

Eric Craven's...

®

ACES NEWSLETTER

A Competitive Year-Round Swimming Team

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Centennial, Colorado

**The following swimmers
represented the
ACES Swim Club at State J.O.'s at
E.P.I.C. in Ft. Collins
July 23, 24, 25, 26, 2009.**

Swimming in Individual Events:

Spencer Banwart	Alexie Kotliarsky
Simon Barshay	Radha Kotliarsky
Madison Bredehoeft	Emily Mayo
Conor Brennan	Madalyn McGuire
Mia Brierly	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

ACES had 27 swimmers plus 1 relay only swimmer attend the 2008 State J.O.'s.

ACES had 37 swimmers plus 2 relay only swimmers attend the 2009 State J.O.'s. That's an improvement of eleven more swimmers in the meet.

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

Volunteers are Needed

The Denver VA Medical Center will be hosting the National Wheelchair Swimming Event in July of 2010. Jennifer Letton is in charge of recruiting volunteers: site set-up, registration, timing, staging moving wheelchairs, scoreboards operators, starter, announcer, and any other swim meet positions. If interested please contact Jennifer at 303413-2157 or you can email her at Jennifer.letton@va.gov

“There Are Several Kinds of Magic Dust”

By Brought to you by the CSI Education Committee

As parents, we sometimes come across the child that seems to be the epitome of the natural athlete; a child that can shine at any physical activity. As we watch that child grow and develop, he/she seems to accomplish great athletic feats regardless of the sport. The timing always seems excellent; the eye/hand coordination is there. The mental attitude is great, telling the body what to do and when to do it. We often wonder if we have discovered a child that has been sprinkled with “magic dust” at birth. Some athletes use that magic dust and find a home in a sport where they pour all their attention and achieve great results; some athletes spread the magic dust too thin and end up wasting it.

There are children who are absolute klutzes but who listen well and, with a lot of hard work, accomplish decent goals. They learn how to work hard and stay focused. They keep trying; they keep working hard at perfecting their craft. They listen to their coach, and practice, practice, practice. We watch as they progress at a slower pace, but progress they do. And at some point in their physical development, body and mind catches up with each other; muscles start working in conjunction with mental efforts and the klutz of the past has turned into a well coordinated physical machine that can accomplish high goals. The “magic dust” has finally shown itself.

Then there are those athletes who look at swimming as a sport they enjoy. They are rarely at the top of the pack, even though they work hard at practice and listen to their coach. Sometimes they have significant breakthroughs and cut time. But mainly, they keep swimming for the personal improvement they have in their times and because it is what their friends do. They value the social aspect of swimming, the close camaraderie that develops from spending so much time in the water with their friends.

As parents, we sometimes begin to wonder where the “magic dust” is for these children. They work hard at perfecting their stroke technique, but LSC Championship cuts don't come; Zone age group cuts are not there; Sectionals cut don't happen. We ask ourselves if we should continue to encourage such effort in a sport that does not seem to have any payback. Where is the “magic dust” for these athletes?

It comes in a different form as they develop a life-long love of swimming. It shows up in the path their career takes because they have learned important life lessons of long-term goal setting, dedication, organization skills and commitment-lessons that turn these athletes into successful business people, doctors, lawyers, engineers, teachers and even coaches who teach others how to become Olympians. The “magic dust” finally shows up in their lives.

So parents, sit down, strap in, settle back and enjoy the ride watching the “magic dust” that has been sprinkled on your swimmers lives, whatever form that might take. The CSI Education Committee hopes you enjoyed this article and found some thoughts to ponder.

Congratulations to Mark Dylla for being named to the 2009-2010 USA Swimming National Team by accomplishing a top six time in an Olympic event. He will be eligible for many services and opportunities as USA gets ready for 2012 Olympics in London.

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

*Congratulations to
Andrew Hartbarger, Kaitlynn
Jackson, and Brian Styerwalt
for making the
Junior National Championships
December 10, 11, 12, 13, 2009
in Columbus, Ohio
(Ohio State University)*

Senior ACES swimmers are college bound...

Emily Anderson	Metro State College
Sarah Classen	U. of Texas
Alicen Fair	U. of Northern Colorado
Mike Fordham	U. of Alabama
Avery Johnson	U. of San Diego
Katie Keller	U. of Colorado
Alex Kotliarsky	U. of Indiana
Joe Leach	Metro State College
Melissa Lucero	U. of Northern Colorado
Christie Marsh	U. of Arizona
Mattie Nobles	U. of Colorado
Phillip Pettibone	Franklin & Marshall
Lauren Slater	Jacksonville University
Kelly Tuomala	U. of Colorado
Matt Voell	North Carolina State
Julie Widmann	U. of Ashland

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

Good Luck!

