

2017-2018 Information PACKET

The information packet for the upcoming season has now been distributed. Please review the packet that was emailed on May 18th.

Developmental Program Update

This June, we are starting a new program for new swimmers, where swimmers can get one on one class for 30 minutes 4 days a week. This program costs \$60 per 4 day session.

ACST Night at Victory Field

ACST will be doing another ACST Night at Victory Field on Friday, August 11th (8/11/17). The Indians are playing Syracuse at a 7:15pm game on this evening. Since it is Friday, they will be doing fireworks after the game is over.

At this time, ACST has 70 seats reserved in section 210 in the second level above home plate. Tickets are \$14 a piece. We can always order more tickets too if we need to. A reminder will be sent every month as it gets closer to the event.

REMINDER FOR PARENTS

The coaches are on deck to observe and teach the swimmers during practice. Unintentional "quick chats" can turn into a 15 minute conversation maybe even longer. That takes away time from coaches to observe and prevent coaching from taking place on deck. Please feel free to email your swimmer's coach to set up time to meet with them.

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.

Dates to Remember:

June 5: 1st wk Summer Private Lessons start

July 18: Long Course Championship Pasta Dinner

August 1: Registration for Competitive Swimmers.

August 11: Victory Field Outing

August 14: Long Course Banquet Awards and Board election.

October 14-15: Fall Classic

February 9-11: AquaSprints

WHAT'S HAPPENING NOW?

ACST Apparel SALES : order anytime online. [Click here to shop.](#)

Fundraiser for Coach Renice.
[Click here to find out more and donate](#)

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.



Five Reasons to Swim the 200 Meter Butterfly

By Mike Gustafson//Contributor | Wednesday, May 24, 2017 USASWIMMING.ORG

"But I'm not a butterflyer!!!"

This, said in a panic, is how many swimmers justify *not* swimming the 200-meter butterfly. What's the point of experiencing pain and panic for the point of pain and panic? What's the point in swimming a scary event? What's the point swimming an event one doesn't even specialize in?

"Why would I swim the 200 butterfly if I am no good at butterfly?"

A flawed question. Sorry, swimmers.

Here are 5 reasons why, if you've never done so already, you should swim the 200 meter butterfly:

1. "Do what scares you."

For many years, those four words never made sense to me. Why would someone want to do something that purposefully creates fear? Why *do that* to one's self? Well, I learned that when it comes to swimming, there really isn't much to be scared of. And certainly not the 200-meter butterfly. The first time, yes, it's scary. But once you experience it, there's no more fear. You just finish the race. You don't die. You don't lose all your money or possessions. You just finish. And finishing gives you confidence.

2. Worrying about it for years is worse than the few minutes of racing.

Sometimes, we worry endlessly about something that takes only a few minutes. Before I swam the mile, I worried about swimming the mile for years. Looking back now, I wish I had just swam the event. It only takes a few minutes. Biting the bullet and just jumping into those few minutes would have saved me a few years of worrying.

3. "What doesn't kill you makes you stronger."

Another cliché. But when it comes to the 200-meter butterfly, the confidence of finishing that race will actually make you a better swimmer. Just knowing, "Hey, I finished the 200 fly," gives you a little pep in your step. The 200-meter butterfly will make you a stronger swimmer in the long run, even if you're not a butterflyer.

4. Confidence comes from experience.

The only way to get better at something is to do it. And the only way to get confidence is through experience. Frankly, you just don't know everything there is to know about swimming until you've competed in every single event. The mile. The 50 free. And, yes, the 200 meter butterfly.

5. ... You might actually like it.

Yes, there are 200 butterflyers in this world. I don't understand them, but they exist. And they seem to really enjoy it.

You might, too.

Follow Mike on Twitter @MicGustafson.

5 Things You Can Do to be More Mentally Tough

By Olivier Poirier-Leroy//Contributor | Wednesday, October 19, 2016

Mental toughness is one of those aspects to fast swimming that we know all elite swimmers possess, but is ultimately hard to measure. We can track a swimmer's efficiency, their velocity—but quantifying their mental fortitude is a little trickier.

There are a couple things we do know about mental toughness, or resiliency, or perseverance—it's critical, and it is something we can improve and strengthen, just like a muscle.

Here are five ways that you can be a mentally tougher swimmer and reap the benefits of better training and faster swimming:

1. Embrace the challenges.

Given the option, a mentally tough athlete will welcome a challenge. They know and understand that improvement comes in the little chasm between the set they know they can do and the set they haven't done yet.

