

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

## 2010-2011 ACES Swim Club Meet Schedule

MACS Fall Invite	October 15, 16, 17
Developmental Meet	October 29
ACES Fall Invite	November 5, 6, 7
CUDA Pentathlon	November 20 & 21
Junior Nationals	December 9,10,11,12
FAST Winter Open	December 10,11,12
HRA Sprint Open	January 18
Sprint Eliminator	December 29
Taylor Reeves Open	January 7, 8, 9
ACES Winter Open	January 21, 22, 23
<b>Circle City Classic</b>	<b>January 28, 29, 30</b>
<b>TEAM TRIP</b>	
HRA Spring Open	February 11, 12, 13
Silver State	February 25, 26, 27
State J.O.'s	March 4, 5, 6
Western Sectionals	March 9,10,11,12, 13
ACES Mighty Mini Meet	March 12

## “Swimming Is An Investment”

Published by the American Club Swimming Association,  
2101 North Andrews Avenue, Suite 107,  
Fort Lauderdale, FL 33311.

With time at a premium in the two-career family, many parents are now asking, “Is the sacrifice and expense of joining an age group program worth it?” Here are some thoughts on why it is from Coach Cindy Anderson, head age group coach of the Reno Aquatic Club in Reno, Nevada.

“Age group swimming is much more than just swimming back and forth, day in and day out-the occasional swim meet and winning ribbons. Of course the swimmer gains from the physical activity of swimming, by becoming more fit...and there is involvement in an after-school activity at a time when working parents can't be with their kids. But age group swimming is an investment in the health, fitness, and overall growth and development of the youngster.”

From the physical standpoint, swimming helps improve cardiovascular fitness, strength, flexibility, and neuromuscular coordination. In addition, swimming is a lifelong fitness activity that is relatively easy to pursue, low in injury risk, and helps reduce stress. It can be enjoyed recreationally long after it has ceased competitively.

Beyond the physical benefits swimming in both practice and meets, contributes greatly to the psychological and emotional development of the young athlete. As an activity, swimming requires the development of specific and complex motor patterns. Swimming well requires not only hard physical work, but also intelligent application of learned skills and the ability to THINK while performing. From concentration on performing stroke skills correctly to executing race strategies, the athlete learns early to concentrate and perform under pressure. In addition nutrition education is an ongoing and essential part of the athlete's overall development and success.

Age group swimming also requires consistent dedication, discipline and long-term commitment to goals, learning the habit of persistent application of lifestyle adaptations for goal achievement. Young swimmers also learn to accept success and failure with equal grace. In life as in swimming, one often fails several times on the way to a success, and it is an essential and difficult life-lesson to learn. The ups and downs of competition and training expose the young athlete to the realities of success and failure and force them to deal with the living experience.

Age group swimming, both directly and indirectly, teaches the athlete to develop: goal-setting strategies, time management skills, relaxation, and imagery techniques, positive attitudes, and generally enhance the athletes overall self-image. Competitive swimming is both social and fun, and by virtue of the athletic nature of the activity, reinforces positive social values and beliefs. Athletes are taught to value their hard work in training and steer clear of drug and alcohol abuses. To be an athlete is very special and wonderful thing. To be a competitive swimmer is special, wonderful, and difficult; but the benefits of the persistent dedication and application of efforts, along with the benefits of facing and dealing with the emotional and psychological experience associated with the demands of training and competing for success, are well worth whatever personal and/or financial investment are required.

Congratulations to  
Trey Grube and Hadley  
Jason for placing 11<sup>th</sup> and  
15<sup>th</sup> respectfully in their age  
groups at the  
National Iron Kids  
in Tampa, Florida  
October 3<sup>rd</sup>, 2010

**“Be more concerned with your character than with your reputation, because your character is what you really are, while your reputation is merely what others think you are”.**  
**John Wooden**

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

"Don't give up on your dreams, or your dreams will give up on you".

John Wooden

## Power Up

**Hitting the gym? You need a bar other than the one you'll be pushing.**

Besides being convenient and portable, energy bars have essential nutrients that give you muscle cells fuel to burn, like calories and carbohydrates. Kristine Clark, PH.D. RD, director of sports nutrition at Penn State University, recommends consuming one at least two hours before a workout to allow digestion. Only have an hour? Clark suggests eating half.

