



March 2014 Newsletter



DATES TO REMEMBER

April 7 – Start of Developmental and Long Course Swim

April 10 – Short Course Banquet

April 17 – Official and Admin Clinic

For more dates check www.acstswim.org.

Aqua Sprints Wrap UP



THANK YOU to all who helped at the Aqua Sprints Swim Meet. It was a huge success. The largest meet we have hosted so far. We had a

record number of swimmers at 687! We could not pull off such a great meet without all of your help and donations.

Short Course Banquet

The end of the season banquet is scheduled for April 10th at the Pavilion at Avon-Washington Township Park from 6-8. Come joins us for good food and fun times.

Developmental Swim

The first session of developmental swim begins Monday, April 7th from 5:30-6:30, registration forms are available on the club website under the picture section. Developmental swim days are Monday, Wednesday, and Thursday with the exception of the first week April 7th; that week it

will be Monday, Wednesday, and Friday due to the banquet.

Long Course Season

Online registration is now open for long course season. Please visit the club website, click on "start registration" and register your swimmer. Long course practice begins Monday, April 7th and concludes on Saturday, July 26th.

Volunteers Needed

Would you like to become a volunteer with our club? We are looking for a few volunteers to be our Meet Coordinator and Co-meet Director for the next Fall Classic and Aqua Sprints Meets. If you are interested please contact Club President Chris Elder at celder1@indy.rr.com for more information.

OFFICIALS TRAINING

Officials Needed: Looking for a way to get involved in swimming? Why not become an official! ACST invites any and all interested parents to become an official with Indiana Swimming. Please visit the Indiana Swimming website under the officials tab for more information. Remember that if you become an official and volunteer at our two meets it counts towards your 7 sessions!

Officials clinic to be held on April 17th at the pool from 5 – 6:30 hosted by Kerry Kiefer
Admin Clinic will follow on the 17th from 6:30 – 8 hosted by Kim Kiefer

Catch the Spirit

Starts and Turns Divisional Camp will take place on April 19 at Franklin Community High School, Franklin, IN. Only swimmers 11-14 years of age with a minimum of one ISI Divisional Cut and no ISI

State Cuts may attend. For more information visit the Indiana Swimming website (www.inswimming.org) or contact Tony Young (Sport Development Director Indiana Swimming) at 317-237-5780 or tony@inswimming.org.

SCRIP PROGRAM



The SCRIP program is a great way to earn money toward your ACST account through the purchase of store/gift cards.

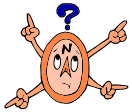
For more information contact Ann Elder at ameelder@outlook.com.

A REMINDER



ACST cannot be responsible for items lost or stolen at the pool. Please leave valuable items (jewelry, electronic devices, etc.) at home. Any items left in the locker rooms during practice should be securely locked in a locker.

LOST AND FOUND



Please check the table at the South pool entrance for lost gear. There are lots of towels and some swim gear there now.

CLASSIFIEDS

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

Nicole Campbell, Designer
Cabinetry for all areas of your home,

countertops, plumbing,

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A FERGUSON ENTERPRISE

lighting

appliances, and

317.859.7574 office

317.504.0011 cell

Nicole.campbell@ferguson.com



Mike Qualls is now an Advocare Distributor and is able to provide you with answers to questions on different Advocare supplements and products as well as a place to order your products.

You can order or check-out their complete line of nutritional supplements at www.AdvoCare.com/130733653 or contact Mike with any questions. maqualls@att.net

Advocare is on the "Informed-Choice" list. Informed-Choice is a quality assurance program for sports nutrition products.

Are you or your swimmer currently hydrating properly?
Advocare - Use It, The Pros do!