

Eric Craven's...

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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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Centennial, Colorado

2011-2012
ACES Swim Club
Meet Schedule

Junior Nationals	December 8, 9, 10, 11
Golden Phoenix Winter Open	December 9, 10, 11
HRA Sprint Open	January 17
Sprint Eliminator	December 28
Developmental Meet	December 28
CSST Winter Open	January 6, 7, 8
ACES Winter Open	January 27, 28, 29
HRA Spring Open	February 10, 11, 12
Lost Dutchman TEAM TRIP	February 17-20
Silver State	February 24, 25, 26
Sectionals	March 1, 2, 3, 4
State J.O.'s	March 2, 3, 4
ACES Mighty Mini Meet	March 10

“The Best Compliment Ever”

John Naber

Four Time U.S. Olympic Gold Medalist in Swimming

“Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime”.

Dale Carnegie

Most athletes at the Games begin their career by studying a role model in their sport. My hero, Roland Matthes, was the defending Olympic champion in my favorite events, the backstrokes.

Roland, a devout Communist from East Germany, entered the 1974 swimming season undefeated in his best events since the 1968 Olympic Games. He seemed invincible, breaking his own world record almost at will. He spoke almost no English and never went out of his way to make friends with swimmers from the West. He also seemed to shy away from interviews.

In 1974, the East German National team visited California for a dual meet against the U.S swimmers. Most experts predicted the East Germans would win every woman's event, and the American men would sweep every race except the backstrokes. Pressure mounted as I realized America's chance to win the meet weighed squarely on my ability to upset my champion.

Studying the video of the great German, I noticed that Roland accelerated into each of the turns while most of his opponents slowed down, fearing they might hit the wall. By “hitting the turns”, Roland came off the wall a stroke ahead, and from his competitors point of view, he disappeared from sight. His vanishing act devastated his opponents' confidence.

When I raced Roland in the finals of the dual meet, I concentrated on increasing my pace into the turns. Instead of extending his lead over me on the wall, Roland found himself falling behind. This shocked him-and helped me defeat him all three of our head to head contests that meet. The Americans won the meet, but Roland's records remained intact.

Two years later, in the semifinals of the 100-meter backstroke at the 1976 Olympic Games, I won my heat and finally broke Roland's world record. Though Roland had qualified for the finals in an earlier heat, he was there, in the warm-down pool beneath the bleachers, to watch me best his record.

Entering the warm-down pool in an adjacent lane, I felt both proud of my accomplishment and guilty for removing my hero's name from the record books. Then Roland came sliding over the lane rope and “chucked” me under the chin with a playful fist. Smiling at me he said, “Very fast”, in his strong German accent, before sinking beneath the surface and returning to his lane.

We met again the following night. I earned my first gold medal at the Games, breaking my world record, and Roland won the bronze behind my U.S. teammate Peter Rocca. Roland had been the man to beat” for a remarkable eight years after setting his first world record.

Standing on the awards stand, Roland was surprisingly charming and gracious. But it was his semifinal comment that I treasure the most. The man I idolized told me that he was impressed by me. Roland's compliment impacted me for life.

We can use our words to build walls or be a force of influence. Who can you inspire with a few words of encouragement today?

The Goal and the Glory Compiled by Josh Davis, Chapter 20, pages 96-97

Daryl Turner attended Junior Nationals in Austin, Texas, December 8, 9, 10, 11, 2011. He set new team records in the 50 & 100 Freestyle.

Congratulation and WOW to the following ACES on making the Colorado All Star team. They will travel to Lawrence, Kansas and swim against the following states: Kansas, Iowa, and Nebraska. The meet will take place on January 13, 14, & 15, 2012

Elizabeth Hunt 10 & Under Girls

Kyle Raney 10 & Under Boys

Matthew Rusakavich 10 & Under Boys

Sydney Gonzalaz 11 & 12 Girls

Ella Moynihan 13 & 14 Girls

Good Luck and have fun!

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

“The people who succeed best in public life are those who take the risk of standing by their own convictions”.