Scope out the nutrition labels to find a bar with up to 350 calories and 35 to 45 grams of carbs. Five to 10 grams of fat are plenty; and 10 to 20 grams of protein are adequate, because as Clark cautions it's not the key pre-workout ingredient. "Protein takes longer to digest and be absorbed. Consequently, it makes the carbohydrate in the product digest and get absorbed at a slower rate", she explains.

Keep one of these top bars in your bag for your next workout.

### Powerbar Triple Threat

**Flavor:** Chocolate Almond Toffee \$1.45

**Calories:** 230 **Carbs:** 30g **Protein:** 10g **Fat:** 8g

**The Lowdown:** Nutrient-dense with 16 vitamins and minerals, including 100 percent of your DV of vitamin E to protect your body against oxidative damage.

**Clif Bar-Flavor:** Maple Nut

**Flavor:** Maple Nut \$1.29

**Calories:** 240 **Carbs:** 42g **Protein:** 10g **Fat:** 5g

**The Lowdown:** 70 percent organic with 23 vitamins and minerals, including vitamin K, which is used for the synthesis of bone protein, needed for maintaining healthy bones.

### Gatorade

**Flavor:** Chocolate Chip \$1.29

**Calories:** 250 **Carbs:** 38g **Protein:** 15g **Fat:** 5g

**The Lowdown:** Packed with six B vitamins, including thiamin, which fuels muscles cells and aids energy metabolism.

### Balance Bare

**Flavor:** Chocolate Almond \$1.39

**Calories:** 210 **Carbs:** 23g **Protein:** 13g **Fat:** 9g

**The Lowdown:** Supplies 100 percent of your DV of vitamins A, which strengthens the body's immune defense.

### Pro Bar

**Flavor:** Superfood Slam \$3.29

**Calories:** 350 **Carbs:** 46g **Protein:** 9g **Fat:** 17g

**The Lowdown:** This meal replacement energy bar is about 70 percent organic and supplies six grams of fiber and 46 grams of carbs to help you sustain energy.

From STACK Magazine August/September 2007, Page 28.

"The main ingredient of stardom is the rest of the team".

John Wooden

# Meet Tips-Important Information for Every Meet to Help Swimmers and Parents

The second meet of the short course season is coming up November 5, 6, 7, 2010, at the Englewood High School Pool-ACES Fall Invite.

Below are a few things to do and prepare for at the meet:

- Buy a program-Do not ask to use the coach's program.
- Please write event # and event description for event on the swimmer's arm or leg the night before or before warm-up so they know what they are swimming. Write in heat and lane # at the meet. Beware-that ink from the pen may cause an allergic reaction to some children's skin.
- Show up 15 minutes before the start of warm-up time. This is how the coaches can determine who is at the meet to check in the relays. If you show up after warm-up you will not be on a relay.
- Bring extra towels and a warm jacket, parkas, or sweats to wear between events.
- Bring a pen, cards, and activities to do between races.
- Swimmers wearing a cap must wear an ACES cap. Latex caps are free, silicone caps are for sale at \$10.00 per cap. See coach.
- Bring healthy snacks and drinks to fuel the body during the meet.
- Be ready to swim in a relay if needed.
- Talk to your coach before your races.
- Report to Clerk of Course on first call for event.
- Swim down after your races if allowed to. A good rule of thumb is to swim down a 300-400 before getting out. It does not need to be a fast swim; you just want to feel better after a swim down than you did after a race.
- Talk to your coach after the swim down.

## Nutrition

Dr. Kathleen Woolf

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

### Woolf's Tip:

**Can you explain to me why it's so bad to eat candy or drink soda during the swimming season? Aren't treats like that OK every once in a while?**

Swimmers, like other athletes, need to focus mainly on "nutrient-dense" foods with a generous amount of nutrients for the energy they supply. These foods provide the energy, vitamins, minerals, and dietary factors (such as phytochemicals) required for optimal exercise performance, growth, and development. Examples of "nutrients-dense foods include fruits, vegetables, low-fat dairy products, lean meats and whole grain. Unfortunately, foods like candy or soda are "empty calorie" foods. They don't provide the body with anything beyond energy and do very little to support health.

