 Backstroke-6 th

TWO STORIES BOTH TRUE AND WORTH READING!

By Doug Ingram

ASCA Newsletter/2012 Edition Issue 02

STORY NUMBER ONE

Many years ago, Al Capone virtually owned Chicago. Capone wasn't famous for anything heroic. He was notorious for enmeshing the windy city in everything from bootlegged booze, kidnapping, to murder.

Capone had a lawyer nicknamed "Easy Eddie." He was Capone's lawyer for a good reason. Eddie was very good! In fact, Eddie's skill at legal maneuvering kept Big Al out of jail for a long time.

To show his appreciation, Capone paid him very well. Not only was the money big, but Eddie got special dividends, as well. For instance, he and his family occupied a fenced-in mansion with live-in help and all of the conveniences of the day. The estate was so large that it filled an entire Chicago City block.

Eddie lived the high life of the Chicago mob and gave little consideration to the atrocities that went on around him.

Eddie did have one soft spot, however. He had a son that he loved dearly. Eddie saw to it that his young son had clothes, cars, and a good education. Nothing was withheld. Price was no object.

And, despite his involvement with organized crime, Eddie even tried to teach him right from wrong. Eddie wanted his son to be a better man than he was.

Yet, with all his wealth and influence, there were two things he couldn't give his son; he couldn't pass on a good name or a good example.

One day, Easy Eddie reached a difficult decision. Easy Eddie wanted to rectify the wrongs he had done.

He decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name, and offer his son some semblance of integrity. To do this, he would have to testify against The Mob, and he knew that the cost would be great. So, he testified.

Within the year, Easy Eddie's life ended in a blaze of gunfire on a lonely Chicago Street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he had to offer, at the greatest price he could ever pay. Police removed from his pockets a rosary, a crucifix, and religious medallion, and a poem clipped from a magazine.

The Poem Read:

The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil, with a will. Place no faith in time. For the clock may soon be still.

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

Continued...

Short Course ACES All-Time Top-10 List.....

Christopher McMahon	15 & 16 Boys 200 Freestyle-9 th 15 & 16 Boys 500 Freestyle-7 th 15 & 16 Boys 200 Breaststroke-5 th 17 & 18 Boys 200 Freestyle-9 th 17 & 18 Boys 500 Freestyle-10 th 17 & 18 Boys 200 Backstroke-6 th 17 & 18 Boys 200 Breaststroke-7 th 17 & 18 Boys 400 IM-5 th Senior Boys 200 Backstroke-7 th Senior Boys 400 IM-8 th
Ella Moynihan	15 & 16 Girls 50 Freestyle-5 th Team Record 15 & 16 Girls 100 Freestyle-1 st Team Record 15 & 16 Girls 200 Freestyle-1 st 15 & 16 Girls 500 Freestyle-2 nd 15 & 16 Girls 100 Backstroke-8 th 15 & 16 Girls 200 Butterfly-8 th 15 & 16 Girls 200 IM-8 th 15 & 16 Girls 400 IM-2 nd Senior Girls 100 Freestyle-3 rd Senior Girls 200 Freestyle-8 th Senior Girls 500 Freestyle-5 th Senior Girls 400 IM-2 nd
Jordan Rowe Kennedy Philbrick	17 & 18 Girls 1650 Freestyle-9 th 10 & U Girls 50 Freestyle-5 th 10 & U Girls 100 Freestyle-2 nd 10 & U Girls 200 Freestyle-2 nd 10 & U Girls 50 Breaststroke-4 th 10 & U Girls 100 Breaststroke-4 th 10 & U Girls 100 IM-7 th 10 & U Girls 200 IM-6 th
Daryl Turner	17 & 18 Boys 50 Freestyle-2 nd 17 & 18 Boys 200 Freestyle-2 nd Team Record 17 & 18 Boys 100 Backstroke-1 st 17 & 18 Boys 200 Backstroke-7 th 17 & 18 Boys 100 Butterfly-2 nd 17 & 18 Boys 200 IM-7 th Senior Boys 50 Freestyle-3 rd Senior Boys 200 Freestyle-7 th Senior Boys 100 Backstroke-2 nd Senior Boys 100 Butterfly-2 nd
Valeria Villagran Matthew Wyatt	13 & 14 Girls 100 Butterfly-6 th 11 & 12 Boys 500 Freestyle-4 th 13 & 14 Boys 1000 Freestyle-9 th 13 & 14 Boys 1650 Freestyle-8 th 13 & 14 Boys 200 Butterfly-8 th
Cayla Zimmerman	10 & U Girls 100 Freestyle-6 th 10 & U Girls 200 Freestyle-3 rd 10 & U Girls 50 Backstroke-4 th
Team Record	10 & U Girls 100 Backstroke-1 st 10 & U Girls 100 IM-2 nd 10 & U Girls 200 IM-2 nd
Joshua Zimmerman	15 & 16 Boys 1000 Freestyle-10 th

Dare you to challenge the “Legends”!

