



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 last session for Private Swim Lessons is from June 26th through the 29th. We have had many positive feedbacks from parents on how great the program is. So please invite your friends and family to look into signing up for private lessons; if group lessons are not for them. Registration for the fall developmental session is now open for new and returning swimmers. Next evaluations for group lessons is on August 29th from 5:30-6:30

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

If you have old equipment or suits that you would like to donate. Please drop them off in the recycle box by Door 23.

ONLINE REGISTRATION FOR THE COMPETITIVE TEAMS WILL OPEN JULY 10TH

Dates to Remember:

June 26: Last session of Summer Private Lessons

July 18: Long Course Championship Pasta Dinner

August 1: Registration for Competitive Swimmers for 2017-2018 season

August 11: Victory Field Outing

August 14: Long Course Banquet Awards and Board election.

August 29: Evaluation for New Swimmer

October 14-15: Fall Classic

February 9-11: AquaSprints

July 18th practice for Age Group Teams will be from 9-11am to accommodate the Long Course Championship dinner swimmers who qualified for the Divisional, Senior and Age Group State meets. An email will be sent out for further details.

Swimmer Referral Program

Any current ACST family who refers a new swimmer to ACST will receive a \$100 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 ww.shopwithscrip.com.



“Adversity is the fertilizer of growth.” – Ken Ravizza

Coach's Corner

As a coach my primary goal is to use swimming to help my athletes to develop the skill sets needed to successfully navigate their futures in our world. Through my time in education and swimming it is safe to say that the only thing constant in life is change, and it's how we view change that determines how successful we can be.

In most aspects of life we all thrive on constant and specific routines. Unfortunately in swimming, routines can be thrown off at any time for a number of different reasons. Just this weekend at the IUPUI meet there was an incident that stopped the meet for 40 minutes while kids were waiting behind the blocks to swim. I've seen outdoor meets where it is 55 degrees and raining for the duration of the session making it extremely hard to warm up. I've seen Olympic gold medal winning athletes who train outdoors struggle to breathe at nationals when the air isn't circulating well.

There are many things that can happen at a swim meet, but there is one thing that is clear. It is not the conditions that make the performance, but rather the preparation of an athlete to perform in those conditions. It is crucially important in swimming (and life) that your preparation allows you to stay cool, calm and confident when something throws you out of your comfortable routine.

Our team does an outstanding job performing in practice and in meets when the conditions are ideal, but I have noticed lately that our performance drops the moment something doesn't go as planned or we don't feel right. It would be foolish to think that your big meet (divisionals, state, zones, futures, nationals) will go off without a hitch with everything going perfectly. During a seventeen year swimming career I don't think any meet I ever swam went exactly to plan.

How can we handle unexpected adversity? It's easy... we must prepare for uncomfortable situations in a controlled practice environment. If our athletes can become more comfortable with uncomfortable situations in practice, they will be much more prepared to perform well despite them in a meet.

Here are a few things that they should never experience for the first time at a swim meet:

- Swimming in the coldest/warmest water they have ever swam in.
- Goggles falling down on the start and finishing a race without them.
- Swimming fast when they are sore.
- Swimming after a bad night of sleep.
- Repeating fast swims when there is no access to warm up or warm down.
- Being nervous and performing in high pressure team situations.
- Swimming in extremely crowded warm-up conditions.
- Expecting high performance even when they don't feel very well.
- Swimming after eating too little/too much.

As coaches and parents, if we encourage our kids to maintain a positive attitude and give their best effort regardless of the conditions, we will give them an advantage over most of their competitors. It is so important that we do not rescue them from these situations, but rather stand by them with encouragement as they work through them. The self-confidence they will build when they continually do things they don't think they can do in conditions that they are uncomfortable do them in will set them up to be successful way beyond the pool. We must continually place them in situations of adversity, and we must allow that adversity to fertilize their growth.

-Jon Karr, Head Coach

Swimmer of the Month

This month we will recognize **Jui Desai** of the senior team. Jui always brings a positive attitude to practice each day, and her attitude always spreads to the other members of the senior team. She is a very goal oriented athlete who balances her swimming and school goals very well. Her work ethic to get better at swimming and school is second to none. She will continue to be a valuable swimming teammate and will be a superstar in the medical field one day. The success of our program is directly related to the championship qualities that Jui puts on display every day.

Keep up the great work Jui!



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!

What Not to Say to Competitors Before Races

By Mike Gustafson//Contributor | Wednesday, June 7, 2017

The swimmers in the heat before you turn towards home. As they swim towards the wall, you're behind the block, stretching, checking goggle suction, adjusting your swim cap. You glance around: Your competitors in the lanes over do the same thing. And, briefly, you walk over to the nearest one.

"Good luck."

This is, of course, good sportsmanship. Simple. Polite. Direct.

And yet, throughout my swimming career, I've encountered competitors who have used that pre-race time to play mind games. Swimmers have stared me down. Swimmers have pointed at me. Swimmers have told me I was "going to lose."

Once, even an opposing high school swim coach instructed his swimmer to talk to me throughout the entire meet. "You're going down." "I'm going to beat you." "I've been resting for this one race." Then, just before the race began, the coach pulled the swimmer and laughed. I couldn't believe it — not only because I didn't care at all, but also because it gave me that much more motivation to swim fast.

"Good luck" is the easiest, best thing (and perhaps only thing) you should say to a competitor before a race.

Here are five things not to say:

1. "You're going to lose."