James A. Garfield

“Supporting Your Children in Swimming”

By John Leonard

President, American Swim Coaches Association

Parents can help their kids feel that they can reach goals they've set for themselves with effort, perseverance, and just a little patience. From PARENTS magazine, here are seven ways to help you youngster do their best.

1. **Support their efforts.** Listen to your child's dreams, goals, and ideas and help him/her to work out the steps of those that seem attainable by organizing them into doable parts.
2. **Encourage follow through.** Praise task completion and encourage them to carry on when the initial excitement fades. Relate your struggles to complete tasks and your satisfaction at having achieved a goal.
3. **Offer reinforcement or reward.** Give incentive for better efforts, not just accomplishments. Keep a chart with stars tracking progress and reward the task's completion, not its grade. Younger children need quicker rewards and briefer tasks.
4. **Recognize his/her success.** When a child reaches a point of frustration, learning specialists advocate you help him/her return to a level where he/she feels successful. Then his/her enthusiasm will return.
5. **Involve others.** Tell teachers and coaches that it's more important to you that your child feel successful than to come out on top. Making your values clear to them can make them more effective in helping your child.
6. **Point out effort in others.** Make your child aware of how others work hard at their daily activities, so they know they're not alone in trying, overcoming discouragement, meeting challenges, and succeeding.
7. **Praise him/her trying.** Point out how much you appreciate your child's doing something that may be difficult for him/her.

Applied to schoolwork, swimming, or other pursuits, these devices can help kids develop a “can do” attitude.

Common technique faults

9-10 and 8 under ACES –Cherokee Trail Swimmers

Coach Morgan: morgan944@aol.com

- **Safety First:** No one should “jump” in the pool during warm-up or workout - a three point entry should be used - sit on side, enter with feet and lower legs and then slip into the water gently. Swimmers can only dive when directed to do so by a coach or meet official.
- Swimmers need to get their head down between their arms when entering the water on their dives. - This is essentially the same position as the “streamline” position used during a push off from the wall. For some swimmers this may be more important than the advantage gained from the possible extra momentum of the “track start”. Consider using the three point start until your entry position is perfected.
- Likewise, swimmers need to be in a “fully locked” streamline position for all push offs: hands together, biceps over ears, arms fully extended, toes pointed behind you.
- Swimmers should not take a breath for a minimum of two strokes off the dive, and off each turn for free and butterfly. If you don't practice this in workout (especially no breathing off the turns), it is highly unlikely that you will be able to do this during a meet – you will not be conditioned well enough to do so.
- Swimmers need to kick into and out of turns hard when swimming free, fly and back. This is especially true for backstroke, and back to breast transition on the IM. It is easy to misjudge where the wall is when you're on your back, and if you stop you stroke early, you have no means of propulsion other than your legs. You need your kick to keep you moving.
- Swimmers should “finish hard – head down” (last 2-4 meters/yards) by not breathing on the last several strokes for free and fly at the finish of a race. If you watch the top swimmers in almost any age group you will find that they do this at the finish of every race and often win the race because they did so.
- Also, swimmers should “drive” their finish arm/hand home on a freestyle race without lifting their head at the finish of a race; be sure to kick hard as well.
- Most Jacks, Jokers, and Queens and maybe Kings too, are not yet ready to do a flip turn from back to breast in the IM (note that this is a different style of flip turn from a normal backstroke flip turn), so an “open” turn is recommended. It is better to maximize the breaststroke underwater pull-out than try to gain time using a flip.
- Special attention should be given to staying on your back when finishing a backstroke race – stay on your back during the touch – don't roll on you side. Many DQ's can be called here. Count your strokes from the flags (it may be slightly different that the count when you are doing a backstroke flip turn) and kick in hard until you touch.
- Toes should be over the edge of the starting platform prior to the “take your mark” command by the starter for the forward foot for a “track start” and for both feet for a “three point start”.
- Swimmers should use a preferred breathing pattern for free (alternate breathing) and fly (one down - one up, or two down - one up) during both workouts and meets.

Suggestion: save this check list; review it before practice, take it to meets and review it before you swim.

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

**Cracking the ACES All Time Top-10 List...
Short Course as of 12/18/2011**

I AM Legend!