While some swimmers will sigh, grumble and complain when the tough stuff is written up on the whiteboard, the swimmer who is mentally tough will welcome it—for they know that these are the moments where improvement springs from.

2. Learn from your mistakes.

At some point—or many points, as is the case with most of us—we stumble on our journey to swimming awesomeness. No matter how grand or modest our goal, it is inevitable that there will be points where we mess up.

Perhaps we thought it would be easier, or we were living the lifestyle of a part-time athlete while hoping for full-time results. While some swimmers will take mistakes as proof that they aren't worthy, or that it's too hard, our mentally tough athlete applies the lessons of their mistake and moves forward.

3. Use your setbacks as fuel for the next step.

Perhaps the biggest mark of a mentally tough swimmer is in the way they react to disappointment and failure.

Look, we all take our losses a little personally. This is natural. But the difference is whether you take it as a challenge to do better next time, or as an indictment of your swimming abilities. As an example, being injured is a common occurrence for athletes, and swimmers are not immune. We all experience them. For the mentally tough athlete they vow to come back stronger and faster than they were before. Another example: It's common for swimmers to open a big meet with a bad swim. The nerves and jitters are running high. A mentally tough swimmer will use that bad swim as motivation to correct themselves and bounce back. Use your setbacks and failures as jet fuel for what is to come.

4. Keep your eyes in your own lane.

Competitive swimming is a, well, competitive sport. We race our teammates in practice, we race the competition at meets. How we finish is largely dependant on how others perform, and not just how well we perform.

Using your competitive instincts to help you train and race at your peak is great, and is part of what makes the sport enjoyable. However, there is a point where constant comparison-making and paying attention to what others are doing where it becomes counter-productive. Mentally tough swimmers understand that there are limits to what they can influence and control, and spend a majority of their energy and time mastering themselves.

5. Don't wait for the mood to train hard to strike ya.

Not everyone has access to a 50m pool, or the best coaching on the planet, or an expensive tech suit. (I spent my first year of university training in two pools; one was treated with bromine, which literally made me wretch anytime I got a mouthful, and the other was 21 yards long. And no, that's not a typo).

And truthfully, we don't need all the fancy stuff. Mentally tough swimmers are willing to make the absolute most of whatever they have in front of them.

They know success isn't going to come down to who has the best facility. It is going to come down to who put in the work. As such, they don't make excuses for their training environment, or wait for better and more ideal circumstances to give a full effort.

Olivier Poirier-Leroy is a former national level swimmer. He is a regular contributor of Splash Magazine and also writes over at YourSwimLog.com, where he shares [swimming workouts](#) from coaches and swimmers across the country. He is also the publisher of [YourSwimBook](#), a ten-month log book and mental training skills guide for competitive swimmers.

Volunteering in USA Swimming

A volunteer is a person who is willing to help perform any one of the necessary jobs in USA Swimming and your club. Your role as a volunteer is important to our sport. You can be actively involved in your child's swimming program and can also be instrumental in strengthening swimming in the United States. With a positive attitude and a willingness to lend a hand, you will also have a great impact on your child's athletic environment, and love of swimming.

There are unlimited opportunities to get involved to help in almost any capacity. The rewards are meeting new people, making new friends and having that great feeling that you have helped one of the organizations in which volunteers are the most important people.

Give volunteering a try. Any contribution you can make will be appreciated. Ask the coach of your team what you can do to help. If your club has a booster organization, find out how to join.

Volunteer opportunities at ACST:

- **Board Member. At the club level volunteers are needed to serve on club board of directors, or booster clubs. The most experienced volunteers are needed here. USA Swimming also offers a free online course for all board members as an introduction to good swim team governance. This upcoming Short Course Season, 3 board positions will be open. If you are interested, please contact a current board member.**
- **Swim Meet Officials.** An excellent way to earn volunteer hours is to work as an official at our hosted meets. ACST is always looking to train new USA Swimming officials. Becoming an official can earn account credits: \$100 the first time the official renews and \$25 with every annual renewal thereafter. Official training sessions are held periodically. If you are interested in becoming an official please contact a board member.
- **Meet Directors.** They are the organizers and coordinators of all meet activities. The meet director's main responsibilities include, but are not limited to: obtaining a meet sanction, preparing and distributing meet invitations, organizing meet committees, and distributing final results. The director should remain the overseer of activities, avoiding direct involvement in any one committee or activity. Many clubs have multiple meet directors to divide the work equally amongst them. There is strength in numbers!