STORY NUMBER TWO

World War II produced many heroes. One such man was Lieutenant Commander Butch O’Hare.

He was fighter pilot assigned to the aircraft carrier USS Lexington in the South Pacific.

One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top off his fuel tank.

He would not have enough fuel to complete his mission and get back to his ship.

His flight leader told him to return to the carrier. Reluctantly, he dropped out of formation and headed back to the fleet.

As he was returning to the mother ship, he saw something that turned his blood cold; a squadron of Japanese aircraft was speeding its way toward the American fleet.

The American fighters were gone on a sortie, and the fleet was but defenseless. He couldn’t reach his squadron and bring them back in time to save the fleet. Nor could he warn the fleet of the approaching danger. There was only one thing to do. He must somehow divert them from the fleet.

Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 caliber’s blazed as he charge in, attacking one surprised enemy plane and another. Butch wove in and out of the now broken formation and fired at as many planes as possible until all his ammunition was finally spent.

Undaunted, he continued the assault. He dove at the planes, trying to clip a wing or tail in hopes of damaging as many planes as possible, rendering them unfit to fly.

Finally exasperated the Japanese squadron took off in another direction.

Deeply relieved, Butch O’Hare and his tattered fighter limped back to the carrier.

Upon arrival, he reported in and related the event surrounding his return. The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch’s daring attempt to protect his fleet. He has, in fact destroyed five enemy aircraft. This took place on February 20, 1942, and for that action Butch became the Navy’s first Ace of W.W.II, and the first Navel Aviator to win the Medal of Honor.

A year later Butch was killed in aerial combat at the age of 29. His home town would not allow the memory of this WW II hero to fade, and today, O’Hare Airport in Chicago is named in tribute to the courage of this great man.

So, the next time you find yourself at O’Hare International, give some thought to visiting Butch’s memorial displaying his statue and his Medal of Honor. It’s located between Terminals 1 and 2.

SO WHAT DO THESE TWO STORIES HAVE TO DO WITH EACH OTHER?

Butch O’Hare was “Easy Eddie’s son.

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

New Team (& State) Records

Short Course Yards

10 & Under Girls 50 Butterfly-30.38

Jordan Foster

10 & Under Girls 100 Butterfly-1:08.87

Jordan Foster

10 & Under Girls 100 Backstroke-1:08.80

Cayla Zimmerman

10 & Under 200 Medley Relay-2:07.80 "State Record"

Cayla Zimmerman, Ella Drury, Jordan Foster, Kennedy Philbrick

10 & Under 200 Freestyle Relay-1:57.13

Cayla Zimmerman, Jordan Foster, Ella Drury, Kennedy Philbrick

15 & 16 Girls 100 Freestyle-51.32

Ella Moynihan

15 & 16 Girls 200 Freestyle-1:50.30

Ella Moynihan

15 & 16 Boys 200 Freestyle-1:39.95

Jake Markham

15 & 16 Boys 200 IM-1:50.94

Jake Markham

17 & 18 and Open Girls 200 Backstroke-2:03.04

Myriah Arita-Balter

17 & 18 and Open Boys 50 Freestyle-20.11 "State Record"

Daryl Turner

17 & 18 and Open Boys 100 Freestyle-44.08 "State Record"

Daryl Turner

17 & 18 and Boys 100 Backstroke-47.80 "State Record"

Daryl Turner

15-18 & Open Girls 200 Medley Relay-1:50.40

Myriah Arita-Balter, Jordan Rowe, Emily Mayo, Ella Moynihan

15-18 & Open Girls 800 Freestyle Relay-7:33.13

Emily Mayo, Mary Hinton, Myriah Arita-Balter, Ella Moynihan

15-18 & Open Boys 200 Medley Relay-1:35.25

Daryl Turner, Lucas Karasek, Jake Markham, Logan Lagesse

15-18 & Open Boys 400 Medley Relay-3:23.51 "State Record"

Daryl Turner, Connor Croan, Jake Markham, Logan Lagesse

15-18 & Open Boys 400 Freestyle Relay-3:03.23 "State Record"

Jake Markham, Logan Lagesse, Connor Croan, Daryl Turner

15-18 & Open Boys 800 Freestyle Relay-6:46.76

Jake Markham, Connor Croan, Christopher McMahon, Daryl Turner

"Impossible is nothing"

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

"I Am Legend"

