

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.

*Eric Craven
ACES Swim Club
(303) 741-1733 Hotline
aceswimming@msn.com*

March Issue of 2010

Centennial, Colorado

**The
2010
ACES Swim Club
Meet Schedule**

Feb 12-14	HRA Spring Open
Feb 12-13	High School Girls State
Feb 20	ACES Dev. Meet
Feb 26-28	Silver State
Feb 26-28	Senior State
Mar 5-7	State J.O.'s (14 & Unders)
Mar 10-14	USA Speedo Sectional SC Championships
Mar 13	ACES Mighty Mini Open (8 & Under)

Bilateral Breathing by Bonnie Moss-Special Splash Magazine Correspondent

If you're not breathing to both sides, it's never too late to start. It helps balance your stroke, creates symmetry in back musculature, helps eliminate cramping and increase your oxygen intake, resulting in a more efficient, faster stroke. Plus in a race, breathing bilaterally helps you keep an eye on your competition.

The key to doing this correctly is proper rotation. If you're whipping your head around to breathe on your weaker side, your hips will drop and throw your balance. Here's how to make bilateral breathing easier:

- Practice rotation drills. A great one to start your body on its side, with the bottom arm extending out in front and the top arm resting on your side. Point your nose to the bottom of the pool. Slowly kick to keep your hips up. Roll and stroke until you are lying on the opposite side. Breathe freely and check your balance. Then turn your head so your nose points to the bottom, and stay on your side for 10 kicks. Repeat the motion for the length of the pool.
- Try a set where you breathe to your right side on one length and to your left on the next.
- On a set of 75's, breathe every five strokes on the first 25, every three strokes on the second length and every stroke (right-left-right-left) on the last length.
- Breathe to your weak side in all warm ups, cool downs and slower swimming set, and to your strong side on main sets. Gradually make the shift to bilateral breathing on main sets.
- It doesn't matter if you practice bilateral breathing per lap or per set. What matters is staying balanced and symmetrical so you can breathe easily on both sides. Once you begin regular bilateral breathing, it gets easier with every practice.
- Stay smooth and fluid while breathing every third stroke. Eventually with practice, breathing every cycle with no interruption in your flow should be easy. Your goal should be to breathe evenly to both sides in all your practices and races.

**Congratulations
to Katherine
Glassner for being
named the 5A
Jeffco League
Swimmer of the
Year.**

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

7 Steps to Successful Swimming

By Matt Bean Men's Health

Cracking the ACES All-Time Top-10

List.....

Madison Bredehoeft

11 & 12 Girls 100 Backstroke-9th

Sydney Gonzalez

10 & Under Girls 100 Backstroke-10th

Andrew Hartbarger

15 & 16 Boys 1000 Freestyle-9th

15 & 16 Boys 100 Backstroke-3rd

15 & 16 Boys 200 Backstroke-3rd

15 & 16 Boys 200 Butterfly-2nd

15 & 16 Boys 200 IM-4th

15 & 16 Boys 400 IM-2nd

17 & 18 Boys 1000 Freestyle-8th

17 & 18 Boys 1650 Freestyle-8th

Senior Boys 1650 Freestyle-9th

Senior Boys 100 Backstroke-4th

Senior Boys 200 Backstroke-4th

Senior Boys 200 Butterfly-6th

Senior Boys 200 IM-9th

Senior Boys 400 IM-5th

Mary Hinton

13 & 14 Girls 1000 Freestyle-7th

13 & 14 Girls 1650 Freestyle-6th

Kaitlynn Jackson

17 & 18 Girls 200 Breaststroke-10th

17 & 18 Girls 400 IM-10th

Karen Spofford

15 & 16 Girls 1000 Freestyle-9th

15 & 16 Girls 1650 Freestyle-8th

Valeria Villagran

10 Under Girls 50 Butterfly-8th

10 & Under Girls 100 Butterfly-4th

Julie Widmann

17 & 18 Girls 50 Freestyle-6th

17 & 18 Girls 100 Freestyle-4th

17 & 18 Girls 100 Backstroke-3rd

Senior Girls 50 Freestyle-10th

Senior Girls 100 Freestyle-7th

Senior Girls 100 Backstroke-4th

Joshua Wiegman

8 & Under Boys 25 Freestyle-4th

8 & Under Boys 50 Freestyle-4th

8 & Under Boys 100 Freestyle-7th

8 & Under Boys 25 Backstroke-7th

8 & Under Boys 100 IM-4th

**Dare you to challenge the
"Legends"!**

Here's our seven-step plan for leaving everyone in your wake:

Step 1-Swim Tall

"Water is 1,000 times denser than air," says Terry Laughlin. So the single most important factor is to slip your body through the smallest hole in the water". Imagine a central axis extending from the top your head to the opposite end of the pool. Rotate your body along this axis with each stroke, stretching your leading arm (the one reaching out front) as far as you can.

