

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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Centennial, Colorado

The 2011 ACES Swim Club Meet Schedule

May 27-29	ACES Spring Open
June 17-19	ACES Summer Open
June 29	HRA Sprint Eliminator
July 1-3	Semana Nautica Santa Barbara, CA.
July 14-17	Zone 2 Championships 14 & Under
July 14-17	Zone 2 Championships Seniors
July 14-17	Los Angeles Invite Los Angeles, CA.
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

Prepare for glory or prepare for
disappointment!
Which experience do you want?

“Never Mistake Activity for Achievement” The coach of coaches-John Wooden

Summer time has finally arrived in Colorado, the ACES Swim Club can finally begin two a days over the course of summer. We will be working out Monday through Friday in the morning and afternoon and evening with the weekends off with the exception of swim meets. Every other weekend is a swim meet and every other weekend is off. If a swimmer attends every workout during the week, that will be ten practices a week. If a swimmer misses one of those workouts, that swimmer will be falling behind the swimmer that does attend all ten practices.

DEDICATION!

When a swimmer comes to practice, be ready to start on time without being told. It speaks well of you because that tells the coach you are ready to practice and that is the signal between both parties, “lets get down to business”. It gets very old when the same swimmer(s) show up late for every practice the usual 5-10-15-20 minutes late. If the swimmer is always late, maybe the swimmer needs to leave the house 5-10-15-20 minutes earlier so that the swimmer can be on time for warm-up. **PRIDE!**

The coach does not need to be a “nag” telling you to do this or to do that, you need to show responsibility on your own. You must be prepared for anything and everything. That also means when you get ready for practice, you have everything that you might possibly need during practice: goggles, fins, snorkel, tennis shoes, water bottle, inhaler, etc. You don't need to waste time walking over to your equipment bag or your car and take away from your practice time. There are no timeouts during practice! You are giving your fellow competitor an edge every time you sit out or skip a set for whatever reason. Why would you give someone a chance to beat you? We have some of the best swimmers in the state (including some of the best in the country) working out with the ACES. This is an opportunity to race some of the very best swimmers in practice day in and day out. I hope you don't let this opportunity slip away from you, because they will bring the best out of you. If swimming was such an easy sport, why is it so hard to swim alone? I don't care what kind of shape you are in; it is very difficult to practice hard and fast by yourself. Even though swimming is an individual sport, you need a team

Congratulations to
Valeria Villagren in
placing 1st in the 11 & 12
Girls 50 Butterfly in the
Mexico Olympic
Nationals in VeraCruz,
Mexico May 2-7, 2011

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

**Did you see the
ACES Swimmers at
the Boys High
School State
Championships?**

**Congratulation
ACES Swimmers!**

Grant Adkins
Jeff Atkinson
Jack Azar
Andrew Behrend
Bryce de Venicia
Silas Getz
Luke Graber
Andrew Hartbarger
Jesse Ireland
Eric Kothlow
Sean Kuster
Logan Lagesse
Luc Lagesse
Kyle Larson
Jordy Lawler
Austin Layman
Jared Markham
Christopher McMahon
Josh Schechter
Zach Solis
Thomas Stone
Brian Styerwalt
Daryl Turner
Hunter Vanderpoel
Ian Woon
Josh Zimmerman

**Congrats to Jared
Markham on his new
State Records in the
200 IM & 500
Freestyle.**

**He was also named
Swimmer of the Year
As well as the Denver
Post Swimmer of the
Year**

**Congrats to Coach
Kevin Sullivan in
leading his high school
team-Mullen to a 4A
State Championships.**

**He was named 4A
Coach of the Year. He
too was named the
Denver Post Coach of
the Year.**

to practice swimming fast. Teammates are what keeps you motivated, take advantage of your teammates. **OPPORTUNITY!**

When you receive instruction on what the warm-up is, you need to get it the first time, and you need to do it completely and correctly. You choose to swim, so make the best of your time and do everything correctly. You must warm-up properly so that you can be ready to push your body to the limit. Then you need to swim-down after practice is over, so that you will be ready for the next practice. Warm-up and swim-down is so very important in swimming, yet most athletes neglect both of these. You need to warm-up just like it means, warm up your body, get use to the water temperature, loosen your muscles, your arms, shoulders, legs, knees, ankles, get comfortable with breathing hard, etc. You want to be ready to swim fast on the next set without pulling up lame or be making up some lame excuse. Swimming down is equally important. Your body needs a chance to get rid of the lactic acid in your muscles, your breathing needs to come down. Everyone is different, but I would say at least a 300 swim down is the very minimum you need to do, you may have to swim down more, but remember it is not a race. You're only fooling yourself if you think that walking down to the false start rope and walking back counts as a swim-down. You will be the one that complains the most at the next practice-guaranteed. **COMMON SENSE!**

The great athletes will make any necessary adjustment in a matter of seconds and move on, they don't make excuses, "this is too hard" or "I can't do that". Making changes is tough; if it was so easy to make changes then there would be a lot of great athletes out there. Sometimes the most difficult task could be that magic formula to help you swim faster, get you out of a slump, or even better, it will separate you from your fellow competitors. The great athletes make everything they do look so easy and simple, while the average athlete make it look so difficult and hard. Which path do you want to travel on? **PERSEVERENCE!**

Do you see a pattern here? This is what the great athletes have to do every day in order to achieve success. It's not just about showing up for workouts, getting wet, and then expecting good results.

