

Recycling Store

Don't know what to do with a good pair of jammers, racing suits, parkas, ACST shirts or fins that your kid has outgrown? Put it in a bag, clearly labeled with size/age and male/female/unisex. Bring it to the pool and put it in the bin marked "RECYCLING STORE" under the lost and found table. All swimmers, especially the new swimmers are invited to look through our inventory, just stop by the Developmental table during Developmental classes.

SURVEY

Please click on this link to complete the survey about our Fall Classic. <https://www.surveymonkey.com/r/J7TCCBH>

Fundraising update

December 15th is the turn in for Skyzone orders and money. DO NOT MISS THIS CHANCE to get some credit on your account.

Developmental Program Update

The evaluations for the current developmental swimmers will be the night of the 15th. The evaluation papers will be ready for the parents on the last night of Session 4, Monday, December 19th. All Blue and Bronze Prep kids are invited to extend their swim lessons for the month of January and February. Look for an email with all the details. Next regular session starts April 4, 2017.

Swim Officials Class

Are you looking for an opportunity to learn more about the sport of swimming? Officiating is a great way to fulfill your volunteer obligation with ACST. There are some great perks too (free admission at meets, free food, and a front row seat to all of the action). There is a class scheduled in Plainfield on December 13th. If you are interested please email us at board@acstswim.org.

Volunteers needed

We are constantly in need of parent volunteers please email or talk to a board member today on how you can help.

Dates to Remember:

December 13: Swim Officials Class

December 15: Holiday Party

December 15: Turn in of \$ order and money for SkyZone tickets

February 10-12: AquaSprints

WHAT'S HAPPENING NOW?

GEAR SALES : VOSS APPAREL
[order your Christmas presents now](#)

YARD/DECAL and 30th ANNIVERSARY SHIRT SALE: [Email Vanessa Santiago to order.](#)

SKYZONE ZONE TICKETS FOR SALE Stop by the Developmental Table to pick up and turn money in.

Swimmer Referral Program

Any current ACST family who refers a new swimmer to ACST will receive a \$50 credit after the new swimmer has remained with the program for three months. Invite your friends to give the club a try. ACST parents and kids are the best advocates of the swim program. There are two more developmental sessions coming up.



SCRIP Program

The ACST scrip program promises to be a simple and effective fundraising program. The full rebate is given to you for a discount off your ACST account. You can even shop online at www.shopwithscrip.com.



Holiday Party

On December 15th, after the Developmental Classes ends, we will be holding our Holiday Party at the pool. High School, competitive and developmental swimmers are all invited to join us. We will have pizza, drinks, cookie decorating station, movies and the pool will be open to KIDS IN THE PROGRAM. Diving well will be open for their use as well. We will be charging \$2 per person for pizza. Each training group will be doing their White Elephant Gift Exchange/Yankee Swap within their group. If your swimmer wants to participate please bring a gift valued no more than \$10. Please RSVP by Dec. 12th to admin@acstswim.org with your family's headcount.

Coach's Corner

I have been a swim coach for nearly 15 years and have spent the last 5-6 years at ACST. While I have had several great experiences as a coach, with the different coaching staffs, parents, and of course swimmers, the one thing that stands out the most for me is how being a coach and apart of ACST has allowed me to enjoy time and form a stronger relationship with my family.

I write this knowing that there are several families at ACST that have experienced the same thing. Swimming is a challenging sport to be apart of. The dedication it takes to do it and be successful in it asks a lot of young people, and of the people who love and care for them the most. Having experienced some degree of this with my own daughters and my wife, I can assure you that I have gotten a good education in what it is like to be a swim parent. Making sure meals are ready, coordinating pick up and drop off times, re-scheduling weekends so you can attend a meet, shopping online for deals on swimsuits and then finding out your swimmer lost or out grew that swim suit, replacing goggles, I know many of you can certainly relate. Having experienced these things, I have begun to understand how important the swim parent is in everything their swimmer does and everything I do as a coach. I have also seen how it has given my family something positive to be apart of.