Keep the muscles in your lower back and abs taut as you power through the water-doing so will keep the propulsion coming from both your arms and legs and stop your midsection from sagging like an old first-mate belly.

Step 2-Drop an anchor

Swimming with just your hands is like jumping with just your feet. Instead, grip the water with your entire forearm and hand, holding your forearm at a right angle to your upper arm and digging in like you're gathering sand with a shovel. Keep your hands broad, flat, and firm. You're not pushing your arm through the water as much as anchoring it and pulling your body over it.

Step 3-Put yourself on heavy rotation

Each stroke begins with your leading arm having entered the water, and that side of your body-the low side-pointing almost at the bottom of the pool. The other side of your body-the high side-should be raised, with the arm that just finished its stroke getting ready to return to the water.

Power is triggered when you drive down the high side of your body, Laughlin says, throwing your high-side arm forward along the central axis into the leading position and forcefully rotating your hips and torso. Meanwhile, your low-side arm becomes the pulling arm underwater, working with your rotating torso to provide acceleration.

Step 4-Keep your head down

Freestylers used to hold their heads high. That forced the rest of the body to drop, turning it into a high-drag plow. "I look pretty much straight down at the bottom of the pool," says Michael Phelps. Not only does this technique cut drag, it keeps your torso high, reducing strain on your neck and lower back.

Step 5-Find your glide path

In the pool, fewer strokes is better. Your goal should be a high DPS-swim speak for "distance per stroke". Elite swimmers like Phelps can easily traverse a 25 yard pool in seven strokes (each hand entry counts as a stroke). Try to keep your's below 20 byconserving momentum. Pull yourself over your anchor and continue to glide forward with ne arm forward and other back. "You'll travel farther and faster with your legs streamlined near as your axis," says Laughlin. When you begin to slow, start the next stroke.

Step 6-Drag your feet

"If you're a good kicker, you're a good swimmer," says Phelps. The secret is turning your feet into fins. Here again, leverage rules: Your legs should be taut, scissoring you through the eater, while your feet remain flexible. This will help them snap at the downstroke of each kick, adding oomph and helping twist your torso along with central axis. If your feet don't flex well, buy a set of kicking fins.

Step 7-Don't waste your breath

Gasping for air every time your head nears the surface is a great way to drown. Instead, make each breath count. Emphatically exhale the air from your lungs (all of it, not just 90 percent) before snagging a quick, full breath on the high side. Beginning swimmers need to breathe after each stroke, but as your endurance improves, try breathing on alternate side-that is, after three stroke. It'll reduce the strain on your neck and shoulders that results from always breathing on the same side.

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

2010 Senior Aces Swimmers are going to...

Carly Campbell	Undecided
Kelly Cremer	Undecided
Katherine Glassner	Colorado State U.
Caroline Haigh	Undecided
Kirsten Hillyer	U. of Idaho
Bess Hinton	Marquette U.
Madi Hogarth	Grand Valley State U.
Sam Huntley	Undecided
Kaitlynn Jackson	U. of North Texas
Macy Kimminau	Undecided
Keri Tuomala	U. of Northern Colorado

Nutrition

By Kathleen Woolf

From USA Splash Magazine-January/February 2008 Starting Blocks, page 12. Kathleen Woolf, BS, PhD, RTD is registered dietitian and a member of the American Dietetic Association, the Sports, Cardiovascular and Wellness Nutritionist Dietetic Practice Group, and the American College of Sports Medicine. She is also an assistant professor in the Department of Nutrition at Arizona State University.

Woolf's Tip:

What are some suggestions for a bedtime snack, especially the night before morning practices?

