

Eric Craven's...

®

# ACES NEWSLETTER

A High Quality, Progressive, Year-Round Swimming Team

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

## “Now What...”

With the season over for the summer of 2009, now what? What will you do with your time now that you don't have two a days anymore? Here are a couple of ideas: 1.) Stay active. Do things you have not been able to do because you had practice or you had to attend meets. If you are in high school get on a weight training program, go to your health club and get in a spinning class, pilates class, boxing class, or even take up yoga to increase your flexibility. Just stay active for one hour a day, do not get lazy and do nothing. Don't be afraid to try some new activity, anything you do will only help increase your athleticism and make you a better and fit swimmer. Just find something that you can have fun with. Make the most of your summer before school starts. If you are in middle school or younger, start riding your bike everywhere you go or even take up running or walking. Don't rely on your parents to take you everywhere or pick you up. Be adventuresome and be active in something for one hour everyday. 2.) Look into a new tool that can only help you become a better swimmer. There is a shop in Highlands Ranch called “SwimLab” that will video tape your strokes under water and above the water. For \$59.00 you can be video taped and walk out with a CD on all of your strokes. You will be able to see with your own eyes to help see things that your coach has/have been telling you all season long whether it be positive or negative. Here is how it works; the swimmer is placed in a tank with the water temperature at 90 degrees, with mirrors on the bottom of the tank and in front of you. You will swim against a current that will keep you in place and you can watch yourself swim and possibly make corrections along the way. While you are swimming against the current you are being video taped. When you walk out of SwimLabs you have a CD of yourself and you can play the CD as much as you want. You have a picture of yourself in your head on what you look like in the water when you swim. When your coach talks to you about your strokes you have a picture in your mind of what is being said and perhaps be on the same wave length for better communications. I think it's a great tool to better yourself in the sport of swimming. If interested, give SwimLabs a call at 303-798-7946. They are located in Highlands Ranch, north of C-470 off of County Line Road and Holly.

### Tentative Upcoming Meets...

HRA Relays September 26  
Molly Bloom Open September 27  
ACES Fall Open October 9, 10, 11  
MACS Fall Open October 16, 17, 18  
CSST Fall Open October 20, 21, 22

### August Issue of 2009 Centennial, Colorado

The following swimmers  
represented the

ACES Swim Club at State J.O.'s in Ft Collins  
July 23, 24, 25, 26, 2009.

#### Swimming in Individual Events:

|                    |                     |
|--------------------|---------------------|
| Spencer Banwart    | Alexie Kotliarsky   |
| Simon Barshay      | Radha Kotlairsky    |
| Madison Bredehoeft | Emily Mayo          |
| Conor Brennan      | Madalyn McGuire     |
| Mia Briery         | Christopher McMahon |
| Samantha Chacon    | Alyse Miller        |
| Talia Colalancia   | Vincent Palma       |
| Griffin Eiber      | Hannah Paris        |
| Laural Eiber       | Jordan Rowe         |
| Katherine Glassner | Dmytro Ryzhkov      |
| Cami Goldsberry    | Tristen Thomas      |
| Sydney Gonzalez    | Matt Voell          |
| Andrew Hartbarger  | Julie Widmann       |
| Mary Hinton        | Elizabeth Wiley     |
| Michael Hinton     | Darren Woon         |
| Madelyn Hogarth    | Ian Woon            |
| Sam Huntley        | Sergei Yeromich     |
| Kaitlynn Jackson   |                     |

#### Helping the ACES in Relay Events:

Kevin Shehan  
Josh Weigman

Thanks for making the ACES proud at  
STATE J.O.'s!

#### 2009 Long Course State Champions

##### 10 & Under Boys 200 Medley Relay

Tristen Thomas, Griffin Eiber, Vincent Palma,  
Darren Woon

##### 10 & Under Boys 200 Freestyle Relay

Griffin Eiber, Tristen Thomas, Josh Weigman,  
Darren Woon

##### Open Girls 400 Freestyle Relay

Kaitlynn Jackson, Julie Widmann, Emily Mayo,  
Katherine Glassner

**Kaitlynn Jackson** Open Girls 200 Breaststroke  
& 200 IM

##### Julie Widmann Open Girls 50 Freestyle

##### Open Boys 800 Freestyle Relay

Sam Huntley, Conor Brennan, Ian Woon, and  
Andrew Hartbarger

##### Open Boys 400 Medley Relay

Andrew Hartbarger, Sam Huntley, Matt Voell,  
and Conor Brennan

**Conor Brennan** Open Boys 50 & 100 Freestyle

**Andrew Hartbarger** Open Boys 200 & 400 IM

**Matt Voell** Open Boys 100 Butterfly

### Congratulations to...

Andrew Hartbarger and Brian Styerwalt on making  
Junior Nationals in Federal Way, Washington  
August 10-14, 2009

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

## Cracking the ACES All TimeTop-10

List...