Upcoming Meets (TENTATIVE)

HRA Relay Meet	Cancelled
Molly Bloom Pentathlon	September 27
MACS Fall Invite	October 16-17-18
ACES Fall Invite	November 13, 14, 15
CUDA Pentathlon	November 21-22
ROCK 10 & Under	November 29
TOPS Winter Open	December 4-5-6
FAST Winter Open	December 11-12-13
Sprint Eliminator	December 30
Taylor Reeves Open	January 8-9-10
TOPS Winter Open	January 22-23-24
ACES Winter Open	January 29-30-31
Silver State	February 26-27-28
State J.O.'s	March 5-6-7
Western Regional Sectionals	March 10-11-12-13-14
ACES Mighty Mini Meet	March 13

The final schedule will be out after October 12th

Items for Sale

Ragz towel pants, size large, dark blue/light blue, perfect condition. Originally \$40.00, selling for \$10.00
Speedo Training Fins and TYR fin socks: size 5/7, perfect condition. Selling for \$12.00 for the set.

If interested please call Nancy Fischer at
303-346-6805

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

Long Course

As of August 10th, 2009

Spencer Banwart

11 & 12 Boys 400 Freestyle-8th

Mia Brierly

10 & U Girls 100 Freestyle-9th
10 & U Girls 200 Freestyle-10th
10 & U Girls 100 Backstroke-5th
10 & U Girls 50 Butterfly-6th
10 & U Girls 100 Butterfly-8th

Talia Colalancia

11 & 12 Girls 100 Freestyle-9th
11 & 12 Girls 100 Butterfly-8th

Katherine Glassner

17 & 18 Girls 400 Freestyle-7th
17 & 18 Girls 100 Butterfly-8th
17 & 18 Girls 200 Butterfly-7th

Griffin Eiber

10 & U Boys 50 Freestyle-10th
10 & U Boys 50 Breaststroke-7th

Andrew Hartbarger

15 & 16 Boys 200 Freestyle-7th
15 & 16 Boys 800 Freestyle-3rd
15 & 16 Boys 100 Backstroke-4th
15 & 16 Boys 200 Backstroke-3rd
15 & 16 Boys 100 Butterfly-4th
15 & 16 Boys 200 Butterfly-2nd
15 & 16 Boys 200 IM-2nd
15 & 16 Boys 400 IM-2nd
Senior Boys 800 Freestyle-8th
Senior Boys 100 Backstroke-8th
Senior Boys 200 Backstroke-3rd
Senior Boys 200 Butterfly-3rd
Senior Boys 200 IM-6th
Senior Boys 400 IM-3rd

Kaitlynn Jackson

17 & 18 Girls 100 Freestyle-9th
17 & 18 Girls 200 Freestyle-9th
17 & 18 Girls 100 Breaststroke-7th
17 & 18 Girls 200 Breaststroke-3rd
17 & 18 Girls 100 Butterfly-10th
17 & 18 Girls 200 IM-4th
Senior Girls 100 Breaststroke-8th
Senior Girls 200 Breaststroke-7th
Senior Girls 200 IM-6th

Emily Mayo

13 & 14 Girls 100 Freestyle-8th

Brian Styerwalt

15 & 16 Boys 100 Breaststroke-2nd
15 & 16 Boys 200 Breaststroke-7th
Senior Boys 100 Breaststroke-6th

Matt Voell

17 & 18 Boys 50 Freestyle-6th
17 & 18 Boys 100 Freestyle-4th
17 & 18 Boys 100 Backstroke-4th
17 & 18 Boys 100 Butterfly-2nd
Senior Boys 100 Freestyle-6th
Senior Boys 100 Backstroke-10th
Senior Boys 100 Butterfly-2nd

Julie Widmann

17 & 18 Girls 100 Freestyle-9th
17 & 18 Girls 100 Backstroke-4th
Senior Girls 100 Backstroke-6th

Elizabeth Wiley

11 & 12 Girls 100 Backstroke-10th

Darren Woon

10 & U Boys 50 Backstroke-10th

Ian Woon

15 & 16 Boys 100 Butterfly-10th

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

Attitude Makes the Difference

Sample the following facts about Winners and Losers in life.

The Winner is always part of the answer;
The Loser is always part of the problem.

The Winner has a program;
The Loser always has an excuse.

The Winner says, "Let me do it for you";
The Loser says, "That is not my job".

The Winner sees an answer in every problem;
The Loser sees a problem for every answer.

The Winner says, "It may be difficult but it is possible";
The Loser says, "It may be possible but it is too difficult".

When a Winner makes a mistake he says, "I was wrong";
When a Loser makes a mistake, he says, "It wasn't my fault".

A Winner makes commitments;
A Loser makes promises.