Eating regular meals and snacks provides your body with the energy and nutrients it needs for success in the pool. Sensible snacks can provide a good portion of your energy and nutrient intake. Bedtime snacks also function as a pre-event meal, allowing you the opportunity to build-up carbohydrates stores before an early morning practice or competition. The best bedtime snacks consist of carbohydrates with a little protein. Additionally, milk, turkey, and peanuts contain an amino acid called tryptophan that may help you relax and sleep better. You should plan ahead so you can avoid "junk food" as a bedtime snack (chips, soda). Also, avoid foods and beverages that contain caffeine (soda pop, energy drinks, coffee/tea and chocolate) as they may interfere with your ability to fall asleep. Suggestions for bedtime snacks to keep on hand include:

- Toast with peanut butter
- Cereal with a banana
- Cheese and crackers
- Low-fat yogurt and fruit
- Turkey sandwich

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

Russell Mark is the biomechanics coordinator at USA Swimming. From January/February 2008-Splash Magazine-Volume 16-Issue 1, page 10.

I swim the 100 yards and 100 meter Butterfly. On every race, the first 75 to 85 yards/meters of my race is fine, and then my arms and shoulders become very heavy and I cannot bring them around. Physically, I am in shape and not tired, but that last part of the race kills me I feel like a dead fish in the water. What do you suggest I do to be able to bring that last part of the race home?

your hips at that first part of the recovery, the tighter it'll make your shoulders. Keep your hands and arms close to the water at all times, and also think about keeping your hips up and keeping your body horizontal on the water when you take a breath. A good second kick and a strong finish to your pull are things that could help too.

"I know now that I can't control anything my competition does, so I have to concentrate on the things I can control.

Mary Descenza

It's Not About The Bike.
Or The Other Guy.
Or The Mountain.

It's Not about The Status.
Or the Trophies.

Or The Record Books.
It's Not About The Glitz.
Or The Fans.

Or The Headlines.
It's Not About What Other
People Think.

Or What They Say.
Or What They Don't Say.
IT'S ABOUT WHAT'S

INSIDE.

Lance Armstrong
**Seven Times Tour De
France Winner**

1999 2000

2000 2002

2003 2004

**&
2005**

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

Congratulations to the High Point Winners:

ACES Winter Hi-Point Open
January 29, 30, 31, 2010

8 & Under Girls (Top 16 received a trophy)
Kennedy Philbrick-1st
Elizabeth Hunt-3rd
Grace Burachio-6th
Sophia Palma-7th
Midori McCarthy-10th
Shea Yuran-11th
Daley Castellano-12th
Emma Van Matre-14th

8 & Under Boys (Top 16 received a trophy)
Matthew Rusakevich-2nd
Kyle Raney-4th
Joey Ulrich-6th
Jacob Barshay-13th
Jake Russel-15th

10 & Under Girls (Top 16 received a trophy)
Sydney Gonzalez-1st
Makena Baldwin-5th
Jordyn Richey-6th
Sarah Fantle-9th
Marissa Tyler-10th
Marissa Kiefer-11th
Lindsay Barker-13th
Courtney Linton-14th

10 & Under Boys (Top 16 received a trophy)
Adam Cole-1st
Fisher Darling-2nd
Levi Gooden-3rd
Joshua Wiegman-4th
Joshua Rowe-6th
Connor Schieffer-9th

11 & 12 Girls (top 16 received a trophy)
Maddie McGuire-3rd
Monet Duhamel-11th
Valeria Vallagran-14th
Laurel Eiber-15th

11 & 12 Boys (Top 16 received a trophy)
Sergei Yeromich-2nd
Jack Smith-3rd
Michael Hinton-5th
Darren Woon-6th
Griffin Eiber-11th
Matthew Hunt-12th
Kevin Shehan-13th
Tristan Thomas-14th
Simon Barshay-16th

13 & 14 Girls (Top 8 received a trophy)
Mary Hinton-2nd
Samantha Chacon-7th
Talia Colalancia-8th

13 & 14 Boys (Top 8 received a trophy)
Christopher McMahon-1st
Logan Lagesse-4th

15 & Over Girls (Top 6 Received a trophy)
Kirsten Hillyer-2nd
Emily Mayo-4th
Caroline Haigh-6th

15 & Over Boys (Top 6 Received a trophy)
Andrew Hartbarger-3rd
Samuel Huntley-5th
Ian Woon-6th

Guide to Becoming a College Swimmer

All Student Athlete
By Ryan Wood
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So you've had a pretty good swimming career at the high school and club scene. Maybe you can take to the next level.