You do not always hear it from your child/swimmer, but if they do not understand now, they will later how much they appreciate everything you do for them to allow them to be apart of this great sport. As a coach, I know I should say thank you a lot more because I have always been very impressed with the amount of parents who help out at ACST and give so much of your time to the club.

I write this reinforcing this idea to many of you who already know or are still experiencing this and hope all of you will continue to know how important your role as a swim parent is to all of us at ACST.



-Andy O'Maley

Yard Signs and Decals

Get your ACST Yard signs and decals with the option of adding a name

Yard signs are \$ 18



Car Magnets are \$8



Car Window decals are \$5

If interested place your order by email [Vanessa Santiago](mailto:Vanessa.Santiago@acstswim.org) by December.

The following Car Decal will be given away during our Holiday Party.



TEAM UNIFY TIP: Need to find an ACST swimmer or parent address or phone number to create a carpool or so you can invite them to a group party? Members can find this info themselves on Team Unify by simply logging into their account and then going to the very top of the page where it says: Coaches Members Password Site Map Click on Members; search for Last Name or search for Roster Group. This will display their email and phone number.



Individual Top 16 finishes**Top 8:**

Jackson VanWanzelee, Austin Toney, Marshall Santiago, Bethany Brown and Elle Gilkerson.

Top 16: Elle Gilkerson, Marshall Santiago, Jackson VanWanzelee, Natalie Sommers, Bethany Brown, Ava Fehr, Elliot Cooper, Austin Toney, Brock Kinnamon, Natalie Myers, Tyler Fehr, Mason Gilliam, Garrett Hume, Isabella Garcia, Kayla Logeais and Maverick Bray.

70 % & 100% Best Time Reports

70 % +: Savannah Abshire, Addison Davis, Garrett Hume, Brock Kinnamon, Max Knierim and Austin Toney.

100 %: Carter Gerber, Elle Gilkerson, Mason Gilliam, Kali Hutcheck, Jaxon Rogers, Emmaleigh Sedam, Jackson VanWanzelee and Drew Younie.

Individual High Points

11-12 Girls: 2nd place- Bella Garcia, 3rd place- Ellie Thompson

13-14 Girls: 2nd place- Elle Gilkerson, 3rd place- Kayla Logeais

8 & Under Boys: 1st place- Ian Meyers

9-10 Boys: 1st place- Marshall Santiago, 3rd place- Jackson Wendt

11-12 Boys: 2nd place- Aaron Younie

13-14 Boys: 1st place- Mark Santiago

Divisional Eligibility: Bethany Brown, Emma Cooper, Isabelle Garcia, Elle Gilkerson, Kate Hilgarth, Kristine Karaivano, Maylee Lingle, Kayla Logeais, Elizabeth Myers, Lauren Myers, Natalie Myers, Emmaleigh Sedam, Kaitlyn Sinclair, Natalie Sommers, Ellie Thompson, Victoria Wendt, Maverick Bray, Connor Capstick, Elliot Cooper, Hayden Czerwonky, Karsten Hilgarth, Brock Kinnamon, Max Knierim, Jack Myers, Mark Santiago, Marshall Santiago, Austin Toney, Jackson VanWanzelee Jackson Wendt and Aaron Younie.

Age Group State Eligibility: Elle Gilkerson, Brock Kinnamon, Marshall Santiago, Austin Toney and Jackson VanWanzelee.

Senior State Group State Eligibility: Elizabeth Myers, Natalie Myers, Victoria Wendt, Elliot Cooper and Hayden Czerwonky.

Zone Qualifiers: Elle Gilkerson, Austin Toney and Jackson VanWanzelee.

IMX Qualifiers: Marshall Santiago.

