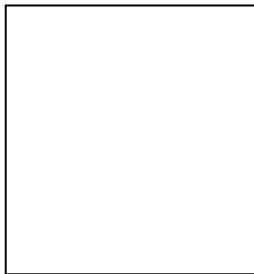


Eric Craven's...

# ACES NEWSLETTER®

A High Quality, Progressive, Year-Round Swimming Team



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July Issue of 2007

Centennial, Colorado

## “Confidence”- Jeff Pearson Head Coach of Sierra Marlins Swim Club

Have you ever noticed the people that are at the top of their profession or sport seem to exude self-confidence? They appear as if nothing can rattle them and they seem to wear a coat of armor that can't be pierced. Although it may seem that they were born this way, they probably weren't and had to develop their self-confidence through experience. Don't think that they always felt confident either. They have the same thoughts as you do, they just deal with those thoughts differently and that is why they are successful. As you enter into the championship meet season, self-confidence is probably going to be the most important factor in your success.

Although it may sound easy enough, remaining confident in yourself is one of the most difficult concepts to master.

Invariably, you are going to be faced with signs or events that shake your confidence. You are going to sleep poorly at least one night on a travel meet. Adverse things happen to all athletes and you should be prepared to deal with these things when they do happen. Your taper and meets are never going to happen exactly as you have planned. Champions have the ability to stay confident even when there is evidence that indicates they shouldn't perform up to their original expectations. They choose not to think about all the things that went wrong with their season, but focus on everything that went right. They remember times when they overcame adversity in the past. By focusing on their triumphs in practice and in competition, they step onto the blocks supercharged with confidence.

Between now and your big race, spend time thinking about all the hard work that you have put in over the last several months. Think about your best practices and races. Stay focused and positive. Stay away from negative people who are searching for excuses why they won't swim fast. Having confidence when you step on the block at your big meet will supercharge your ability and give you the power to make your goals become a reality.

<b>Upcoming Meets...</b>
July 12, 13, 14, Janet Evans Invite
July 13, 14, 15 Zone 2 Championships
July 22 ACES Last Chance Open
July 26, 27, 28, 29 State J.O.'s
July 30 STARS 10 & Unders

### Senior ACES swimmers are college bound...

Kaylee Boyle	Cal Poly Business Administration
Carliann Brashier	Claremont-McKenna Business
Brooke Bredbeck	CSU Biology & Spanish
Paul Cyr	CSU Chemistry
Mark Dylla	University of Georgia Business
Karrah Griffin	U. of Northern Colorado Business
Alexa Grube	U. of Northern Colorado Pre-Med
Aaron Kayen	U. of Northern Colorado Chemistry
Robyn Louis	Whitworth College Nursing
Kristin Massoletti	CU Science
Jordy McClaren	University of Arizona Business
Kelly O'Brien	CSU Undecided
Katie Quackenbush	Seattle Pacific University Undecided
Libby Quackenbush	Whitworth College Psychology
Jessica Paetow	U. of Northern Colorado Nursing
Nate Pendleton	West Point Economic

Sorry to see our seniors leave the ACES program, but exciting times are ahead the next four years.

**Good Luck!**

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

## 21 Top Laws of Swimming

By Jerry Heidenreich

1. Three of the most important components of swimming are: technique, technique, and technique.
2. Strive for optimum, not maximum performance.
3. Learn to balance, align, and stabilize your body first. Everything else will become easier.
4. Seek the path of least resistance.
5. Find the path of most resistance.
6. To become effortless requires great effort.
7. Listen to the water, feel the water, be one with the water. Swim quietly.
8. The mind leads the body.
9. The harder you work, the harder you can play.
10. Practice does not make perfect. Perfect practices makes perfect. What you do in practice will determine what you do in meets.
11. The fastest swimmers are the ones who slow down the least.
12. The fastest you ever will travel is when you dive off the block and push off the wall.
13. Slice through the water, don't plow. Make your middle name "streamline".
14. Don't think of pulling the water. Learn to anchor your hands, wrists, and forearms, and hold onto the water. Learn to use your legs for balance and body stabilization.
15. Power is generated from the hips and torso. Use your shoulders for your recovery and to generate additional arm speed.
16. Relax from the inside out.
17. Never look back.
18. Attack your race, attack your opponent.
19. Embrace your opponents. They make you a faster, better swimmer
20. Use visual and mental imagery of yourself achieving and surpassing your goals.
21. Swim smart, use your head, and keep your head still.

## 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 boot 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 up 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 senior swimmers have problems with this one.
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 it just 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 win it.
2. **Breaking a World Record**-How tough is this one? Only five American men (Ian Crocker, Brendan Hansen, Ryan Lochte, Aaron Piersol, and Michael Phelps), and four American women (Natalie Coughlin, 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.

## Smart Swimming

From Rocky Mountain News-Mini Page June 20, 2007

### Fuel for Swimmers

Swimming is hard work. Swimmers use their arms, legs, torso to move through the water. To get the energy they need, swimmers should eat healthy foods.