"Failing to prepare is preparing to fail"

The coach of coaches, John Wooden.

**Welcome Scott Cummins to the ACES
Coaching Staff. Scott comes from the
Greenwood Tiger Sharks (GTS) with a wealth
of knowledge (especially in the Drylands) and
he is very excited to apply his expertise to the
ACES senior swimmers. The team should have
an exciting and fun 2011 summer season. Glad
to have Scott on board and be a part of the
ACES family.**

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

Senior ACES Swimmers are 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
Maddie Vanderpoel	Loyola Marymount Biology
Hunter Vanderpoel	Cal Poly Tech State U. 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!

Sports Drink

By Sarah Gearhart

Prevent cramping your athletic style from dehydration by downing sports drinks during intense activity. They're loaded with important electrolytes like potassium and sodium. Besides replacing fluids lost through sweat, sports drinks deliver carbs, which keeps you going strong. Here five top-notch drinks that pack quality and flavor.

Gatorade	Glaceau vitaminwater' revive	POWERAde us.powerade.com	Cytomax' Sport Drink Ready-to-Drink cytosport.com	Gatorade
Flavor: Fruit Punch	Flavor: Fruit Punch	Flavor: Grape	Flavor: Citrus Blast	Flavor: Tangerine
\$1.19 per 20 ounce bottle	\$1.49 per 20 ounce bottle	\$1.09 per 20 ounce bottle	\$1.99 per 20 ounce bottle	\$1.19 per 20 ounce bottle
gatorade.com	vitaminwater.com	us.powerade.com	cytosport.com	gatorade.com
Calories: 50	Calories: 50	Calories: 60	Calories: 50	Calories: 50
Carbs: 14g	Carbs: 13g	Carbs: 17g	Carbs: 13g	Carbs: 14g
Sodium: 110mg	Sodium: 0mg	Sodium: 55mg	Sodium: 55mg	Sodium: 110mg
Potassium: 30mg	Potassium: 140mg	Potassium: 30mg	Potassium: 30mg	Potassium: 30mg
The lowdown: Scientifically formulated since 1965. Gatorade consist of an optional hydration solution, including 6 percent carbohydrate and 110mg sodium, and immune which allows the body to absorb fluids quickly. It's also loaded with potassium and chloride to replenish electrolytes	The lowdown: Not only is this formula packed with 280mg of potassium per 20 ounce bottle it's also full of B vitamins, which boost energy, protein metabolism and function.	The lowdown: A grippable bottle and new flavor aren't the only bonuses. This drink also has 55mg of sodium and supplies 10 percent of your DV of vitamins B6 and B12 per eight ounce serving.	The lowdown: Besides providing 40 percent of your DV of vitamin C, this formula is low in sugar and contains Poly-Lactate, a designer molecule that combines amino acids to help lessen the acidic effects of lactic acid production.	The lowdown: This drink provides the same quality formula as Gatorade's original Thirst Quencher, including 110mg per 8 ounce serving, but has a lighter flavor.

From May 2007 STACK Magazine, page 26.

Check out what Russell Mark-Biomechanics coordinator of USA Swimming has to say, "Is it possible to over rotate in freestyle and make yourself slower?"

Rotation is an extremely important part of fast freestyle swimming. The best freestylers in the world rotate, and it is beneficial for two main reasons:

1. Longer stroke/greater distance per cycle: Rotation allows you to extend your arm further in front of you and therefore enables you to hold onto water for a longer amount of time during each arm stroke.
2. More powerful stroke: A freestyle stroke with rotation can be much more powerful because rotation allows a swimmer to use their hips and core muscles in addition to their arm stroke.

Rotation is a crucial ingredient of fast freestyle, and the amount you rotate will affect how you should swim in order to have the fastest freestyle possible.

From May/June 2007 Splash Magazine Volume 15-Issue 3, page 10.

