

*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 2010  
Centennial, Colorado**

**The  
2010  
ACES Swim Club  
Meet Schedule  
TENTATIVE**

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

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 18-20	ACES Summer Open
June 25-27	FAST Summer Open
July 30	HRA Sprint Eliminator
July 9-11	Zone 2 Championships
July 25	ACES Last Chance
July 30-Aug 1	State J.O.'s
August 2	STARS 10 & Unders
Aug 3-7	U.S. Open
August 9-13	Junior Nationals
August 10-14	Western Zones

**Hooray for Sydney Gonzalez for winning the 10 & Under Girls 200 Freestyle at Short Course State J.O.'s March 5, 6, 7, 2010 in Ft. Collins.**

**Mark down on your calendar for the Lowry Clean-up, Saturday, May 8<sup>th</sup>. Bring old clothes to wear and help get the long course season underway. Be at the pool at 9:00 AM and be prepared to transform the old pool to a swimmer's oasis.**

## **Make Swimming FUN** by Diane Kreiger Spivak-Special Splash Magazine Correspondent May/June 2007 Volume 15 Issue 3 page 11

It may be hard to imagine during a grueling practice, but swimming can be fun.

Sports psychologist Dr. Jenny Susser, of the Hospital for Special Surgery, in Manhattan, offers advice on how to keep the joy in your passion while working toward your goals

Once of the things that can take away from the fun of a sport is when you lose balance in your life, Susser says. Grab all the parents and head out to Chuck E. Cheese's once a month.

"We would go bowling and the next three days we were teasing each other about how silly we looked". Susser said. In terms of making swimming or any sport fun, Susser likes to talk motivators. External motivation could be a scholarship or impressing a boyfriend or girlfriend, or doing it for your parents.

"An internal motivator would be, "I want to be the best I can be", Susser said. "Plenty of girls I swam with college were only swimming for their scholarships, and they hated it. For me, it was a great motivator, but it was not what got me out of bed at 5:00 in the morning".

The team aspect can also make a difference, Susser says. "What we used to do at UCLA is have joke day every Friday afternoon after warm-ups. Or we would have competitions where sprinters would go up against the distance swimmers. Create something that makes your workout different and more fun and challenging, and it gives you something to look forward to. It can break up workouts. Even little things can help.

"Swimmers can also create a theme for each meet.

"It takes a little bit of the humdrum and repetition out of it", Susser said. "You have to think outside the box. I don't think it matters the level of the team. We were consistently a top 10 team, and we were known as one of the 'funnest' teams around".

**Investor's Business Daily, has spent years analyzing leaders and successful people in all walks of life. Most have 10 traits that when combined, can turn dreams into reality.**

1. How you think is everything: Always be positive. Think success, not failure. Beware of a negative environment.
2. Decide upon your true dreams and goals: Write down your specific goals and develop a plan to reach them.
3. Take action: Goals are nothing without action. Don't be afraid to get started now. Just do it.
4. Never stop learning: Go back to school. Get training and acquire skills.
5. Be persistent and work hard: Success is a marathon, not a sprint. Never give up.
6. Learn to analyze details: Get all the facts, all the input. Learn from your mistakes.
7. Focus your time and money: Don't let other people or things distract you.
8. Don't be afraid to innovate; Be different: Following the herd is a sure way to mediocrity.
9. Deal and communicate with people effectively: No person is an island. Learn to understand and motivate others.
10. Be honest and dependable; Take responsibility: Otherwise, Numbers 1-9 won't matter