To include more nutrient-dense" foods, choose:

- 100% fruit juice instead of soda.
- A peanut butter and jelly sandwich on whole grain bread instead of cake.
- Breakfast cereal and low fat milk instead of potato chips.
- A banana instead of candy.

This doesn't mean that an athlete should never eat candy or drink soda. Most of the time, however, you need to emphasize healthy, "nutrient-dense" foods.

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

## “Playing Favorites”

By John Leonard  
President, American Swim Coaches Association

One day a few years ago, a club board member (a Dad) accused me of “having favorites” on our club team. Several other parent board members nodded their heads in agreement. The implication was that this was a terrible sin. When I was a younger coach, I thought it was terrible also. And the dad was right. I did have favorites. My favorites were those athletes who most fervently did what I asked of them. Those that did, I gave more time teaching them. I also expected more of them.

The implication that he was making was that my favorites got better than the others because they were my favorites, and that was somehow unfair. He mistook cause and effect.

The fact is, that the athletes who came to me ready to learn, ready to listen, ready to act on what they learned and try it my way, even if it was more challenging, more difficult than they imagined, were ready to get more out of our program. And they were my favorites.

As a coach, I have only one thing to offer an athlete. That is, my attention. Which means, that I attend to their needs? The reward for good behavior should be attention...attending to their needs. The consequences of inattention, lack of effort, unwillingness or unprepared to learn or just plain offensive or disruptive behavior is my inattention to that athlete.

How could it be other than this? If you have three children, and you spend all of your time and energy working with the one that is badly behaved, what does that tell your other two children? It tells them that to capture your attention, they should behave badly. What we reward is what we get.

As a coach, I want athletes who are eager to learn, eager to experiment to improve, eager to work hard. I want athletes who come to me to help develop their skills both mental and physical, and are willing to accept what I have to offer. Otherwise, why have they come to me? And I am going to reward that athlete with my attention. In so doing, I encourage others to become like the athlete above. If I spent my time with the unwilling, the slothful, the disruptive, I would only be encouraging that behavior.

The link I want to forge is between attention and excellence. Excellence in the sense of achieving all that is possible, and desired. My way of forging that is to provide my attention to those who “attend” to me. This does of course result in increased performance for those that do so. I am a professional coach, and when I pay attention to a person, that person is going to improve. Over time, this makes it appear that my “favorites” are the better swimmers. Not so at all. The better swimmers are those that pay attention, and thus become by favorites.

What the Dad didn’t realize is that you must have favorites if anyone is to develop in a positive fashion. The coach’s job is to reward those who exhibit positive developmental behaviors. Those are my “favorites”, and they should be.

“Learn as if you were to live forever;  
live as if you were to die tomorrow”.  
John Wooden

## 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

**In my breaststroke, I feel like my arms really aren’t doing anything to help me, or like they aren’t fast enough. When I pick up my arm pace, it seems like my times gets slower. Is there anything that could help me improve that?**

Breaststroke arms can be tricky because moving them faster or trying to pull harder doesn’t necessarily make you swim faster, as you’re already finding out. Timing is absolutely crucial in breaststroke more than any other stroke. You must time the pull and kick together in order to swim fast. So that means you should avoid trying to move your arms faster. Your legs need to be able to complete a full kick at the same rate as the arms complete a stroke cycle. Most importantly, for the fastest breaststroke, you should work on being efficient with every stroke you take-getting good distance and speed per stroke. Be patient with your arms: extend forward and ride your kick, have a distinct outward scull, and get propulsion from the inward pull, being careful not to pull too deep or too far back. That means you probably won’t feel like your arms are doing much on the first part of the stroke, but that will set up the rest of your stroke very well.