Experts in nutrition at USA Swimming gave The Mini Page some tips about which foods and drinks help provide the energy to swim well.

- Drink water or sports drinks early and often during practices, about every 15 minutes. Without fluids, your body can't work as well.
- Healthy foods supply the body with energy. These foods include:
  - Carbohydrates: bread, pasta, cereal
  - Protein: peanut butter, lean meat
  - Healthy fats: olive oil, nuts fish
- Avoid carbonated drinks such as soda; they make you feel bloated, or blown up.
- Avoid drinks with caffeine; they cause your body to lose fluid.

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# Cracking the ACES All Time Top-10 List...

Long Course  
As of June 30<sup>th</sup>, 2007

## Spencer Banwart

10 & U Boys 50 Backstroke-10th

## Conor Brennan

17 & 18/Sr Boys 50 Freestyle-6<sup>th</sup>/10<sup>th</sup>

## Andrew Hartbarger

13 & 14 200 Butterfly-9th

13 & 14 Boys 400 IM-10<sup>th</sup>

## Jessica Holley

13 & 14 Girls 200 Freestyle-10th

## Shelly Patton

13 & 14 Girls 100 Backstroke-6th

13 & 14 Girls 200 Backstroke-4<sup>th</sup>

13 & 14 Girls 100 Breaststroke-3<sup>rd</sup>

13 & 14 Girls 200 Breaststroke-6<sup>th</sup>

13 & 14 Girls 800 Freestyle-8<sup>th</sup>

## Hunter Roux

17 & 18 Boys 800 Freestyle-6<sup>th</sup>

17 & 18 Boys 1500 Freestyle-3<sup>rd</sup>

## Matt Voell

15 & 16 Boys 100 Butterfly-8th

## David Wise

17 & 18 Boys 800 Freestyle-9th

“Many people FAIL because they quit too soon. They lose faith when the signs are against them. They do not have the courage to hold on, to keep fighting in spite of that, which seems insurmountable. If more of us would strike out and attempt the “impossible”, we very soon would find the truth of that old saw that nothing is impossible...abolish fear and you can accomplish anything you wish  
C.E. Welsh, Business Executive

“Impossible is Nothing”

## Check out what Josh Davis Has to Say On...

Josh Davis Multi Olympic Gold Medalist

### Freestyle

Thumb by side, elbow high, reach on side.

Don't flip wrists on recovery, don't extend arm to finish.

Lift elbow and relax recovery.

Josh favorite drill: Catch up drill with a stick so as not cheat.

Keep head next to shoulder reaching arm. Stay streamlined.

Keep kick skinny and fast.

Think about speeding hips, not shoulders.

### Backstroke

Still head, straight elbow (on recovery), see shoulders.

Noon entry is bad. Think one eleven and one o'clock.

“Throw” the arms back.

Josh favorite drill: Spinning. Backstroke is a controlled spin drill.

### Breaststroke

Timing, fast hands, fast heels.

Pull, kick, glide.

Accelerate through the pull with one motion.

The better pullouts you have, the less you have to swim breaststroke (if you are slow in the Breaststroke).

### Turns (Breaststroke and/Butterfly)

Slide (elbow back), ceiling (throw head back and all you should see is the ceiling), slick your head back.

### Freestyle Turns

Carry momentum into wall and keep speed off the turn.

Think “hot walls”.

Don't take last stroke and wait to turn. Swim into wall keeping speed.

Don't kick too big and too soon after the push off.

Streamlining is most important to keep speed off the wall.

Work on where you need to flip for each pool.

Plant feet high near the surface for better push off

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

## **Need A Room for State?**

The Holiday Inn Express is where the team will be staying. The cost is \$85.00 PLUS Tax per night. If interested call the Holiday Inn Express direct at 970-245-8164  
625 Ray Lynn Street  
Grand Junction, CO 81505  
The dates for State are  
July 26, 27, 28, 29, 2007

## **Meet Tips-Important information for every meet to help swimmers and parents:**

- **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.
- Show up 15 minutes before the start of warm-up time.
- Bring extra towels and a warm jacket, parkas, or sweats between events.
- Outdoor meets -prepare for any weather conditions hot or cold, bring plenty of sunscreen, warm shoes, gloves, etc.
- Bring a pen, cards, & activities.
- Swimmers wearing a cap must wear an ACES cap.
- 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 race.
- Report to Clerk of Course on first call for event.

## **Win A Trip to the 2008 Olympic Games in Beijing through the "Make a Splash Sweepstakes"**

To enter the promotion, all you have to do is visit the "Make a Splash Beijing Sweepstakes" home page [www.usaswimming.org](http://www.usaswimming.org) and complete the online entry form. Limit one entry per person per day for the duration of the sweepstakes. Valued at over \$15,000, the package will include 4-Star hotel accommodations for 5 days/4 nights, food, and beverages, access to sponsor hospitality areas, accredited ground transportation and tickets to your favorite Olympic events. In addition, the winner will enjoy motor coach transportation and an Olympic pin package as a special souvenir. Prize winners will be announced in July

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