Long Course

As of August 10<sup>th</sup>, 2009

### Spencer Banwart

11 & 12 Boys 400 Freestyle-8<sup>th</sup>

### Mia Brierly

10 & U Girls 100 Freestyle-9<sup>th</sup>

10 & U Girls 200 Freestyle-10<sup>th</sup>

10 & U Girls 100 Backstroke-5<sup>th</sup>

10 & U Girls 50 Butterfly-6<sup>th</sup>

10 & U Girls 100 Butterfly-8<sup>th</sup>

### Talia Colalancia

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

11 & 12 Girls 100 Butterfly-8<sup>th</sup>

### Katherine Glassner

17 & 18 Girls 400 Freestyle-7<sup>th</sup>

17 & 18 Girls 100 Butterfly-8<sup>th</sup>

17 & 18 Girls 200 Butterfly-7<sup>th</sup>

### Griffin Eiber

10 & U Boys 50 Freestyle-10<sup>th</sup>

10 & U Boys 50 Breaststroke-7<sup>th</sup>

### Andrew Hartbarger

15 & 16 Boys 200 Freestyle-7<sup>th</sup>

15 & 16 Boys 800 Freestyle-3<sup>rd</sup>

15 & 16 Boys 100 Backstroke-4<sup>th</sup>

15 & 16 Boys 200 Backstroke-5<sup>th</sup>

15 & 16 Boys 100 Butterfly-4<sup>th</sup>

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

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

15 & 16 Boys 400 IM-3<sup>rd</sup>

Senior Boys 800 Freestyle-8<sup>th</sup>

Senior Boys 100 Backstroke-8<sup>th</sup>

Senior Boys 200 Backstroke-8<sup>th</sup>

Senior Boys 200 Butterfly-5<sup>th</sup>

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

Senior Boys 400 IM-4<sup>th</sup>

### Kaitlynn Jackson

17 & 18 Girls 100 Freestyle-9<sup>th</sup>

17 & 18 Girls 200 Freestyle-9<sup>th</sup>

17 & 18 Girls 100 Breaststroke-7<sup>th</sup>

17 & 18 Girls 200 Breaststroke-3<sup>rd</sup>

17 & 18 Girls 100 Butterfly-10<sup>th</sup>

17 & 18 Girls 200 IM-4<sup>th</sup>

Senior Girls 100 Breaststroke-8<sup>th</sup>

Senior Girls 200 Breaststroke-7<sup>th</sup>

Senior Girls 200 IM-6<sup>th</sup>

### Emily Mayo

13 & 14 Girls 100 Freestyle-8<sup>th</sup>

### Brian Styerwalt

15 & 16 Boys 100 Breaststroke-2<sup>nd</sup>

15 & 16 Boys 200 Breaststroke-7<sup>th</sup>

Senior Boys 100 Breaststroke-6<sup>th</sup>

### Matt Voell

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

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

17 & 18 Boys 100 Backstroke-4<sup>th</sup>

17 & 18 Boys 100 Butterfly-2<sup>nd</sup>

Senior Boys 100 Freestyle-6<sup>th</sup>

Senior Boys 100 Backstroke-10<sup>th</sup>

Senior Boys 100 Butterfly-2<sup>nd</sup>

### Julie Widmann

17 & 18 Girls 100 Freestyle-9<sup>th</sup>

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

Senior Girls 100 Backstroke-6<sup>th</sup>

### Elizabeth Wiley

11 & 12 Girls 100 Backstroke-10<sup>th</sup>

### Darren Woon

10 & U Boys 50 Backstroke-10<sup>th</sup>

### Ian Woon

15 & 16 Boys 100 Butterfly-10<sup>th</sup>

## The Ten Hardest Things to do in Swimming

Reprinted from Splash Magazine, September 2003

- 10. That First Big Event**-Whether it's the 400 IM, the 200 Fly or the mile, there's always that event that has a swimmer shaking in their boots when they swim one of these races for the first time. Once they pull it off, though, they realize it was easier than they thought.
- 9. Diving in for Morning Workout**-That first brisk plunge is all you need to wake yourself up at 5:00 AM...if only you can throw yourself in.
- 8. Keeping Your Goggles on while diving in**-At any given meet, you'll see countless age groupers swimming the 50 Freestyle with goggles around their necks. Heck, even some world class athletes have problems with this one. Did you happen to watch Michael Phelps swim the 200 Butterfly in the 2008 Olympics?
- 7. The Flip Turn**-Think about the first time you tried a flip turn. You were probably either too close to the wall, or too far, and it took weeks of practice to do it right every time. Even today, you probably still miss walls and get water up your nose from time to time.
- 6. The Breaststroke**-Who's hasn't been disqualified in the breaststroke? This stroke has about a million little rules to remember and requires a great deal of timing and coordination - no wonder the real good breaststrokers make good IM'ers.