Winners have dreams;
Losers have schemes.

Winners say, "I must do something";
Losers say, "Something must be done".

Winners are a part of a team;
Losers are apart from the team.

Winners see the gain;
Losers see the pain.

Winners see possibilities;
Losers see the problems.

Winners believe in win/win;
Losers believe for them to win someone has to lose.

Winners see the potential;
Losers see the past.

Winners are like thermostats;
Losers are like thermometers.

Winners choose what they say;
Losers say what they choose.

Winners use hard arguments but soft words;
Losers use soft arguments but hard words.

Winners stand firm on values but compromise on petty things;
Losers stand firm on petty things but compromise on values.

Winners make it happen;
Losers let it happen.

What makes the difference?
ATTITUDE!

Live with passion.
Have as much fun as you can.
Learn as much as you can.
Choose to change and grow to be the best that you can be.
Change your life from making a living to making a difference!

Speedo Tip of the Week

This month's Speedo Tip of the Week comes from the September-October 2007 issue of Splash, in which correspondent Bonnie Moss offers some advice on setting season goals. Here are some pointers.

The Tip:

A new season means new goals. Set aside some one-on-one time with your coach to help define those goals. Follow these guidelines:

- Champions know what victory feels like, and what they have to do continually on a daily basis to feel it again. Ask yourself: What do I want the end result to feel like? Then go from there to set your goal.
- Set a goal that you and your coach feel is realistically attainable. Whether it's to qualify for the Olympic Trials or to improve your weakest stroke, make sure the goal is something you feel you can honestly achieve with hard work.
- Your plan must be flexible enough to have room for setbacks and disappointments, or even unexpected success.
- Imitate. You might do this a lot when perfecting stroke technique, but give it a try with goal setting. Look around at what other swimmers have that you want, such as an age group record. Find out how they did it and be open to trying their tactics. Learn from others who are where you want to be.
- Doing anything well comes from doing it over and over and doing it right. Let's say your goal for the season is to make every single practice. If you're not used to daily workouts or doubles, the first weeks will be hard. But once you turn it into a habit, it becomes a part of who you are and success will often follow. Also, your coach may respond with more appreciation for your dedication.
- Surround yourself with people who support what you are doing. Your coach, parents and teammates should stand
- inner circle carefully. Don't spend time with people who sabotage your efforts and undermine your goals.
- Remember, your coach is there to guide you and provide the tools. A coach can only do so much. The rest is up to you. There is an old saying that always holds true: Whether you think you can or you can't, either way, you're right.

Commonly Used Swimming Terms

Alternate Breathing - In freestyle swimming, breathing to the right side then swimming an odd number of strokes and breathing to the left side, then swimming and odd number of strokes and breathing the to right side, etc.

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.

Build - Increasing in effort/speed within a specific distance.

Circle Swimming - Performed by staying to the right of the black line when swimming in a lane to enable maximum use of pool space.

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.

Descending - Swim each distance faster within a given set as the set progresses. Typically, you begin at an easy pace and progress to a faster one throughout the set.

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

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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 of today's 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 a 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 illnesses.
- Swimming is a cure.

Drills - A drill is used to break down parts of a stroke in order to emphasize certain aspects of the body's movements. Drills may be used to learn a new stroke or strengthen certain areas of a stroke.

Fins - Large rubber flipper-type devices that fit on a swimmers feet. Used in swim practice, not competition. Also called flippers by some.

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.

Interval - A specific elapsed time for swimming or rest used during swim practice.

Kickboard - A flat rectangular board (usually a stiff or hard Styrofoam) used to isolate leg muscles in kick sets.

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

Lane Lines - The floating markers which separate adjacent lanes.

On The Bottom - this refers to the 30 on the pace clock. It is called this because of its' bottom-most location on the clock.

On The Top - this refers to the 60 on the pace clock. It is called this because of its' top-most location on the clock.

Negative Split - For any given distance, the second half is faster than the first half.

Pace - The often pre-determined speed with which a swimmer completes each segment of a race or practice

Pace Clock - The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.

Pull Buoy - Usually two cylinders of Styrofoam tied together with rope and placed between the legs. It enables you to focus on your pull without kicking.

Set - A number of repeated swims at specified distances with a stated interval.

Streamline - The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight as it can be.

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

Wall - The vertical portion of the pool.

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.

Yardage - The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

Distance	Number of Lengths	Distance	Number of Lengths	Distance	Number of Lengths
25	1	225	9	425	17
50	2	250	10	450	18
75	3	275	11	475	19
100	4	300	12	500	20
125	5	325	13	1000	40
150	6	350	14	1650 (mile)	66
175	7	375	15		
200	8	400	16		

"Impossible is Nothing!"

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