College swimming and diving offers many options on many different levels-and, accordingly, many scholarships to many talented athletes. Through the grants don't add up to the numbers passed out in football or basketball, swimmers have opportunities to get recruited and become a college student-athlete.

But just how many opportunities are there?

Here is a breakdown of college swimming and diving from the number of programs out there to the number of scholarships they have to work with. Increasing knowledge of the recruiting process can only help in your quest to become a college athlete. Use this as a guide to help you get started:

NCAA Division I

How Many Schools: there are 194 women's programs and 139 men's programs in Division I. This includes national powers like Auburn and Texas.

Scholarship Count: Women's programs are afforded 14 scholarships. Men's program have 9.9 to work with.

Scholarship Breakdown: Partial scholarships are common in swimming and diving, especially with roster sizes that can double scholarship allotments.

NCAA Division II

How Many Schools: A total of 72 schools sponsor women's swimming & diving, while 56 schools have a men's program. Drury University in Springfield, MO is known as Division II power.

Scholarship Count: Men's and Women's programs both have 8.1 scholarships to pass out.

Scholarship Breakdown: Like Division I, partial scholarships are allowed. As with other Division II sports, partial scholarships are the most common type of grant passed out in swimming and diving.

NCAA Division III

How Many Schools: There are 242 women's teams and 197 men's teams in Division III. The biggest power, unquestionably, is Kenyon College in Ohio, which has won more 50 combined national championships in the last 30 years.

Scholarship Count: Scholarships are not offered in Division III athletics.

Scholarship Breakdown: Though no athletics grants are available, student-athletes can receive academic scholarships to help with costs.

NAIA

How Many Schools: NAIA has 23 men's programs and 30 women's programs.

Scholarship Count: Swim programs are allowed eight scholarships.

Scholarship Breakdown: Students meeting high academic standards can receive aid without it counting against the team's limit.

NJCAA

How Many Schools: There are 19 junior colleges with a women's program and 18 with a men's program.

Scholarship Count: NJCAA programs can hand out 15 scholarships.

Scholarship Breakdown: Jucos can offer full or partial scholarships, making the already-cheap path more affordable.

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

State J.O.'s Qualifiers

Recovery Tools

Shifting from training to recovery mode? If you can't grab a meal right away, grab a protein bar. They are convenient tools for repairing, rebuilding, and refueling your body.

When choosing, consider carb content as much as protein content. While protein, which is made up of amino acid, is essential for repairing and building tissues, carb replenish depleted energy stores so you're ready for the next training session.

According to Dawn Weatherwax-Fall, RD, CSSO, owner of Sports Nutrition 2Go and former nutritionist for the Cincinnati Reds, male athletes need a bar with 300-350 calories, 20-30 grams of protein and 30-60 grams of carbs; female athletes should aim for 200+ calories per bar with 14-21 grams of protein and also 30-60 grams of carbs.

Combined with a piece of fruit, a whole wheat bagel or another high-carb food, one these top protein bar is perfect for post-activity refueling

Powerbar Proteinplus

Flavor: Cookie & Cream \$2.05

Calories: 300 **Carbs:** 38g **Protein:** 23g **Fat:** 6g

The Lowdown: Contains 23 grams of protein from three sources" whey protein isolate, soy protein isolate and calcium caseinate.

Clif Builder Bar-Flavor: Vanilla Almond

Flavor: Vanilla Almond \$1.89

Calories: 270 **Carbs:** 30g **Protein:** 20g **Fat:** 8g

The Lowdown: Each bar is packed with 20 grams of protein derived from soy and nuts.

Detour Core Strength

Flavor: Caramel Peanut \$1.39-\$1.69

Calories: 200 **Carbs:** 20g **Protein:** 15g **Fat:** 7g

The Lowdown: One of these new Detour bars targeted for specific activities, contain 15 grams of whey and soy protein.

Muscle Milk

Flavor: Vanilla Toffee Crunch \$2.99

Calories: 300 **Carbs:** 28g **Protein:** 25g **Fat:** 11g

The Lowdown: Lactose-free each bar is loaded with 25 grams of protein and supplies 15 percent of your daily value of calcium.

Labrada Lean Body Gold

Flavor: Caramel Cookie Twist \$2.99

Calories: 330 **Carbs:** 36g **Protein:** 30g **Fat:** 7g

The Lowdown: Packed with a tri-protein blend of whey, soy and milk protein isolate.

From STACK Magazine October 2007,
Page 32.

