

*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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**April Issue of 2011**

**Centennial, Colorado**

**The  
2011  
ACES Swim Club  
Meet Schedule  
TENTATIVE**

**(The final schedule will be out in late April)**

April 8-10	FST Spring Open
April 29-May 1	FAST Spring Open
May 13-15	FST Summer Open
May 20-21	Boys HS State
May 27-29	ACES Spring Open
June 17-19	ACES Summer Open
July 29	HRA Sprint Eliminator
July 8-10	Zone 2 Championships
July	JEI or Minn?
July 24	ACES Last Chance
July 27	STARS 10 & Under
July 29-31	State J.O.'s
Aug 2-6	U.S. Open
August 8-12	Junior Nationals
August 9-13	Western Zones

**Hooray for Simon  
Barshay for winning the  
11 & 12 Boys 50-100  
Freestyle at Short Course  
State J.O.'s March 4, 5, 6,  
2011 in Ft. Collins.  
Cherokee Trail's first  
State Champion.**

**Mark down on your calendar  
for the Lowry Clean-up,  
Saturday, May 7<sup>th</sup>, 2011.  
Bring old clothes to wear and  
help get the long course  
season underway. Be at the  
pool at 9:00 AM and be  
prepare to transform the old  
pool to a swimmer's oasis.**

## **Dylla Breaks Through to Win NCAA Title**

(Some items taken from the Georgia Athletic Website)

What do Matt Cole, Mark Dylla, Bobby Patten, and Amy VanDyken have in common? They're ACES swimmers that have gone on to become Division I NCAA National Champions.

After a very questionable call by a turn judge at last year's NCAA, it was a sweet victory to watch Mark finally reach the top podium in front of his family, relatives, and friends.

After the race he said, "I worked this entire past year for this race. To see everything come to fruition like it did and end my college career on this win, I couldn't ask for more. Last year was a bummer, but I'll take this one, absolutely."

Dylla was the prohibitive favorite for the title at the 2010 NAAs after twice finishing as silver medalist. He touched first in his signature event, only to be disqualified moments later when an official said Dylla used a one-handed touch on his first turn. That night-and over the next several weeks-Dylla was showered with words, calls, and texts of encouragements.

"I won't lie, last year was tough," Dylla said, choking back emotions, "I struggled with that for quite awhile...but you get to the point where nothing's going to change. I turned all that disappointment and all that anger into energy every day when I walked into the pool. It really took awhile, but I'm thrilled with how it turned out."

Mark started swimming with the ACES when he was six years old and to watch him through the years has been an amazing journey. He had a lot of highs and some lows, but the one thing that Mark had going for him was perseverance. No matter the consequences good or bad he came back to the practice pool and stepped up his practice the next day. He never got down on himself, he just continue to work hard, listened to the coaches and continue to get better. He would do things that other swimmers would not do, could not do, or had no interest in doing. He concentrated on the little things to get better. His underwater work off the starts and turns became his fifth stroke, another gear that usually left his fellow competitors in his wake.

### **THE TWELVE YEARS THAT MARK SWAM WITH THE ACES SERVED HIM WELL!**

Mark's college career is over, but he is not finished with swimming yet, he will continue to train and get ready for the 2011 World University Games in Shenzhen, China in August. From there he will continue to swim and get ready for the 2012 Olympic Trials. Mark will work out with the ACES in June for a week or two.

Congratulations Mark on a well deserved win!

## **Life is a Do-It Yourself Project**

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family.

He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house," he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we realized that, we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says,

**"Life is a do-it-yourself project."  
Your life tomorrow will be the  
result of your attitudes and the  
choices you make today.**