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

Summer Practices for the Summer of 2011

Jokers	@ Lowry	T & Th	9:00-10:30 AM
	@ Creek	M-Th	4:30-5:30 PM
	@ C. Trail	W	5:00-6:00 PM
Jacks	@ Lowry	M-W-F	7:00-8:30 AM
	@ Lowry	T & Th	9:00-10:30 AM
	@ Creek	M-Th	4:30-5:30 PM
Q/K/KF	@ C. Trail	W	5:00-6:00 PM
	@ Lowry	M-W-F	7:00-8:30 AM
	@ Lowry	T & Th	9:00-10:30 AM
Senior/Sr Prep	@ Creek	M-Th	4:30-6:00 PM
	@ C. Trail	W	5:00-6:30 PM
	@ Lowry	M-W-F	7:30-8:00AMDrylands 8:00-10:00 AM Swim
	@ Lowry	T & Th	7:00-9:00 AM
	@ Lowry	Saturday	8:00-10:00 AM
	@ Englewood		
		M-T-Th-F	3:30-5:30 PM Swim
		M-T-Th-F	5:30-6:30PMDrylands

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

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

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

Jared Markham	17 & 18 Boys 100 Freestyle-3 rd 17 & 18 Boys 200 Freestyle-6 th Team Record 17 & 18 Boys 500 Freestyle-1st Team Record 17 & 18 Boys 200 IM-1st Team Record Senior Boys 500 Freestyle-1st Senior Boys 200 IM-2 nd
Kennedy Philbrick	8 & U Girls 25 Freestyle-4 th 8 & U Girls 50 Freestyle-4 th 8 & U Girls 100 Freestyle-5 th Team Record 8 & U Girls 200 Freestyle-1st 8 & U Girls 25 Breaststroke-8 th 8 & U Girls 100 IM-3 rd
Jordan Rowe	13 & 14 Girls 200 Breaststroke-7 th
Matthew Rusakevich	10 & U Boys 100 Butterfly-9 th
Josh Schechter	15 & 16 Boys 200 Freestyle-4 th 15 & 16 Boys 500 Freestyle-3 rd
Karen Spofford	17 & 18 Girls 1000 Freestyle-5 th 17 & 18 Girls 1650 Freestyle-5 th 17 & 18 Girls 200 Breaststroke-9 th Senior Girls 1000 Freestyle-8 th Senior Girls 1650 Freestyle-5 th 8 & U Girls 100 IM-6 th
Rachel Stein-Plog	8 & U Girls 50 Freestyle-10 th 8 & U Girls 100 Freestyle-8 th 8 & U Girls 200 Freestyle-2 nd 8 & U Girls 25 Backstroke-5 th 8 & U Girls 25 Breaststroke-8 th 8 & U Girls 25 Butterfly-6 th 8 & U Girls 100 IM-4 th
Brian Styerwalt	17 & 18 Boys 200 Breaststroke-7 th
Daryl Turner	15 & 16 Boys 50 Freestyle-2 nd Team Record 15 & 16 Boys 100 Freestyle-1st 15 & 16 Boys 200 Freestyle-7 th 15 & 16 Boys 100 Backstroke-2 nd 15 & 16 Boys 200 Backstroke-4 th 15 & 16 Boys 100 Butterfly-2 nd Senior Boys 100 Backstroke-5 th Senior Boys 200 Backstroke-5 th Senior Boys 100 Butterfly-7 th
Ian Woon	17 & 18 Boys 50 Freestyle-7 th
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”!	

**...And now we begin the Long
Course Season All-Time Top-10
List...**

Talia Colalancia	13 & 14 Girls 100 Backstroke-10 th
Elizabeth Glenn	17 & 18 Girls 100 Backstroke-5 th 17 & 18 Girls 200 Backstroke-4 th Senior Girls 100 Backstroke-10 th Senior Girls 200 Backstroke-7 th
Sydney Gonzalez	10 & U Girls 50 Breaststroke-6 th 10 & U Girls 100 Breaststroke-5 th
Mary Hinton	15 & 16 Girls 800 Freestyle-10 th 15 & 16 Girls 1500 Freestyle-7 th 15 & 16 Girls 200 Backstroke-9 th
Jared Markham	17 & 18 Boys 200 Freestyle-8 th 17 & 18 Boys 200 IM-4 th Senior Boys 200 Freestyle-10 th Senior Boys 200 IM-6 th
Emily Mayo	15 & 16 Girls 400 Freestyle-10 th
Christopher McMahon	15 & 16 Boys 400 IM-9 th
McKenna Newsum-Schoenberg	17 & 18 Girls 200 Butterfly-10 th
Matthew Rusakevich	10 & U Boys 50 Butterfly-10 th 10 & U Boys 100 Butterfly-7 th
Josh Schechter	15 & 16 Boys 100 Freestyle-10 th 15 & 16 Boys 200 Freestyle-8 th 15 & 16 Boys 400 Freestyle-10 th
Daryl Turner	15 & 16 Boys 50 Freestyle-6 th 15 & 16 Boys 100 Freestyle-1 st 15 & 16 Boys 100 Backstroke-3 rd Senior Boys 100 Freestyle-9 th Senior Boys 100 Backstroke-6 th
Valeria Villagran	Team Record 11 & 12 Girls 50 Butterfly-1st 11 & 12 Girls 100 Butterfly-10 th
Julia Zimmerman	11 & 12 Girls 200 IM-9 th Team Record 11 & 12 Girls 400 IM-1st
What a summer the ACES are going to have, fun and exciting times ahead!	

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