**"Success is the result of
perfection, hard work,
learning from failure,
loyalty, and persistence."
Colin Powell**

10 & Under-Girls

Makena Baldwin 50-100 Breaststroke
50-100 Back
50 Free, 100 IM

Lindsay Barker 50 Breaststroke
Sarah Fantle 50-100 Freestyle
50 Backstroke
50 Butterfly

Sydney Gonzalez 50-100-200 Freestyle
50-100 Backstroke
50-100 Breaststroke
50-100 Butterfly
100-200 IM

Marissa Kiefer 50-100 Backstroke

Jordyn Richey 100 Breaststroke
200 IM

Marissa Tyler 100 Backstroke
Sara Young 100 Backstroke

11 & 12-Girls

Madison Bredehoeft 50-100-200 Backstroke
200 Butterfly
100 IM

Monet Duhamel 100 IM

Maddie McGuire 50 Freestyle
50-100 Breaststroke
50 Butterfly
100 IM

Claire Tronrud 200 Breaststroke

13 & 14-Girls

Samantha Chacon 50-100 Freestyle
100-200 Backstroke
100 Butterfly

Emily Barboa 1650 Freestyle
Talia Colalancia 100 Butterfly
Mary Hinton 100-200-500-1000-1650 Freestyle
100-200 Backstroke

200-400 IM
Alyse Miller 50-100-200 Freestyle
100-200 Backstroke

Jordan Rowe 200 Backstroke
Elizabeth Wiley 100 Freestyle
100-200 Backstroke

10 & Under-Boys

Adam Cole 50-200 Freestyle

Fisher Darling 50-100 Backstroke
100-200 IM
200 Freestyle
50 Backstroke
50-100 Breaststroke
100 IM

Levi Gooden 100-200 Freestyle
50-100 Backstroke
50 Butterfly
100-200 IM

Joshua Rowe 100 Butterfly
Matthew Rusakevich 100 Backstroke
50 Breaststroke
100 Butterfly
200 IM

Connor Schieffer 100 Freestyle
Joshua Wiegman 50-100 Freestyle
100 IM

11 & 12-Boys

Simon Barshay 100 Freestyle
100 Breaststroke
50 Butterfly
100 IM

Trey Dindinger 100 Breaststroke
Griffin Eiber 50-100 Breaststroke
Michael Hinton 100 Freestyle

Matthew Hunt 50-200 Backstroke
50 Butterfly

Patrick Kelley 100 Butterfly
Alex Kohlman 100 Butterfly
Kevin Shehan 50 Backstroke
500 Freestyle

Tristen Thomas 100-200 Backstroke
200 Breaststroke

Darren Woon 200 Freestyle
50-200 Backstroke
100 Breaststroke

Sergei Yeromich 50-100 Breaststroke
50-100 Butterfly
100-200 IM

13 & 14-Boys

Joseph Flynn 200 Butterfly

TJ Konde 100 Backstroke
100 Butterfly

Logan Lagesse 50-100 Freestyle
100-200 Backstroke

100 Breaststroke
Christopher McMahon 50-100-200-500 Freestyle
100-200 Backstroke
100-200 Breaststroke
100-200 Butterfly
200-400 IM

Jonathan Witchard 50-100 Freestyle

**Good Luck to all the Swimmers
at State J.O.'s**

**March 5, 6, 7, 2010 at the E.P.I.C. in Ft. Collins
Silver State Qualifiers**

10 & Under-Girls

Megan Anderson 50-100-200 Freestyle

10 & Under-Boys

Kyle Andrews 50 Freestyle

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

**What is Swimmer's Ear?
by CSI Education Committee**

The ear canal is the highway between the outer ear and the eardrum. The main job of the ear canal is to protect the inner ear from infection or foreign objects. In order to facilitate this function, the ear canal produces ear wax (cerumen). This wax acts like fly paper that helps trap debris from entering the ear. In addition, the ear forms an acid whose purpose is to help destroy bacteria that may try to grow in this moist, dark environment.

Swimmer's ear (otitis externa) is a painful condition of the outer ear as well as the area in the ear canal. Swimmer's ear is easy to recognize and in most, but not all, cases is easy to cure or prevent. You may need to see your physician for treatment. Seek medical care if you have any of these symptoms, which include but are not limited to:

- Over the counter pain medicines do NOT control your pain.
- If you find it difficult to lie down with ear against your pillow.
- Difficulty with sleep.
- Feeling dizzy.
- Facial weakness of any type.
- Double vision.
- Any predisposing medical problem like diabetes or other immune system difficulty.