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

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

Macy Barnhart	8 & Under 200 Freestyle-9 <sup>th</sup>
Simon Barshay	11 & 12 Boys 50 Freestyle-2 <sup>nd</sup> 11 & 12 Boys 100 Freestyle-6 <sup>th</sup> 11 & 12 Boys 50 Backstroke-6 <sup>th</sup> 11 & 12 Boys 50 Butterfly-8 <sup>th</sup>
Kassandra Brisch	15 & 16 Girls 50 Freestyle-5 <sup>th</sup> <b>Team Record 15&amp; 16 Girls 100 Backstroke-1<sup>st</sup></b> 15 & 16 Girls 200 Backstroke-6 <sup>th</sup> Senior Girls 100 Backstroke-5 <sup>th</sup> Senior Girls 200 Backstroke-10 <sup>th</sup>
Andrew Hartbarger	17 & 18 Boys 100 Backstroke-3 <sup>rd</sup> 17 & 18 Boys 200 Backstroke-3 <sup>rd</sup> 17& 18 Boys 200 Breaststroke-3 <sup>rd</sup> 17 & 18 Boys 100 Butterfly-6 <sup>th</sup> 17 & 18 Boys 200 Butterfly-3 <sup>rd</sup> 17 & 18 Boys 200 IM-3 <sup>rd</sup> 17 & 18 Boys 400 IM-2 <sup>nd</sup> Senior Boys 100 Backstroke-4 <sup>th</sup> Senior Boys 200 Backstroke-3 <sup>rd</sup> Senior Boys 200 Breaststroke-7 <sup>th</sup> Senior Boys 100 Butterfly-6 <sup>th</sup> Senior Boys 200 Butterfly-4 <sup>th</sup> Senior Boys 200 IM-4 <sup>th</sup> Senior Boys 400 IM-2 <sup>nd</sup>
Mary Hinton	15 & 16 Girls 500 Freestyle-8 <sup>th</sup> 15 & 16 Girls 1000 Freestyle-5 <sup>th</sup> 15 & 16 Girls 1650 Freestyle-3 <sup>rd</sup> 15 & 16 Girls 200 Backstroke-4 <sup>th</sup> Senior Girls 500 Freestyle- Senior Girls 1000 Freestyle-10 <sup>th</sup> Senior Girls 1650 Freestyle-6 <sup>th</sup> Senior Girls 200 Backstroke-8 <sup>th</sup>
Bayley Krell	15& 16 Girls 100 Breaststroke-2 <sup>nd</sup> 15 & 16 Girls 200 Breaststroke-7 <sup>th</sup> Senior Girls 100 Breaststroke-5 <sup>th</sup>
Bridget Louis	17 & 18 Girls 1650 Freestyle-8 <sup>th</sup> 17 & 18 Girls 400 IM-9 <sup>th</sup>
Emily Mayo	15 & 16 Girls 100 Freestyle-5 <sup>th</sup> 15 & 16 Girls 200 Freestyle-3 <sup>rd</sup> 15 & 16 Girls 500 Freestyle-2 <sup>nd</sup> 15 & 16 Girls 200 Backstroke-3 <sup>rd</sup> Senior Girls 200 Freestyle-8 <sup>th</sup> Senior Girls 500 Freestyle-2 <sup>nd</sup> Senior Girls 200 Backstroke-7 <sup>th</sup>
Christopher McMahon	13 & 14 Boys 200 Freestyle-8 <sup>th</sup> 13 & 14 Boys 100 Backstroke-6 <sup>th</sup> 13 & 14 Boys 200 Backstroke-4 <sup>th</sup> 13 & 14 Boys 200 Butterfly-7 <sup>th</sup> 13 & 14 Boys 200 IM-9 <sup>th</sup> 13 & 14 Boys 400 IM-4 <sup>th</sup>

If I missed anyone or an event, first of all I apologize for my error(s). If you shoot me an email [accesswimming@msn.com](mailto:accesswimming@msn.com) and let me know, I will fix my error immediately.