Josh Bedford	15 & 16 Boys 100 Breaststroke-7 th 17 & 18 Boys 100 Breaststroke-2 nd Senior Boys 100 Breaststroke-5 th
Keegan Chatham	10 & U Boys 50 Freestyle-3 rd 10 & U Boys 100 Freestyle-5 th 10 & U Boys 200 Freestyle-8 th
Connor Croan	17 & 18 Boys 200 Freestyle-6 th 17 & 18 Boys 400 Freestyle-9 th 17 & 18 Boys 200 Butterfly-6 th 17 & 18 Boys 200 IM-5 th 17 & 18 Boys 400 IM-4 th Senior Boys 200 Freestyle-8 th Senior Boys 200 Butterfly-7 th Senior Boys 200 IM-6 th Senior Boys 400 IM-4 th
Vaughn Cutter Ella Drury	10 & U 100 Backstroke-2 nd
Team Record	10 & U Girls 50 Freestyle-1 st
Team Record	10 & U Girls 100 Freestyle-1 st 10 & U Girls 50 Backstroke-2 nd 10 & U Girls 100 Backstroke-2 nd
Team Record	10 & U Girls 50 Breaststroke-1 st
Team Record	10 & U Girls 100 Breaststroke-1 st 10 & U Girls 200 IM-2 nd
Brendon Eckerman	11 & 12 Boys 100 Freestyle-10 th 11 & 12 Boys 200 Freestyle-7 th 11 & 12 Boys 400 Freestyle-3 rd 11 & 12 Boys 50 Breaststroke-3 rd 11 & 12 Boys 100 Breaststroke-2 nd 11 & 12 Boys 200 IM-6 th
Griffin Eiber	13 & 14 Boys 50 Freestyle-4 th
Team Record	13 & 14 Boys 100 Freestyle-1 st 13 & 14 Boys 200 Freestyle-2 nd 13 & 14 Boys 200 Backstroke-5 th 13 & 14 Boys 100 Breaststroke-5 th 13 & 14 Boys 200 Breaststroke-4 th 13 & 14 Boys 200 IM-3 rd 13 & 14 Boys 400 IM-9 th
Laurel Eiber	13 & 14 Girls 50 Freestyle-4 th 13 & 14 Girls 100 Freestyle-2 nd 13 & 14 Girls 200 Freestyle-2 nd 13 & 14 Girls 200 Backstroke-5 th 13 & 14 Girls 100 Breaststroke-2 nd 13 & 14 Girls 200 Breaststroke-6 th 13 & 14 Girls 200 IM-3 rd
Lars Hanna	Senior Girls 100 Breaststroke-5 th 10 & U Boys 200 Freestyle-5 th 10 & U Boys 50 Backstroke-7 th 10 & U Boys 100 Backstroke-4 th 10 & U Boys 50 Butterfly-6 th 10 & U Boys 100 Butterfly-7 th 10 & U Boys 200 IM-10 th
Mary Hinton	17 & 18 Girls 200 Freestyle-3 rd 17 & 18 Girls 400 Freestyle-3 rd 17 & 18 Girls 800 Freestyle-3 rd 17 & 18 Girls 1500 Freestyle-3 rd 17 & 18 Girls 200 Backstroke-6 th Senior Girls 200 Freestyle-6 th Senior Girls 400 Freestyle-5 th
Elizabeth Hunt	11 & 12 Girls 50 Butterfly-10 th
Patrick Kelley	15 & 16 Boys 400 IM-9 th
Walker Kurtz	10 & U Boys 50 Freestyle-8 th 10 & U Boys 100 Freestyle-4 th 10 & U Boys 200 Freestyle-6 th 10 & U Boys 50 Backstroke-5 th 10 & U Boys 50 Breaststroke-9 th 10 & U Boys 50 Butterfly-8 th

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

Continued...