If medical treatment is necessary, it should be left to the physician to determine proper treatment. Some of the things they do involve cleaning the ear and taking bacterial samples, if appropriate. Other possible treatment includes using acidifying agents, antiseptics, anti-inflammatory agents and/or antibiotics.

There are a host of things you can do to reduce your risk of getting swimmer's ear. For some it will only involve using a swim cap, while for others it may involve some type of earplug. Once you have completed swimming it may be helpful to use homemade eardrops to reduce the risk of swimmer's ear after you swim. This home remedy is a 50-50 mixture of white vinegar and rubbing alcohol. Usually 3-4 drops can be placed in each ear after swimming. The purpose of this mixture is to dry the ear canal and maintain its acidic environment.

Swimmer's ear is something we can try to prevent. Knowing simple solutions can help. It is important not to ignore any symptoms of infection of your ear. Any questions or concerns about swimmer's ear should be directed to your health care provider.

	100 Butterfly 200 IM	Adam Cole	50 Backstroke 100 Freestyle 50-100 Breaststroke 50 Butterfly
Emma Arnese Samantha Baker Makena Baldwin	50 Breaststroke 100 Butterfly 50-100-200 Freestyle 50-100 Backstroke 50 Butterfly 100-200 IM		
Lindsay Barker	50-100-200 Freestyle 50-100 Backstroke 100 Breaststroke 100 IM	Fisher Darling	50-100 Freestyle 50 Butterfly 50 Breaststroke 200 IM
Sarah Fantle	50-100 Backstroke 100-200 IM	Levi Gooden	50 Freestyle 50-100 Breaststroke 50 Freestyle
Marissa Kiefer	50-100-200 Freestyle	Jacob McLeod Kyle Raney	50-100 Backstroke 50-100 Breaststroke 50 Butterfly 100-200 IM
Samantha Krell Kennedy Philbrick Megan Rider Marissa Tyler	50 Breaststroke 200 Freestyle 100 Breaststroke 50 Freestyle 50 Backstroke 100 Breaststroke 50 Butterfly 100-200 IM 50-100 Butterfly	Joshua Rowe	50 Backstroke 50 Freestyle 50-100 Backstroke 50 Butterfly 100-200 IM
Abby Ulrich Katie Welch Eileen Xia	100-200 IM 50-100 Butterfly 50 Butterfly 50 Backstroke	Matthew Rusakevich	50-100 Freestyle 50 Backstroke 100 Breaststroke 50 Butterfly 100 IM
		Connor Schieffer	50 Backstroke 50 Butterfly
		Joey Ulrich Cameron Webb	50-100 Butterfly 50 Freestyle 50 Backstroke 100 Breaststroke 50 Butterfly 100 IM
		Joshua Wiegman	50 Backstroke 50 Breaststroke
		11 & 12-Boys	
11 & 12-Girls		Simon Barshay	50 Freestyle
Madison Bredehoeft	50-100-200 Freestyle 50 Breaststroke 50-100 Butterfly 200 IM	Mason Brevig Ryan Carr	50 Breaststroke 50 Freestyle 50-100 Backstroke 100 IM
Laurel Eiber	50 Freestyle 50-100 Backstroke 50-100 Breaststroke 50 Butterfly 100 IM	John Cremer	50-100-200-500 Freestyle 50-100 Backstroke 100 Butterfly 100-200 IM
Cami Goldsberry	50-100 Backstroke 100 IM	Mark Cremer	200-500 Freestyle 50-100 Backstroke 50-100 Butterfly 100-200 IM
Chloe Gooden	200-500 Freestyle 50 Butterfly	Trey Dindinger	50-100 Freestyle 50 Breaststroke 50 Butterfly 100 IM
Madeleine Griffin Anna Hansen	100 Backstroke 50-100 Freestyle 50 Backstroke 100 IM	Griffin Eiber	50-100-500 Freestyle 50-100 Backstroke 50 Butterfly 100-200 IM
Emily Hecomovich	50 Freestyle 50 Backstroke		
Olivia Johnson	100 Backstroke 50 Breaststroke 100-200 IM	Michael Hinton	50-200-500 Freestyle 100 Backstroke 50-100 Butterfly 100-200 IM
Hannah Lea	50-100 Backstroke 50-100 Butterfly 100-200 IM	Matthew Hunt	50-100 Freestyle 50 Breaststroke 100 IM
Julia Letzig	500 Freestyle 100 IM		
Maddie McGuire	100 Freestyle 50 Backstroke 100 Butterfly	Patrick Kelley	50-100 Backstroke 50 Breaststroke 50 Butterfly 100 IM
Alexa Meagher Paige Nankey Ari Pusey	50 Butterfly 200-500 Freestyle 50-200 Freestyle 100 Backstroke 100 Butterfly 200 IM	Alex Kohlman	50-100 Freestyle 50 Butterfly
Megan Sanders	50 Freestyle 100 Breaststroke 100 IM	Sandy Lane-Wierzba	50-100-500 Freestyle 50 Backstroke
Jessica Thompson	50 Backstroke	Vincent Palma	100 Backstroke 50-100 Butterfly