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

Kennedy Philbrick	8 & U Girls 50 Freestyle-4 <sup>th</sup> 8 & U Girls 100 Freestyle-5 <sup>th</sup> <b>Team Record 8 &amp; U Girls 200 Freestyle-1<sup>st</sup></b>
Josh Schechter	15 & 16 Boys 200 Freestyle-9 <sup>th</sup> 15 & 16 Boys 500 Freestyle-3 <sup>rd</sup>
Karen Spofford	17 & 18 Girls 1000 Freestyle-5 <sup>th</sup> 17 & 18 Girls 1650 Freestyle-5 <sup>th</sup> 17 & 18 Girls 200 Breaststroke-9 <sup>th</sup> Senior Girls 1000 Freestyle-8 <sup>th</sup> Senior Girls 1650 Freestyle-5 <sup>th</sup> 8 & U Girls 100 IM-6 <sup>th</sup>
Rachel Stein-Plog	8 & U Girls 50 Freestyle-10 <sup>th</sup> 8 & U Girls 100 Freestyle-8 <sup>th</sup> 8 & U Girls 200 Freestyle-4 <sup>th</sup> 8 & U Girls 25 Backstroke-5 <sup>th</sup> 8 & U Girls 25 Breaststroke-8 <sup>th</sup> 8 & U Girls 25 Butterfly-6 <sup>th</sup> 8 & U Girls 100 IM-4 <sup>th</sup>
Brian Styerwalt	17& 18 Boys 200 Breaststroke-7 <sup>th</sup>
Daryl Turner	15 & 16 Boys 50 Freestyle-2 <sup>nd</sup> 15 & 16 Boys 100 Freestyle-1 <sup>st</sup> 15 & 16 Boys 200 Freestyle-7 <sup>th</sup> 15 & 16 Boys 100 Backstroke-2 <sup>nd</sup> 15 & 16 Boys 200 Backstroke-4 <sup>th</sup> 15 & 16 Boys 100 Butterfly-2 <sup>nd</sup> Senior Boys 100 Backstroke-5 <sup>th</sup> Senior Boys 200 Backstroke-5 <sup>th</sup> Senior Boys 100 Butterfly-7 <sup>th</sup>
Ian Woon	17 & 18 Boys 50 Freestyle-7 <sup>th</sup> 17 & 18 Boys 100 Freestyle-10 <sup>th</sup>

**Also, New Team Records**

15-18 & Senior Boys 400 Medley Relay  
Andrew Hartbarger, Brian Styerwalt, Daryl Turner, Ian Woon

15-18 (and a New 15-18 State Record) & Senior Boys 200 Freestyle Relay  
Ian Woon, Andrew Hartbarger, Daryl Turner, Jack Azar

15-18 & Senior Boys 400 Freestyle Relay  
Daryl Turner, Andrew Hartbarger, Josh Schechter, Ian Woon

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

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

# Tentative Summer Practice Schedule

## 2011 Senior ACES Swimmers are going to...

Jeff Atkinson-Undecided

Jack Azar-Undecided

Lexi Barber-Pepperdine

Eric Dexter-Undecided

Luke Graber-Colorado School of Mines

Andrew Hartbarger- U. of Minnesota

Luc Lagesse-Colorado State University

Megan Lucero-U. of Kansas

Claire Mills-Undecided

Kyle Mussato-Undecided

Zach Solis-Undecided

Brian Styerwalt-Undecided

Ian Woon-Dartmouth

Seniors	7:00-9:00 AM 3:30-5:30 PM	@ Lowry @ Englewood HS	M-F M-F
KingFish	7:00-9:00 AM 9:00-10:30 AM 4:00-5:30 PM	@ Lowry @ Lowry @ Arapahoe/Cherry Creek	M-W-F T-Th M-Th
Kings	7:00-9:00 AM 9:00-10:30 AM 4:00-5:30 PM	@ Lowry @ Lowry @ Arapahoe/Cherry Creek	M-W-F T-Th M-Th
Queens	7:00-8:30 AM 9:00-10:30 AM 4:30-5:30 PM	@ Lowry @ Lowry @ Arapahoe/Cherry Creek	M-W-F T-Th M-Th
Jacks	7:00-8:30 AM 9:00-10:30 AM 4:30-5:30 PM	@ Lowry @ Lowry @ Arapahoe/Cherry Creek	M-W-F T-Th M-Th
Jokers	4:30-5:30 PM	@ Arapahoe/Cherry Creek	M-Th

## NUTRITION FOR COMPETITION

By Garrett Weber-Gale

Splash Magazine-Starting Blocks March/April 2011 page 20

Whether it's a regional meet, state meet, Y Nationals or the NCAA Championships, they are all tough. For me, NCAA's meant swimming as many as 14 races over three days, with early mornings and late nights, I was dead by the time NAAs was over.

