



January 2013 Newsletter



DATES TO REMEMBER

January 4-6, 2013 SCSC Penguin Plunge

January 14th, Co-Chair Meeting at IUPUI for World Championship Swim Meet at 6PM

January 18-20, 2013 FWA Winter Prelims/Finals

January 25-27, 2013 Center Grove Prelim/Final (10 and under)

February 8-10, 2013 ACST Aqua Sprints

June 25-29, 2013 Co-Hosting World Championship National Swimming Championships @ IUPUI

For more dates check www.acstswim.org

HOTEL ROOMS FOR FORT WAYNE CLASSIC



Ann Elder has looked into lodging for the Fort Wayne Classic. She recommends the Hilton at the Grand Wayne Convention Center at 1020 South Calhoun Street, Fort Wayne, Indiana, 46802-3005 (phone 1-260-420-1100). It is only 1 mile from South Side High School. Rooms booked in advance and prepaid are \$88.00 plus tax a night. There is street parking available or you can park in the garage for \$7.00.

AQUA SPRINTS VOLUNTEER SIGN-UP



Volunteer sign-ups for Aqua Sprints (February 8-10) is ongoing at the website (www.acstswim.org). Our meets are successful and fun because of our amazing volunteer parents. All ACST families **are required to volunteer** seven sessions during the Short Course season.

TEMPORARY FAREWELL FROM COACH MEGAN



ACST swimmers and families, I have some exciting news to share. I have been fortunate enough to have been selected to participate in the Walt Disney College Internship Program in Orlando, Florida. This is a fantastic opportunity for me to advance my education in a highly

competitive atmosphere. Unfortunately, this means that I will have to leave ACST for six months. I will be leaving for Orlando February 9th and am scheduled to return in mid-August. It is very unfortunate that I will not be around to see the end of the short course swim season or the long course season, however, I am so very proud of all of the great swimming and improvements my Bronze swimmers and all ACST swimmers have made as a whole. ACST has been a great opportunity for me to better myself in the pool and on the pool deck for the last thirteen years. I will always be thankful for the life lessons this club has taught me and the opportunities this club has provided for me. I will be looking forward to returning and working with this fantastic swim team again when my internship is completed. I would like to thank all the other ACST coaches and board members for all of their support. My replacement for the Bronze group will be announced shortly.

Thank You,
Coach Megan



WINTER PARTY WRAP UP

Stephanie Hammons organized another fabulous winter party. She has posted pictures taken at the Christmas Photo Booth at the following website <http://acst.shutterfly.com/>. Be sure to thank Stephanie and Tim Caldwell for their time and hard work making this an event to remember.

2013 IU SWIM CAMP



Registration is up and running for IU Swim Coach Ray Looze's 2013 Summer Swim Camps!

While camp is still nearly five months away and each session has plenty of room remaining, don't wait too long to register - **three of the four sessions sold out early in 2012!**

During each session, campers have the opportunity to work with Looze and his world-class staff. In addition to learning from an IU staff that has guided IU to four Big Ten titles in the last six years, campers will also have fun and make new friends in the process!

To Register, [CLICK HERE](#) and choose which session you want to attend. You can download a pdf of the 2013 camp brochure, and you'll be able to get all the details on the 2013 camps!

Each session is open to boys and girls ages 8-18 and will be held at Indiana's state-of-the-art swimming facility, the Counsilman-Billingsley Aquatics Center on the beautiful Indiana University campus in Bloomington.

The IU Swimming Camp offers a unique experience that no other camp in the nation can match. The ultimate goal is to educate campers on the fundamentals of technique, racing, and training in the sport of swimming, while providing an opportunity for camaraderie with swimmers from all over the world!

SWIMMERS ARE SMARTER



early developmental milestones faster than kids who learn later in life. The benefits continue the longer they keep swimming. See the entire article at <http://www.thepostgame.com/blog/training-day/201212/why-swimmers-are-smarter-you>.

New research out of Australia says that children who are taught to swim at an age hit certain physical and milestones faster than kids who

CALENDAR UPDATES



With the high school swim season in full swing changes to ACST practice times may become necessary. Please remember to check the website (www.acstswim.org) for the latest updates.