**Long Course ACES
All-Time Top-10 List.....**

Jake Markham 15 & 16 Boys 50 Freestyle-9th
15 & 16 Boys 100 Freestyle-2nd
Team Record 15 & 16 Boys 200 Freestyle-1st
15 & 16 Boys 100 Butterfly-2nd
15 & 16 Boys 200 Butterfly-2nd
Team Record 15 & 16 Boys 200 IM-1st
15 & 16 Boys 400 IM-10th
17 & 18 Boys 100 Freestyle-3rd
17 & 18 Boys 200 Freestyle-3rd
17 & 18 Boys 100 Butterfly-4th
17 & 18 Boys 200 Butterfly-4th
17 & 18 Boys 200 IM-6th
Senior Boys 100 Freestyle-3rd
Senior Boys 200 Freestyle-3rd
Senior Boys 100 Butterfly-4th
Senior Boys 200 Butterfly-4th
Senior Boys 200 IM-5th
Emily Mayo 17 & 18 Girls 100 Freestyle-3rd
Team Record 17 & 18 Girls 200 Freestyle-1st
17 & 18 Girls 400 Freestyle-2nd
Senior Girls 100 Freestyle-5th
Senior Girls 200 Freestyle-2nd
Senior Girls 400 Freestyle-2nd
Alexander McMahon 10 & U Boys 100 Freestyle-9th
10 & U Boys 200 Freestyle-4th
10 & U Boys 100 Breaststroke-10th
Christopher McMahon 17 & 18 Boys 400 Freestyle-6th
17 & 18 Boys 800 Freestyle-8th
17 & 18 Boys 100 Backstroke-6th
17 & 18 Boys 200 Backstroke-5th
17 & 18 Boys 200 Breaststroke-4th
17 & 18 Boys 200 IM-7th
17 & 18 Boys 400 IM-5th
Senior Boys 400 Freestyle-7th
Senior Boys 200 Breaststroke-10th
Senior Boys 200 IM-7th
Senior Boys 400 IM-6th
Ella Moynihan 15 & 16 Girls 200 Freestyle-2nd
15 & 16 Girls 400 Freestyle-2nd
15 & 16 Girls 100 Butterfly-10th
15 & 16 Girls 400 IM-2nd
Senior Girls 200 Freestyle-3rd
Senior Girls 400 Freestyle-3rd
Senior Girls 400 IM-3rd
Molly Nankey 11 & 12 Girls 50 Freestyle-8th
11 & 12 Girls 100 Freestyle-8th
11 & 12 Girls 50 Backstroke-10th
11 & 12 Girls 100 Backstroke-6th
Miranda Reetz 17 & 18 Girls 100 Breaststroke-2nd
17 & 18 Girls 200 Breaststroke-2nd
17 & 18 Girls 200 IM-5th
17 & 18 Girls 400 IM-5th
Senior Girls 100 Breaststroke-3rd
Senior Girls 200 Breaststroke-4th
Senior Girls 200 IM-7th
Jordan Rowe 17 & 18 Girls 1500 Freestyle-10th
Daryl Turner
Team Record 17 & 18 Boys 50 Freestyle-1st
Team Record 17 & 18 Boys 100 Freestyle-1st
17 & 18 Boys 100 Butterfly-2nd
Team Record Senior Boys 50 Freestyle-1st
Team Record Senior Boys 100 Freestyle-1st
Senior Boys 100 Butterfly-2nd
Matthew Wyatt 13 & 14 Boys 400 Freestyle-5th
13 & 14 Boys 800 Freestyle-3rd
13 & 14 Boys 1500 Freestyle-3rd
13 & 14 Boys 200 Butterfly-7th
Josh Zimmerman 17 & 18 Boys 800 Freestyle-9th
17 & 18 Boys 1500 Freestyle-10th

Dare you to challenge the "Legends"!

New Team (& State) Records

Long Course Meters

10 & Under Girls 50 Freestyle-31.02

Ella Drury

10 & Under Girls 100 Freestyle-1:10.17

Ella Drury

10 & Under Girls 50 Breaststroke-39.76

Ella Drury

10 & Under Girls 100 Breaststroke-1:29.89

Ella Drury

10 & Under Boys 200 Freestyle Relay-2:14.84

Alexander McMahon, Vaughn Cutter, Walker Kurtz, Keegan Chatham

13 & 14 Boys 100 Freestyle-55.94

Griffin Eiber

15 & 16 Boys 200 Freestyle-1:54.01

Jake Markham

15 & 16 Boys 200 IM-2:11.01

Jake Markham

17 & 18 Girls 200 Freestyle-2:05.82

Emily Mayo

17 & 18 and Senior Boys 50 Freestyle-23.56

Daryl Turner

17 & 18 Boys 100 Freestyle-50.76 "State Record"

Daryl Turner

Senior Boys 50 Freestyle-23.56

Daryl Turner

Senior Boys 100 Freestyle-50.76

Daryl Turner

Senior Boys 200 Freestyle Relay-1:35.80

Jared Markham, Andrew Hartbarger, Connor Croan, Jared Markham

Senior Boys 400 Freestyle Relay-3:30.02

Jake Markham, Andrew Hartbarger, Connor Croan, Jared Markham

Senior Boys 800 Freestyle Relay-7:39.18 "State Record"

Jake Markham, Andrew Hartbarger, Connor Croan, Jared Markham

If I forgot to list anyone or event with the Team Records or Top-10 list, **PLEASE** let me know as soon as possible acesswimming@msn.com and please accept my apology for missing your fabulous accomplishment(s).

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