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

Claire Tronrud	50-100-500 Freestyle 50-100 Breaststroke 100-200 IM	Nick Raney Kevin Shehan	200 IM 500 Freestyle 50-100-200 Freestyle 100 Backstroke 100-200 IM
Valeria Vallagren	50-100 Butterfly 100 IM	Jack Smith	50-100 Freestyle 50-100 Backstroke 50-100 Breaststroke 100 IM
		Tristen Thomas	50-100-200-500 Freestyle 50-100 Backstroke 50-100 Breaststroke 50-100 Butterfly 100-200 IM
		Lucas Thornton Darren Woon	100 Butterfly 50-100-200-500 Freestyle 100 Backstroke 50-100 Breaststroke 50 Butterfly 100 IM
		Sergei Yeromich	50-100 Freestyle
13 & 14-Girls		13 & 14-Boys	
Emily Barboa	50-100-200-500 Freestyle 100-200 Breaststroke 100 Butterfly 200-400 IM	Liam Bristol	50-100-500 Freestyle 100 Butterfly
Sabrina Brakeman	50 Freestyle 100-200 Backstroke	Joseph Flynn	50-100 Freestyle 100 Backstroke 100 Butterfly 200 IM
Mattie Cassaday Samantha Chacon	100 Breaststroke 200-500 Freestyle 100 Breaststroke 200 Butterfly 200 Butterfly 200 Butterfly 200 IM	Thomas Konde	100 Freestyle
		Logan Lagesse	100 Butterfly 200 IM
Talia Colalancia	50-100-200-500 Freestyle 100-200 Backstroke 100 Breaststroke 200 IM 200 Butterfly	Nick Raney	500 Freestyle 100 Butterfly 200 IM
Jessica Harris Mary Hinton Mariah Hodges Paige Johnson Leanna Kent Radha Kotliarsky	50-100-200-500 Freestyle 100-200 Backstroke 200 IM 200 Butterfly 50 Freestyle 100 Butterfly 200 Breaststroke 100-200 Breaststroke 50-100-200-500 Freestyle 100-200 Backstroke 200 IM	Alex Rusakevich	50-100 Freestyle 100-200 Backstroke 100-200 Breaststroke 200 IM
Jennifer LeBlang	200 Backstroke 100 Breaststroke 200 IM	Jonathan Witchard	200 Freestyle 100 Breaststroke 100 Butterfly 200 IM
Darian Mahood Alyse Miller	50 Freestyle 500 Freestyle 100-200 Butterfly 200 IM		
Kristen Pauls	100-200 Backstroke 100-200 Breaststroke		
Jordan Rowe	50-100-200-500 Freestyle 100 Backstroke 100-200 Breaststroke 200-400 IM		
Colleen Shehan	50-100-200-500 Freestyle 100 Backstroke		
Madison Thomas Breanne Thompson Elizabeth Wiley	200 Butterfly 100 Butterfly 50-100-200-500 Freestyle 100 Butterfly 200 IM 100 Butterfly 200 IM		
Ellen Woon	50-100-200 Freestyle 100 Backstroke 100 Breaststroke		

**Good Luck to All Swimmers
at Silver State
February 26, 27, 28, 2010
@ DU**

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

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

**“The harder you work, the harder
it is to surrender.”**

Vince Lombardi

“The line between failure and success
is so fine that we scarcely know when
we pass it: so fine that we are often on
the line and do not know it.”

Elbert Hubbard

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