SCRIP PROGRAM

Which do you think is more challenging; *creating a budget or sticking to one?* It's important to take control of your spending, but that doesn't mean it's easy! Some of our families have mentioned that purchasing Scrip helps them with budgeting. We'd like to share some tips, and ours, for budgeting with Scrip.



Use Scrip retailers for all of your expenses.

By budgeting first, you can see how much money you have to spend in each different category. Then choose your favorite Scrip retailer for every category. When you use Scrip for gas, groceries, clothes, prescriptions, and other everyday shopping, your rebates really start to add up. Not only are you sticking to the budget, you're also earning for your organization! The club receives 1% and the rest of the total rebate goes on your swim account.

Example (The club's % is already taken out of this example)

Kroger	\$300.00 x 2% = \$6.00
Speedway	\$200.00 x 3% = \$6.00
Total	\$500.00 = \$12.00 x 12 months =

\$144.00 in rebates off you swim account

What about birthdays, Christmas, home improvements, clothing, a haircut, a meal out with the family or kids allowances. (Ten dollar cards or \$15 iTunes cards work great.) How about a lunch budget? There are plenty of ways to save on things we do once a month.

Start out small to get the hang of it.

Order gift cards you know you will use every week, like gas and groceries. If you're not comfortable purchasing gift cards for your full amount of weekly grocery money, try ordering half of your budget in Scrip to start. Once you have a system that works, you can increase your purchases.

Try an envelope system.

Some of you may already use an envelope system to budget your money, if not, give it a try! You can easily replace your gas, grocery, and entertainment money with Scrip. Refill your envelopes with gift cards every week to make it easy to stick to your

budget. [Click here](#) to check out how Dave Ramsey's Envelope System Works or copy and paste <http://bit.ly/7kh9pr> into your browser.

Take advantage of Reload and ScripNow™! on www.ShopwithScrip.com

Use our ScripNow and Reload options to reduce the time between paying for Scrip and making your purchase. When you use these options, and pay with PrestoPay™, your wait time is much shorter than waiting for plastic cards from your coordinator.

We hope this helps. Happy budgeting and saving!



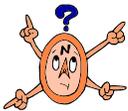
-Ann Elder
ACST Scrip Sales
ameelder@hotmail.com

GEAR FOR SALE



ACST Knit winter hat --- \$5 (like new)
Grey Speedo swim bag --- \$5 (in fair condition)
Contact shagae@sbcglobal.net

LOST AND FOUND



Please check the table at the South pool entrance for any lost gear. All of the remaining items will be donated to charity.

CLASSIFIEDS

Nicole Campbell, Designer

REESE

Kitchen, Bath & Lighting Gallery

⚡ A FERGUSON ENTERPRISE

*Cabinetry for all areas of your home,
countertops, plumbing, appliances, and lighting*

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317.504.0011 cell

Nicole.campbell@ferguson.com



MULCH - Special Offer for ACST Members - Benefits ACST As Well!!

What's the benefit for an ACST Member?

"Midi" Grade Hardwood Mulch made by Greendell's Mulch & Mix is in stock and available at a discount from Kiefer Plant Material. Retail price is \$30 per cubic yard plus freight at Greendell's, but if you purchase it thru Kiefer Plant Material your price will be \$27 per cubic yard plus freight. To order your Mulch, please call Kerry Kiefer at 403-3553 and identify yourself as a Member of ACST. Other mulch types and colors are available to special order. Call for a quote.

What's the benefit for ACST?

For every 1 Cubic yards of Mulch bought and paid for by an ACST member, Kiefer Plant Material will give \$3 back to ACST. So for every 5 Cubic yards sold, Kiefer Plant Material will give \$15 back to ACST.

CUSTOM CRAFTSMAN

If you need home remodeling done, home repair work or general building please contact Todd Sprout with "Custom Craftsmen". Call Todd for a free estimate or references at 317-331-5435 or email him at ToddSprout@gmail.com.

Todd Sprout
Customcraftsmen.com