Starring:

Sydney Gonzalez	11 & 12 Girls 200 Freestyle-8 th 11 & 12 Girls 500 Freestyle-8 th 11 & 12 Girls 100 Breaststroke-5 th 11 & 12 Girls 100 Butterfly-8 th 11 & 12 Girls 100 IM-10 th 11 & 12 Girls 200 IM-7 th
Mary Hinton	15 & 16 Girls 500 Freestyle-4 th Senior Girls 500 Freestyle-9 th
Elizabeth Hunt	10 & U Girls 50 Backstroke-9 th
Fiona Kane	15 & 16 Girls 50 Freestyle-10 th 15 & 16 Girls 100 Butterfly-3 rd 15 & 16 Girls 200 Butterfly-4 th Senior Girls 100 Butterfly-6 th Senior Girls 200 Butterfly-5 th
Radha Kotliarsky	15 & 16 Girls 1650 Freestyle-9 th
Jared Markham	17 & 18 Boys 100 Backstroke-4 th 17 & 18 Boys 200 Backstroke-2 nd 17 & 18 Boys 400 IM-2 nd Senior Boys 100 Backstroke-6 th Senior Boys 200 Backstroke-3 rd Senior Boys 400 IM-2 nd
Mason Markle	15 & 16 Boys 100 Breaststroke-9 th 15 & 16 Boys 200 Breaststroke-10 th
Emily Mayo	17 & 18 Girls 200 Freestyle-4 th 17 & 18 Girls 500 Freestyle-2 nd Senior Girls 200 Freestyle-8 th Senior Girls 500 Freestyle-4 th
Christopher McMahon	15 & 16 Boys 200 Backstroke-10 th 15 & 16 Boys 200 Butterfly-10 th 15 & 16 Boys 400 IM-7 th
Ella Moynihan	13 & 14 Girls 50 Freestyle-2 nd Team Record 13 & 14 Girls 100 Freestyle-1 st Team Record 13 & 14 Girls 200 Freestyle-1 st 13 & 14 Girls 500 Freestyle-2 nd 13 & 14 Girls 100 Butterfly-2 nd 13 & 14 Girls 200 IM-3 rd
Matthew Rusakevich	10 & U Boys 100 Butterfly-3 rd
Joshua Schechter	15 & 16 Boys 200 Butterfly-9 th
Daryl Turner	Team Record 15 & 16 Boys 50 Freestyle-1 st Team Record 15 & 16 Boys 100 Freestyle-1 st Senior Boys 50 Freestyle-5 th Senior Boys 100 Freestyle-6 th
Valeria Villagran	Team Record 11 & 12 Girls 50 Butterfly-1 st 11 & 12 Girls 100 Butterfly-9 th

Dare you to challenge the "Legends"!

Code of the West

Key principals that some say work as well on the range as they do on Wall Street and in middle school and high school classrooms:

- Live each day with courage.
- Take pride in your work.
- Always finish what you start.
- Do what has to be done.
- Be tough but fair.
- When you make a promise, keep it.
- Ride for the brand.
- Talk less, and say more.
- Remember that some things aren't for sale.
- Know where to draw the line.

"Making a Difference: Cowboy Ethics in the Classroom".

"I always believed that the desire must come from within, not as a result of being driven by coaches or by their parents."

Dawn Fraser

Nutrition

Dr. Kathleen Woolf

From USA Splash Magazine-September/October 2007 Starting Blocks, page 12

Woolf's Tip:

How many more calories does a swimmer who practices four hours a day need than the average person? Why do we need so many?

Swimmers have demanding training programs. They may participate in one to two workouts per day as well as stretching, flexibility, and resistance training. The longer and harder an athlete trains, the more energy is required. Thus, swimmers need regular meals and snacks to meet their daily energy requirements.

Energy needs are hard to predict since they vary with an athlete's gender, age, height, weight, and stage of growth and level of physical activity. Without knowing your specific details, I cannot estimate the energy that you expend during training. However, growing athletes have the same nutritional requirements as other youth-they just require more of everything. You definitely need to consume more energy than your

inactive friends to provide your body with the fuel you need for your sport. As long as you maintain normal growth patterns, a healthy body weight (check with your health care provider) and your level of competitiveness, you are probably meeting your energy needs.