Did you know? Save When you Fly United

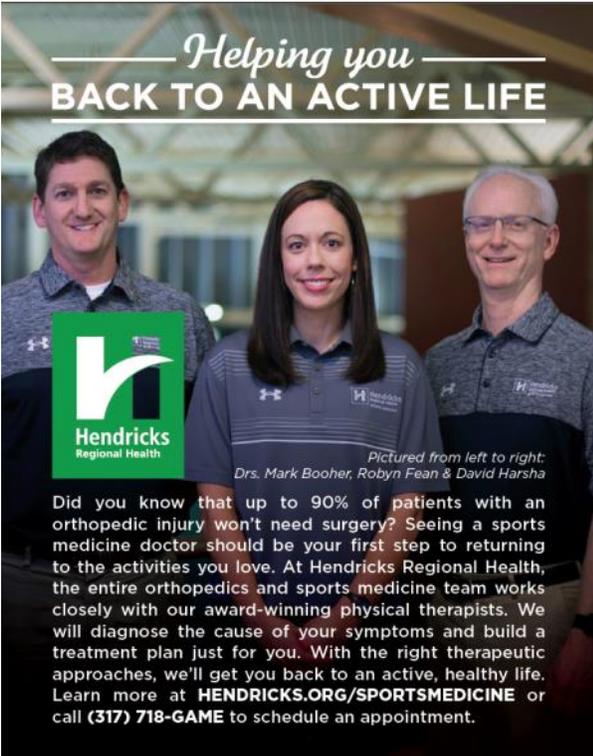
As the official airline sponsor of the United States Olympic Committee, United Airlines offers a discount on travel for USA Swimming members traveling to USA Swimming events and conferences. Reservations must be made by phone via the United Olympic Desk.

To book discounted travel:

Call the United Olympic Desk at [800-841-0460](tel:800-841-0460); Monday – Friday 9:00 am – 7:00 pm (CT)

- Use the promo code, MTG17

United is proud to provide the USOC and all its members access to the United Olympic Desk. For more information, visit the [Member Travel portal on usaswimming.org](https://usaswimming.org)



Helping you
BACK TO AN ACTIVE LIFE

Pictured from left to right:
Drs. Mark Booher, Robyn Fean & David Harsha

Did you know that up to 90% of patients with an orthopedic injury won't need surgery? Seeing a sports medicine doctor should be your first step to returning to the activities you love. At Hendricks Regional Health, the entire orthopedics and sports medicine team works closely with our award-winning physical therapists. We will diagnose the cause of your symptoms and build a treatment plan just for you. With the right therapeutic approaches, we'll get you back to an active, healthy life. Learn more at HENDRICKS.ORG/SPORTSMEDICINE or call (317) 718-GAME to schedule an appointment.

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!

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."



Many thanks to our Sponsors!



Shoppes of Avon
8115 E. U.S. Hwy. 36
Avon
317-272-6944
www.BigAppleBagels.com

Custom Sport Signs, Banners, Window Stickers,
Record Boards, Posters, etc.

High School and Youth League
Discounts

317.272.2388 sales@beaconsign.biz

Reconnecting Families and Couples through Seamless and Memorable Vacations

CRUISEONE
Dream Vacations Start Here

CRUISES * RESORTS * DISNEY * TOURS * GROUPS

www.magnifiedvacations.com (317) 451-4232



Gunnell & Kinnamon Financial
www.gkfin.com



Hendricks
Regional Health

Westwood Hospital for Animals
67 Whittington Dr., Brownsburg, Indiana
46112
(317) 852-7655

Dr. Dale Steele, Dr. Scott Fifer,
Dr. Dana Fehr, Dr. Darren Steele

General veterinary care for dogs and cats;
surgery, orthopedics, radiology, dentistry,
pharmacy, laboratory services

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

Jayda Sommers, President; email: president@acstswim.org

[Elizabeth Meyers](mailto:Elizabeth.Meyers@acstswim.org), Vice President; vicepresident@acstswim.org

[Jayda Sommers](mailto:Jayda.Sommers@acstswim.org), Treasurer; treasurer@acstswim.org

[Robert Brown](#), Board Member

[Dan Kinnamon](#), Board Member

[Vanessa Santiago](#), Board Member

[Jason Younie](#), Board Member

Visit us on the web at www.acstswim.org