Never say something like this. Ever. But let's assume you think saying something like this is okay: Let's flash-forward to the unlikely scenario where you can foretell the future. If you are a fortune teller, why waste your time swimming? You should be playing the stock market. You should be in Las Vegas. You should be a billionaire living on a private island off the coast of South America. Because if you say, "You're going to lose," you better be able to 100% make it happen. If you don't, you not only lost the race, but you lost respect — something not easily gained back.

2. "Are you any good in this race?"

Admittedly, I once asked this of a very fast Olympic gold medalist. I was fourteen years-old. I thought I was being funny. In actuality, I was probably being very annoying. I lost, very, very badly. Do not play games with someone who will most definitely beat you.

3. "This is going to hurt, amiright?"

This may sound to you like you're just trying to bond with another swimmer — "aren't we in for a hard 400 IM?" — but really, comments like this just bring the mood down. "I just hope I don't die in this race." "I can't wait for this to be over." Don't bring your world of negativity into that precious pre-race thought zone. If you're going to interrupt another swimmer's happy place, make sure it's with happy words.

4. A wordless stare-down.

I get it: Sometimes, staring someone down is how you motivate yourself. But honestly, does it ever really work? The jury is out, but it seems to me that staring someone down gets the person who is stared-down way, way, way more fired up. Staring someone down motivates your competitor that much more. So why do it?

5. [Anything other than a polite, "Good luck."]

Moral of the story is: "Good luck" is all you need to say. Or, really, you don't have to say anything. You could just say, after the race is over, "Nice job." But if you want to do a little pre-race handshake, "Good luck," go for it.

Then, let your racing do the rest of the talking.

<https://www.usaswimming.org/news-landing-page/2017/06/07/what-not-to-say-to-competitors-before-races>

Mike's Mailbag: Goal Setting and Aging Up

By Mike Gustafson//Contributor | Monday, June 12, 2017 *Every Monday, I answer questions from swimmers around the country. If you have questions, please email me at swimmingstories@gmail.com.*

Dear Mike,

I turned 13 in October, so this is my first long-course season in the 13-14 age group. I began swimming the 100m fly, 50m free and the 200m free, and I am starting to feel discouraged. The times look so hard, and I don't know if it's because I'm slow or if it's because of the age group.

-Aging Up

Hey Aging Up,

The transition to the 13-14 age group is the hardest, in my opinion, because so many swimmers are at vastly different points in their swim career. Some swimmers are very physically mature, while others have yet to hit their growth spurts. Some swimmers have been swimming since they were toddlers, yet others just got into the sport.

I'm not sure what times (time standards? competitors?) you're referring to, and in many ways, to me, it doesn't matter. Time standards in particular are really just "goal suggestions" -- if they are too fast, choose a different goal.

Goals are tricky things. Too fast, and they will seem unattainable. Too slow, and they won't properly challenge and motivate.

But while those goals, times, or time standards have changed with a new age group, you're still the same person you were at age 12. Sure, there's a leap in times, but that doesn't mean you should lose sleep about it. Rather, you should keep doing what you've always done: Pick a challenging but reasonable goal time, and try to achieve it.

I remember when I became a Big Ten swimmer. Man. Those times seemed impossible. To score points seemed like just this impossibility, something I'd never be able to accomplish. Rather than get bent out of shape about how fast those times were, instead, I focused on myself, my own times, and my own time goals.

Swimming's beauty comes from its simplicity. In swimming, you race the clock. You race yourself.

So, focus on yourself. Focus on your own time goals. Pick a few personal bests, and try to break them. And when you achieve one goal, write a new one.

It's easy to worry about the expectations of someone else, or another age group, or another heat of competitors. But when you get worried and scared, remember that you are only racing the clock. Just because you moved into a new age group doesn't mean you're suddenly a slow swimmer. You're the same swimmer and person you were when you were 12.

It takes time, no pun intended. But if you focus on your own goals and times rather than your competitors, you'll stay more motivated and worry less.

I hope this helps.

AUGUST 1st COMPETITIVE GROUPS

Registration for competitive swimmers will be due on August 1st. Our website will start accepting registration after July 10th. Please watch your email for more details regarding discounts and due dates. Information packet online has all the details www.acstswim.org

SEPTEMBER 5th DEVELOPMENTAL SWIM LESSONS

Our fall season session will start on September 5th through the 28th, followed by a 2 week session October 2nd through the 13th. New swimmer evaluations on August 29th and September 26th from 5:30-6:30pm.



Helping you
BACK TO AN ACTIVE LIFE

Hendricks
Regional Health

*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

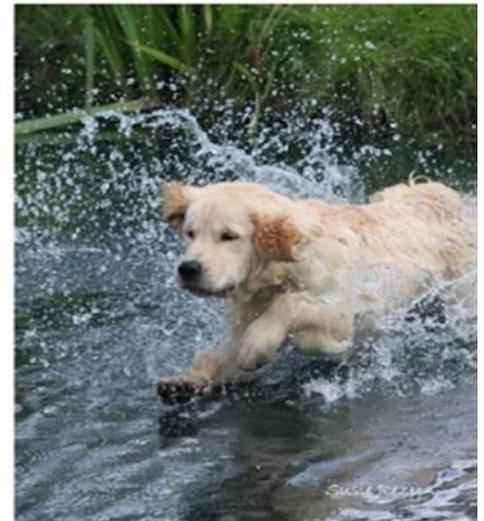
317.272.2388 sales@beaconsign.biz

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

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



Hendricks
Regional Health

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