## 5 Things

To Be This

## Halloween

1. **Michael Phelps. It’s Easy-Just Wear A Lot Of Gold, Extra Points If You Bring Your Mom So She Can Look Surprised Every Time You Get Some Candy.**
2. **A Clutch Hit From A-Rod. Only Try This if you Want Nobody to Find You.**
3. **Wear the brown and mustard with vertical stripe socks retro Bronco uniforms and go undefeated. Wearing ugly clothes is good.**
4. **Peyton Manning. Added Bonus: You Immediately Get Cast In A Commercial If You Pick This Costume.**
5. **Usain Bolt. At Least You’ll Get Where You Need To Be In Record Time.**

ESPN Rise Magazine-October 2008 page 21

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

## Commonly Used Swimming Terms – For Competitions

Flawless Finishes  
By Kelsey Savage Hays

Of course the start matters, the turnover rate counts, and pace strategy shouldn't be overlooked, but in a head-to-head match, it's the finish that makes or breaks a race. Here are four do's and don'ts from Brian Brown, head coach of Asphalt Green Unified Aquatics, to help you hit the wall first.

**Do Anticipate.** "The wall shouldn't surprise you", says Coach Brown. A strong finish needs as much finessing as any other technique, and the best way to practice is by doing short sprints during workouts while memorizing your race-pace stroke count per lap. Work on reaching for the wall every time with a fully-extended arm.

**Do Count.** For perfect timing, Coach Brown emphasizes that the first stroke sets up the last, so starting the breakout stroke with great form means you're more likely to match the stroke count you've practiced, giving you a better idea where the wall will fall.

**Don't Breathe.** Freestylers should take their last gasp before passing under the flags and then keep their head down until they touch the wall.

Butterfliers, Coach Brown points, might end up inhaling between the flags and wall (depending on their natural breathing pattern), but they definitely shouldn't breathe on the finishing stroke.

**Do Make the Last Stroke Count.** Hit the touchpad energetically at the end of each race to stop the device and make your time official.

**Don't Peek.** "It's common error for a swimmer who's in the lead to sneak a look at a close contender and end up placing second", says Coach Brown. Instead of worrying about the final standing, tuck your head down and aim for the touchpad. Let the scoreboard announce who wins.

Splash Magazine, September/October 2009,  
Volume 2, Issue 5, page 10

**Age Group -** Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. In Colorado, we also use the term "Open". Open events are for any aged swimmer to compete in.

**Beep -** The starting sound from an electronic, computerized timing system.

**Blocks -** The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.

**Championship Meet -** The meet held at the end of a season. Qualification times are usually necessary to enter meet.

**Championship Finals -** The top six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.

**Circle Seeding -** A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (i.e.) Lane 4 in the final three heats.

**Consolation Finals -** After the fastest six or eight swimmers, the next six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.

**Course -** Designated distance (length of pool) for swimming competition.  
Long Course = 50 meters Short Course = 25 yards or 25 meters.

**Deck -** The hard surface around the pool. Only swimmers, coaches, and officials are allowed on deck at a meet.

**Disqualified -** A swimmer's performance is not counted because of a rules infraction. Also called a DQ.

**False Start -** When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team.

**Flags -** Triangular pennants alternating colors suspended on a line stretched over the width of the pool. In a short course pool, they are 15 feet from the wall and in a meter pool they are five meters from the wall. Used primarily to notify backstrokers that the wall is coming.

**Heat Sheet -** The pre-meet printed listings of swimmers' seed times in the various events at a swim meet. The Heat Sheet is used to tell when the swimmer will compete in their events. It is important to have one at the start of the meet to figure out the correct heat and lane.

**Lane -** Specific area in which the swimmer is assigned to swim.

**Lane Lines -** The floating markers which separate adjacent lanes.

**Officials -** The certified adult volunteers who operate the many facets of a swim competition.

**Positive Check In -** The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.

**Psyche Sheet -** An entry sheet showing all swimmers entered into each individual event.

**Touch Pad -** The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.

**Qualifying Times -** Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer.

**USA Swimming -** USA Swimming, Inc. The national governing body for amateur competitive swimming in the United States.

**Warm-down -** The recovery swimming a swimmer does after practice or a race when pool space is available.

**Warm-up -** The practice and "loosening-up" session a swimmer does at the beginning of practice or before the meet/their event.

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

### Cracking the ACES All TimeTop-10 List... Short Course

Kennedy Philbrick 8 & U 200 Freestyle-5<sup>th</sup>  
8 & U 100 IM-7<sup>th</sup>

Rachel Stein-Plog 8 & U 200 Freestyle-4<sup>th</sup>

### RISK

**Winners don't wait for  
chances, they take them.**

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