Perhaps you have felt the same way after one of your big multi-day meets. The hard work you put in all season certainly helps you perform well during intense competitions. You can also help yourself by thoroughly warming down after every session, resting as much as possible (get in the cat naps), stretching and eating right.

Now it's true you might not have a lot of control over what you eat. It could be that your only choice is what the team serves you. What do you do if pepperoni pizza is the only option on the menu?

Here are a few suggestions:

1. Eat well before you leave for the meet. Complex carbs, lean protein, lots of fruits and vegetables and even a treat or two. **DO NOT** make the mistake of adding five pounds of flab during the last two weeks of your taper. Enter your big meet as a lean, mean, swimming machine.

2. You might not control what you are given to eat, but you can control what you BRING to eat. How about some dried fruit, nutrition bars, a jar of peanut butter and a loaf of whole wheat bread? Maybe bring some carrot sticks or some chopped up veggies. Sure, have a piece of pizza, just pack in a few good things before you do.

3. Breakfast can be your salvation. Yes, it provides fuel for the day, but it usually an opportunity to eat some great food. Oatmeal, whole-wheat toast, yogurt and juice are common breakfast staples. Eat an egg and a slice of bacon if you feel the need. Also, be sure to walk out with a banana, an apple and some oranges. Grab one of those little boxes of cereal. Choose something like Cheerios or Shredded Wheat instead of the sugary stuff. You can eat these takeaways later.

4. Lunch is also critically important. Replenish after the morning session. Putting down a nutritional base for what is yet to come cannot be overlooked. Don't skip this meal for a nap. Skimp on lunch, and your body will be behind the competition. No matter how hungry you are, don't binge on junk food.

5. Finally, you might be absolutely spent after that last relay and just feel like going to bed. Don't do it without eating. At the end of the day, your body needs nutrition more than ever. Have some of the nutritional goodies mentioned above in your backpack for immediate use after your last race. Drink plenty of fluids. Then get to the team dinner, eat and then get to bed.

My NCAA experiences were some of the most memorable of my career. They were also some of the toughest. You're going to be tired at the end of a big meet. You're going to be physically and emotionally spent. Never let those feelings get in the way of taking care of what your body needs. How you feel and how you perform will be better if you eat right.

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

"A goal without a plan is  
just a wish".  
Gaston Rebuffat

## Your Development as an Authentic Leader

from

American Swimming Coaches Association Newsletter.

Volume 2011, Issue 1, page 11

As you read this article, think about the basis for your leadership development and the path you need to follow to become an authentic leader.

Then ask yourself these questions:

1. Which people and experiences in your early life had the greatest impact on you?
2. What tools do you use to become self-aware? What is your authentic self? What are the moments when you say to yourself, this is the real me?
3. What are your most deeply held values? Where did they come from? Have your values changed significantly since your childhood? How do your values inform your actions?
4. What motivates you extrinsically? What are your intrinsic motivations? How do you balance extrinsic and intrinsic motivation in your life?
5. What kind of support team do you have? How can your support team make you a more authentic leader? How should you diversify your team to broaden your perspective?
6. Is your life integrated? Are you able to be the same person in all aspects of your life-personal, work, family, and community? If not, what is holding you back?
7. What does being authentic mean in your life? Are you more effective as a leader when you behave authentically? Have you ever paid a price for your authenticity as a leader? Was it worth it?
8. What steps can you take today, tomorrow, and over the next year to develop your authentic leadership?

# Speedo Tip of the Month

By Aimee C. Kimball, PhD

USA Swimming Website November 2010

The demands of sprinters are much different than those of distance swimmers, both physically as well as mentally.

Being fast while being relaxed, and swimming strong while not trying too hard are often challenges sprinters face. This article will focus on the mental demands of sprinters and offer some quick tips to mentally tough.