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

## Cracking the ACES

### All-Time Top-10

#### List.....

**Madison Bredehoeft**

11 & 12 Girls 100 Backstroke-9<sup>th</sup>

**Sydney Gonzalez**

10 & Under Girls 100 Freestyle-4<sup>th</sup>

10 & Under Girls 200 Freestyle-4<sup>th</sup>

10 & Under Girls 50 Backstroke-6<sup>th</sup>

10 & Under Girls 100 Backstroke-10<sup>th</sup>

10 & Under Girls 50 Butterfly-5<sup>th</sup>

10 & Under Girls 100 Butterfly-4<sup>th</sup>

10 & Under Girls 100 IM-4<sup>th</sup>

**Andrew Hartbarger**

15 & 16 Boys 1000 Freestyle-9<sup>th</sup>

15 & 16 Boys 100 Backstroke-3<sup>rd</sup>

15 & 16 Boys 200 Backstroke-3<sup>rd</sup>

15 & 16 Boys 200 Butterfly-2<sup>nd</sup>

15 & 16 Boys 200 IM-4<sup>th</sup>

15 & 16 Boys 400 IM-2<sup>nd</sup>

17 & 18 Boys 1000 Freestyle-8<sup>th</sup>

17 & 18 Boys 1650 Freestyle-8<sup>th</sup>

Senior Boys 1650 Freestyle-9<sup>th</sup>

Senior Boys 100 Backstroke-4<sup>th</sup>

Senior Boys 200 Backstroke-4<sup>th</sup>

Senior Boys 200 Butterfly-6<sup>th</sup>

Senior Boys 200 IM-9<sup>th</sup>

Senior Boys 400 IM-5<sup>th</sup>

**Mary Hinton**

13 & 14 Girls 1000 Freestyle-7<sup>th</sup>

13 & 14 Girls 1650 Freestyle-6<sup>th</sup>

**Kaitlynn Jackson**

17 & 18 Girls 200 Breaststroke-10<sup>th</sup>

17 & 18 Girls 400 IM-10<sup>th</sup>

**Matthew Rusakevich**

8 & Under Boys 25 Backstroke-10<sup>th</sup>

8 & Under Boys 100 IM-8<sup>th</sup>

**Karen Spofford**

15 & 16 Girls 1000 Freestyle-9<sup>th</sup>

15 & 16 Girls 1650 Freestyle-8<sup>th</sup>

**Valeria Villagran**

10 Under Girls 50 Butterfly-8<sup>th</sup>

10 & Under Girls 100 Butterfly-4<sup>th</sup>

**Julie Widmann**

17 & 18 Girls 50 Freestyle-6<sup>th</sup>

17 & 18 Girls 100 Freestyle-4<sup>th</sup>

17 & 18 Girls 100 Backstroke-3<sup>rd</sup>

Senior Girls 50 Freestyle-10<sup>th</sup>

Senior Girls 100 Freestyle-7<sup>th</sup>

Senior Girls 100 Backstroke-4<sup>th</sup>

**Joshua Wiegman**

8 & Under Boys 25 Freestyle-4<sup>th</sup>

8 & Under Boys 50 Freestyle-4<sup>th</sup>

8 & Under Boys 100 Freestyle-7<sup>th</sup>

8 & Under Boys 25 Backstroke-7<sup>th</sup>

8 & Under Boys 100 IM-4<sup>th</sup>

**Sergei Yeromich**

11 & 12 Boys 50 Breaststroke-9<sup>th</sup>

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

# STAYING HYDRATED

By Diane Kreiger Spivak

Special Splash Correspondent

May/June Volume 15 Issue 3 page 12

**Charlene Boudreau, director of USA Swimming’s Performance Research and Nutrition Programs, offer some tips on staying hydrated while training and competing.**

No matter your age or the length of your workout, all swimmers need fluids during practice to stay hydrated, Boudreau says. A couple of sips of water every 15 to 20 minutes should do the trick, but a workout longer than 90 minutes requires an additional fuel source like a sports drink, which provides electrolytes. Drinks that are too concentrated can inhibit fluid absorption and lead to stomach cramping, Boudreau says. Drinks that are 6 to 8 percent carbohydrate by weight, such as Gatorade and Powerade, are recommended. Boudreau warns swimmers to stay away from energy drinks, such as Red Bull, Sobe, and others.

After a workout, drink at least one cup of water. Competitive swimmers also need slightly more than 1 gram of carbohydrates for every kilogram of body weight each hour after a workout, beginning immediately within the first hour after a workout.

Below are some simple points to remember in staying hydrated:

- During practice, keep a full water bottle by the side of the pool and sip between repeats and sets.
- For workout 90 minutes or longer, choose sports drinks like Gatorade that stimulates fluid absorption, maintain proper fluid balance and provide energy to working muscle. Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.
- Outside of the workout, stay hydrated with water, 100 percent fruit juices and soups. Limit sports drinks to practice only, and limit sodas and coffee to special occasions.
- Check the color of your urine occasionally. Dark-colored urine may be an indication that you are dehydrated and need fluids.
- Don’t “over drink” water at meets. It is important to pair water with electrolytes like sodium and potassium to keep the body’s fluid balance in check. If the meet is in a hot environment, stay hydrated with a combination of water, sports drink and juice.

**Thank You-Thank You-Thank You-Thank You-Thank You**

To all of the swimmers & parents who helped make the ACES Annual Swim-A-Thon the best ever! More details on the S-A-T will be out in the next month’s newsletter.

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

# Tentative Summer Practice Schedule

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/Cherokee T.	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/Cherokee T.	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/Cherokee T.	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/Cherokee T.	M-W-F T-Th M-Th
Jokers	4:30-5:30 PM	@ Arapahoe/Cherokee T.	M-Th

## 2010 Senior Aces Swimmers are going to...

Carly Campbell-Uncollegiate

Kelly Cremer-Uncollegiate

Katherine Glassner-Colorado State  
Caroline Haigh-Uncollegiate

Kirsten Hillyer-U. of Idaho

Bess Hinton-Marquette University

Madi Hogarth-Grand Valley State U.