IMX Score

0-999	1,000-1,499	1,500-1,999	2,000-2,499	2,500-2,999	3,000+
Olivia Stoudt Ava Fehr Sophie Meyers Jackson Wendt Addison Davis Carter Gerber	Mark Santiago Bethany Brown	Marshall Santiago			

IMR Score

0-999	1,000-1,499	1,500-1,999	2,000-2,499	2,500-2,999	3,000+
Kaitlyn Sinclair Abby Sandala Molly Goff Camden Zetty Natalie White	Mark Santiago	Marshall Santiago Kayla Clark	Hayden Czerwonky Kayla Logeais		

Team Place: 13th Place

by Rose Snyder, Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming (adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Introducing AmazonSmile

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support ACST every time you shop, at no cost to you. When you shop at smile.amazon.com/ch/35-1839071, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to ACST

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com/ch/35-1839071 from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com/ch/35-1839071 to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

**Support
Avon Community Swim Team
Inc C/O Lucy V Duncan.**

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

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Sponsorship Opportunity

Friends and Family of the Program, \$ 100

Each F&F Sponsor will receive...

- Invitation to season ending banquets for both long and short course season.
- Recognition of your sponsorships in meet programs and newsletters
- 2 Complimentary passes to all sessions of both ACST swim meets
- Excellent opportunity for alumni and grandparents or relatives to experience ACST excellence.

****Bonus**** - For every F&F sponsorship your family acquires, you will be credited \$25 on your ACST account!

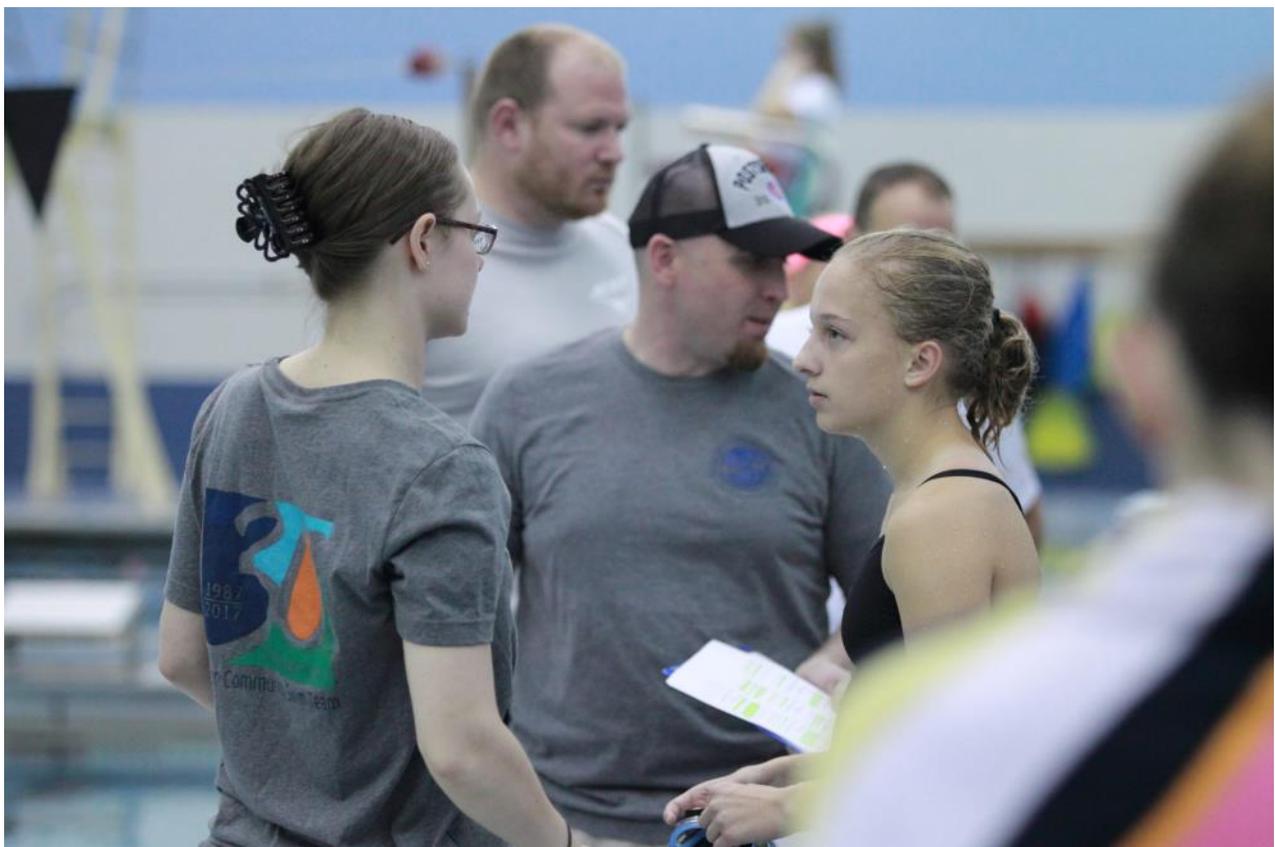
If you have questions about this sponsorship opportunity, please contact: president@acst.swim.org