## Controlling Your Arousal

Most sprinters need some physiological arousal to perform at their peak. The difficulty arises when they are unable to control this arousal and their anxiety/excitement gets the best of them. If they expend too much energy before the race, they may wear out their “adrenaline reserves” before they take their mark.

However, if they are too calm, they might not have the “umph” needed to race strong for a short distance. You need to be optimally primed and the right balance of energy flowing through your body.

### Quick Tips:

- Increase awareness of your ideal energy state and recreate this before each event.
- Have a routine before you compete.
- Learn deep breathing techniques.
- Use imagery to picture your race.
- List any worries before your race, ideally the night before, and create a plan for attacking any legit worries and throw out any worries you don't control.

## Try Easier

While you may feel the need for speed, the harder you try the worse your stroke becomes. If you feel you HAVE to go fast, the pressure to excel can tighten your muscles, which decrease flexibility and messes up your stroke.

### Quick Tips:

- Trust your training and your technique.
- Go 99 percent instead of 100 percent. You'll have better results.
- Swim smarter, not harder.
- It's not about perfection. It's about swimming well.

## Being Confident

Confidence definitely affects a sprinter's performances. Low confidence increase anxiety and creates a negative focus. With confidence, you dive in, swim, and everything seems simple. Basically, sprinters have to be able to look down the line, eyes everyone up. Accept who is in the race, and then return their focus to knowing they can swim their best. Remember, confidence isn't about being THE best, It's about being YOUR best.

### Quick Tips:

- Focus on what you control, your own race.
- Know what you need to do to swim well.
- Listen to music that makes you feel confident.

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

## Your Life is a Reflection of You

“A son and his father were walking in the mountains. Suddenly, his son falls, hurts himself and screams: AAAhhhh!

To his surprise, he hears the voice repeating, somewhere in the mountain: AAAhhhhhhhhhhhh!

Curious, he yells: “Who are you?”

He receives the answer: “Who are you?”

And then he screams to the mountain: “I admire you!”

The voice answers: “I admire you!”

Angered at the response, he screams: “Coward!”

He receives the answer: “Coward!”

He looks to his father and asks: What’s going on?”

The father smiles and says: “My son, pay attention.”

Again the man screams: “You are a champion!”

The voice answers: “You are a champion!”

The boy is surprised, but does not understand.

Then the father explains: “People call this ECHO, but really this is LIFE.

It gives you back everything you say or do.

Our life is simply a reflection of our actions.

If you want more love in the world, create more love in your heart.

If you want more competence in your team, improve your competence.

This relationship applies to everything, in all aspects of life;

Life will give you back everything you have given to it.”

**“YOUR LIFE IS NOT A COINCIDENCE. IT’S A REFLECTION OF YOU!”**

## Determination

Some swimmers tend to give up if someone who shouldn’t pass them does. Conceding a race while it’s happening is definitely not a trait of a mentally tough swimmer. Before you start, it’s important to be determined to a) finish in the best time you can and b) out-compete your heat. Find your “competitive fire” to do everything you can to win. Sometimes you’ll lose, but at the end of the race it’s better to say you lost because someone was better, not because they out-swam you.

### Quick Tips:

- Set race goals and share them. Hold yourself accountable.
- Want to win (more than you hate to lose).
- Be competitive in practice.

## Focus

Sprinters need to think as little as possible. You can have 1-2 thoughts, anything more probably means you’re analyzing way too much. If you’re an “overthinker,” finding your metal shutoff valve can be tricky, so practice your race thoughts and get the excess worry out before the race.

### Quick Tips:

- Keep it simple: kick, pull, turn.
- Have a keyword, one simple word or phrase that can be repeated with each stroke. Have your coach yell this word out constantly while you practice and compete.
- Practice swimming by feel rather than mechanics.

### LIVE IN THE MOMENT

If you’re afraid of losing, you’re not going to be successful. If you’re too focused on winning, you’re not going to be successful, either. It’s the process over the product. Whenever you worry about the product, you’re in trouble and you’re going to choke. But if you hang in there and keep fighting, good things can happen. If you live your life in the moment, you’re going to be successful.

Don Meyer

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