- 5. Pacing**-Whether it's the 200 or the 1000 Freestyle, pacing is the key to the race. It is not an easy task, but with hard work pacing does become part of your routine in practice.
- 4. Making the United States Olympic Team**-Of about 250,000 athletes registered with USA Swimming each year, only a maximum of 52 (26 women and 26 men) are chosen every four years.
- 3. Winning an Olympic Gold Medal**-Of the million swimmers in the world, you have to be the best swimmer in your event on that given day. But hey...somebody has to do it.
- 2. Breaking a World Record**-How tough is this one? Only four American men (Ian Crocker, Ryan Lochte, Aaron Piersol, and Michael Phelps), and three American women (Janet Evans, Katie Hoff, and Katie Ziegler), currently hold individual long course world records. There are no world records in yards - just American Records.
- 1. Make a Senior National Cut in every event**-Only a handful of American swimmers in the history of the sport have been able to do this. Natalie Coughlin & Michael Phelps are a few on this list.

“Impossible is  
Nothing”

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

## Why Should My Child be a Swimmer?

- Swimming is an outstanding activity for young people.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is healthy “lifetime” activity. Participants may be 1 or 101 years old.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates, and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming can prevent drowning.
- 

### Did you know?

- Drowning is a leading killer of American Children.
- In ethnic communities, drowning rates are nearly three times the national average.
- More than 30% of kids are at risk for obesity-related illness.
- Swimming is a cure.

From USA Swimming Club Development

# Nutrition

Dr. Kathleen Woolf

From USA Swimming-August 2007 Speedo Tip of the Week

### Woolf’s Tip:

Pre-event meals are the foods an athlete consumes before exercise and competition. During exercise, athletes rely on pre-existing stores of carbohydrates and fat to fuel exercise. A well-planned pre-event meal is the last opportunity to maximize these stores before beginning an event.

However, the pre-event meal does not compensate for poor overall eating pattern.

An ideal pre-event meal is high in carbohydrates, moderate in protein and low in fat.

Because fat and protein take longer to digest, they may remain in the stomach at the start of exercise resulting in stomach upset. The carbohydrates and calorie content of the meal should be reduced the closer to exercise the meal is consumed. One hour before exercise, try bananas, crackers, or sports drink. Two or three hours before exercise choose bagels, high-carbohydrates energy bars, pancakes, or waffles. Four or more hours before exercise, try a turkey sandwich or a bowl of spaghetti.

## Check out what Russell Mark Has to Say On...How to correct hips moving side-to-side

Russell Mark is the biomechanics coordinator at USA Swimming

From July/August 2007-Splash Magazine-Volume 15-Issue 4

If you’re wiggling down the pool when you’re swimming freestyle, not kicking enough is one of the possible causes. A good kick will help keep the lower half of your body in a straight line with your upper body and prevent your legs from just dragging behind. Something else that will help keep your body in good line is developing your core stability. Having a solid core is key to maintaining good body position in the water. Your core strength will improve with age and maturity to a degree, but you can also work with your coach to incorporate some core exercise into your dry-land program. A final thing that you can focus on is making sure you’re reaching forward with your arm recovery and extension, rather than reaching across your body when your arm enters the water.