Celebrating 30 YEARS...

Avon Community Swim Team has been in place for 30 years. Since its inception in 1986, ACST has served the competitive swimming needs of Avon and the surrounding communities. There are no residency restrictions. Anyone may join! Without the help of the board of directors, coaches, swimmers, parents and volunteers, it would not have been possible. We have always had the best volunteers around. We are known to have one of the best hospitality rooms in swim meets. Again, none of these would have been possible without all of your help. Thank you!

30 Year Anniversary Shirt

If you still haven't ordered your 30 Year Anniversary Team Shirt, please email Vanessa Santiago by [clicking here](#). Below you can see Coaches Renice and Andy sporting our team shirts.



Many thanks to our Sponsors!



Custom Sport Signs, Banners, Window Stickers,
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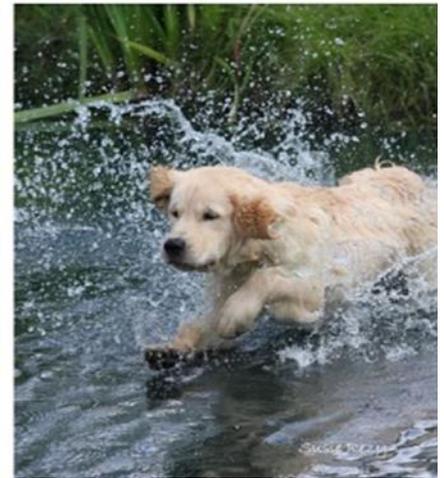
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www.magnifiedvacations.com (317) 451-4232

An advertisement for Hendricks Regional Health. It features a photograph of a person's back being massaged by a therapist. The text "Relieve ACHES AND PAINS" is prominently displayed in a mix of script and bold sans-serif fonts. Below it, it says "Start with a physical therapist today". The Hendricks Regional Health logo is in the bottom right corner. A small text block at the bottom left explains that everyone experiences occasional aches and pains, but chronic or acute pain, tenderness, weakness or limited range of motion shouldn't be ignored. It mentions Indiana's direct access law and lists four locations: Avon, Brownsburg, Danville and Plainfield. Contact information is provided at the bottom.



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Monday, Wednesday, Thursday, Friday
8:00 a.m. - 6:00 pm.
Tuesday 8:00 a.m. - 8:00 pm.
Saturday, 8:00 a.m. - noon

Serving our community for over 30 years

Contact Us

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[Robert Brown](#), Board Member

[Dan Kinnamon](#), Board Member

[Michael Sandala](#), Board Member

[Vanessa Santiago](#), Board Member

[Jason Younie](#), Board Member

Visit us on the web at www.acstswim.org