Sam Huntley-Uncollegiate

Kaitlynn Jackson-U. of North Texas

Macy Kimminau-Uncollegiate

Keri Tuomala-U. of Northern Colo.

## Check out what Dr. Alan Goldberg Has to Say On...

Dr. Alan Goldberg is a Sports Psychologist consultant at USA Swimming. From Speedo Tip of the Week USA Swimming

Probably the very best way for a captain to motivate teammates in practice and at meets is to directly model the behaviors that you want them to take on. For example in practice, if you as the captain work hard, go all out on every set, closely follow the coaches' instructions and do so with enthusiasm and a positive attitude, then you will be doing a lot to get your teammates on board following your lead.

How you act as the captain will always speak much louder and more powerfully than what you say. In addition, help your teammates remember exactly why they should be working hard today. That is, if you can periodically remind your teammates of the team's goals and that the way to best achieve them is by working hard today (and every day) in practice.

However, keep in mind that sometimes you may have a teammate or two who haven't bought into the team's goals or who really don't care as much about swimming as you do. Understand that it is very difficult to motivate someone who isn't motivated to begin with.

At meets you want to keep in mind that swimming fast largely depends upon staying loose and relaxed and having fun. If you model these behaviors for your teammates, you will be doing a lot to help them relax and go fast.

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

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## Feed the Machine with Protein

By Kathleen Woolf  
From Splash Magazine  
March/April 2010 Volume 18, Issue 2, page 14

As an active, growing swimmer, your health and athletic performance depends on making good food choices. Dietary protein still remains a misunderstood nutrient for many athletes, causing them to consume large amounts of protein and/or purchases unnecessary protein/amino acid supplements. Here are some facts to set the record straight.

### Why Dietary Protein?

As a child or teenager, protein helps you maintain adequate growth. As an athlete, protein repairs and rebuilds muscle that is broken down during exercise.

### Where is Dietary Protein?

Dietary protein can be found in both plant and animal sources.

Good sources include:

- Meat, poultry, and fish
- Milk, dairy, and eggs
- Beans, dried peas, lentils
- Cereal and bread
- Certain vegetables

By consuming a varied diet that meets your energy needs, athletes can easily obtain adequate dietary protein without using supplements. (USA swimming warns athletes that, due to a lack of strict regulation in production standards, Dietary Supplements are considered "Take at Your Own Risk" by the US Anti-Doping Agency. The athlete is responsible for ensuring she/he does not inadvertently consume a prohibited substance).

### How Much Dietary Protein?

The recommended dietary allowance for protein is 0.95 g/kg body weight for children (4-13 years) and 0.85 g/kg body weight for teenagers (14-18 years). Although exercise increases protein requirements in adults, the impact of regular physical activity on protein needs for children and adolescents remains uncertain. Early research suggests that most athletes consume sufficient protein as long as energy needs are met.

### What are the Myths?

Many athletes believe consuming additional protein (e.g., protein shakes, protein bars) will build muscle and increase strength. They increase dietary protein, but unfortunately limit the amount of dietary carbs. It is a popular sports nutrition myth that dietary protein promotes muscle growth. High intensity, strength training leads to greater muscle mass, NOT eating more protein.

### What are the Facts?

Extra dietary protein will not be converted to muscle mass. To get the nutrients you need for growth and performance, consume a diet high in carbs with moderate amounts of protein and fat.

# Drill of the Month

## I-Y-Clap

From Splash Magazine  
March/April 2009 Volume 17, Issue 2, page 10

Having difficulty with the timing of your breaststroke kick?

Or, perhaps you would like to brush up on your hand positioning. The "I-Y-Clap" drill, courtesy of North Baltimore Aquatics Club's age group coach Rachael Fishbain, helps swimmers master the timing of the breaststroke kick in relation to hand positioning and breathing.

Begin by floating on your stomach with your hands and legs fully extended, or in the "I" position. From the "I" begin to move your hands outward to form a "Y" with your body. Pause in this position before bringing your arms around in a breaststroke pull.

As you begin to pull under your body, your knees will begin to naturally bend, and your head will also begin to surface. Follow the natural momentum and bring your feet in for the breaststroke kick and lift your head for the breath. As you complete the stroke under your chest, "clap" your hands and extend them forward to complete the stroke. While shooting your hands forward from the clap, complete your kick and lower your head back in alignment with your body. This motion will bring you back to "I" position to repeat the drill.

This drill is appropriate for all swimmers, as it emphasizes correct timing and body position. It can be performed stationary, with the coach calling out "I", "Y", and "clap", or incorporated into a drill set by temporally pausing after each stage of the drill.

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