**“A goal without a plan is just a wish”.**

**Gaston Rebuffat**

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

## Swimming One-Liners...

- **Why were the elephants thrown out of the swimming pool?**  
Because they couldn't hold their trunks up!
- **Why did the teacher jump into the water?**  
She wanted to test the water!
- **Why wasn't Susan afraid when she saw a shark while she was swimming in the water?**  
Because it was a man-eating shark!
- **Did you hear about the slow swimmer?**  
He could only do the crawl!
- **What kind of swimmer makes a good gardener?**  
One with great seed times!
- **Why did the vegetarians stop swimming?**  
They didn't like meets!
- **Why could male elephants swim whenever they want?**  
They always have trunks with them!

July Issue of Tidbits of South Metro  
Denver Newspaper-Issue 356

Congratulations to  
Andrew Hartbarger  
and Kaitlynn Jackson  
for being nominated as  
Colorado Swimming,  
Inc.-Athlete  
Representative

## Thank you for your interest in the Aces Swim Team!

Practice will start for all groups and all pools Tuesday, September 8<sup>th</sup>, 2009.  
The ACES website and hotline will be updated after August 26<sup>th</sup>, 2009. Please check for any additional information or changes at that time.

Description of Practice groups, expectations and cost:

- **Annual Yearly Family Membership \$125.00 per family.**
- **Every swimmer is required to be a USA Swimming member. The cost is \$56.00 per swimmer. This fee is paid annually. The membership will be good from the time of registration, beginning September 1<sup>st</sup>, until December 31, 2010. The 2009 memberships will expire December 31, 2009.**

**Jokers** 5:30-6:30 PM M-F @ Arapahoe **OR** 5:15-6:15 PM M-F @ Cherokee Trail High School. Must attend three practices/a week and swim one meet/ month. Ages 10 & under beginning Competitive swimmers. **\$65.00 per month per swimmer**

**Jacks** 5:30-6:45 PM M-F @ Arapahoe **OR** 5:15-6:30 PM M-F @ Cherokee Trail High School. Must attend three practices/ week and swim one meet/ month. Ages 8-10 advanced competitive swimmers. **\$75.00 per month per swimmer**

**Queens** 6:30-8:00 PM M-F @ Arapahoe High School **OR** 5:00-6:30 PM M-F @ Cherokee Trail High School. Must attend three to four practices/ week and swim one meet/ month. Primary ages 11-13 - intermediate competitive swimmers **\$95.00 per month per swimmer**

**Kings** 6:30-8:00 PM M-F @ Arapahoe High School **OR** 5:00-6:30 PM M-F @ Cherokee Trail High School. Must attend four- five practices/ week and swim one meet/ month. Primary ages 11-14 advanced competitive swimmers. Year round commitment is expected. **\$95.00 per month per swimmer**

**Kingfish** 4:00-6:00 PM M-F @ Arapahoe High School. Must attend four- five practices/ week and swim one meet/ month. Primary ages 12-14, very advanced competitive swimmers. **\$105.00 per month per swimmer**

**Senior Prep** 4:00-5:30 PM M-F @ Arapahoe High School **OR** 5:00-6:30 PM M-F @ Cherokee Trail High School. Primarily HS age swimmers who are multiple activity athletes. **\$105.00 per month per swimmer**

**Senior** 3:30-6:00 PM M-F @ Englewood High School. Primarily ages: 14 & Over advanced competitive swimmers. Must be committed to year round swimming (September-August). **\$115.00 per month per swimmer**

**All new swimmers must come to either Arapahoe or Cherokee Trail High Schools for a one week try out. This will be Monday through Thursday from 6:00-7:00 PM August 31<sup>st</sup>-September 3<sup>rd</sup>.**

A more detailed description of practice groups can be found on our web-site [www.aceswimclub.com](http://www.aceswimclub.com)

As we get close to the starting date please check the ACES Hotline 303-741-1733, in case there has been any unforeseen schedule changes.

### Pool Addresses:

Arapahoe High School, 2201 E. Dry Creek Road, Littleton, Colorado 80122  
Cherokee Trail High School, 25901 E. Arapahoe Road, Aurora, Colorado 80016  
Englewood High School, 3800 S. Logan, Englewood, Colorado 80110  
Heritage High School, 1401 W. Geddes Avenue, Littleton, Colorado 80120

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