"I refuse to accept less than what I'm capable of achieving at any time. My goal every year is to play better than the year before."

Hale Irwin

**Check out what Russell Mark Has to Say
On...**

Russell Mark is the biomechanics coordinator at USA Swimming
From September/October 2007-Splash Magazine-Volume 15-Issue 5, page 10

How can I get a quicker reaction time off the blocks?

One thing you could do to improve your reaction time are drills on dry land. You can start by just standing tall and relaxed with your hands at your side, and then clapping your hands as quickly as possible after hearing a whistle blown or a start signal. You can progress to being in modified start position and jumping up at the signal. With practice, your entire body will adjust better to reacting to the command of a sound. Another simple thing that could improve your reaction time is making sure you have a good start position on the blocks. You should be in a position where you're ready to jump forward. Have your knees bent, and don't stand up on the blocks when the start signal goes off.

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

“The day that I don’t
enjoy skiing is the day I’m
going to quit”.

Phil Mahre

Speedo Tip of the Month-Underwater Dolphin

The Tip: If done correctly, dolphin kicking underwater can be faster than swimming on the surface. Olympic Champions Natalie Coughlin and Misty Hyman, whose expert dolphin kicks propelled them to unforgettable victories, share their tips on how to get a killer kick.

- Remember three key elements: proper body position is crucial; the force from your kick should be small and controlled.
- Coughlin says not to kick from the knees or feet. “It’s an entire body movement, like you’re snapping a whip,” she said. “It’s a little crack in the wrist that evolves into a big kick at the bottom.”
- Start with a good streamline, toes turned in and ankles slightly separated. Get propulsion from kicking down (the leg bend and extension) and kicking up (engaging your back, glutes, and hamstrings). “A fish has no joints and bends the same way on both sides. I pretend to do the same, making a perfect “s” curve that slithers through the water like a snake,” says Hyman.
- Since surface tension causes drag, most elite-level swimmers stay under for the full 15 meters legally allowed in a race. But you don’t want to stay underwater for too long. Once momentum ceases, gains made underwater could be lost, and fatigue from oxygen deprivation will slow you down.
- Consistency in practice is imperative. Commit to a number of kicks and do it off every wall, including warm-up. Then gradually increase that number. Coughlin’s seven kicks in practice gets her about ten meters. During a race, 11 kicks gives her the full 15 meters. Hyman’s rule is to always train two more kicks than what’s planned in a race. So if you need kicks in a 2100 fly race, kick 11 times off every wall during fly practice.
- Try this: Practice 25 underwater, dolphin kicks on your back, plugging your nose to go long. Turn your head, use nose plugs or try Coughlin’s tactic-plug your nose by flipping your upper lip.

CUDA Pentathlon Trophy Winners November 19 & 20, 2011

8 & Under Age Group

(Went Home with a Trophy 1st-16th Place)

Girls

Boys

Cameron Yuran-8th

Colton Gasper-9th

10 & Under Age Group

(Went Home with a Trophy 1st-16th Place)

Rachel Stein-Plog-7th

Matthew Rusakevich-4th

Aida Telford-8th

Kyle Raney-8th

Cayla Zimmerman-13th

Elizabeth Hunt-16th

11 & 12 Age Group

(Went Home with a Trophy 1st-16th Place)

Sydney Gonzalez-5th

Valeria Villagran-8th

13 & 14 Age Group

(Went Home with a Trophy 1st-16th Place)

Ella Moynihan-2nd

Korbin Green-6th

Julia Zimmerman-12th

Matthew Hunt-12th

Laurel Eiber-15th

Patrick Kelly-13th

Griffin Eiber-15th

Open

(Went Home with a Trophy 1st-16th Place)

Fiona Kane-3rd

Daryl Turner-1st

Mary Hinton-4th

Christopher McMahon-5th

Samantha Chacon-5th

Logan Lagesse-11th

Talia Colalancia-6th

Mason Markle-14th

Karen Spofford-10th

Jake Markham-15th

Katie Mullen-12th

Nice Job Trophy Winners!

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