



October/November 2013 Newsletter



DATES TO REMEMBER

Dec 12-14 - 2013 Speedo Short Course Jr. Nationals

Dec 13-15 – MAKOS Holiday Spirit Classic

Dec 19 – Holiday Party

Dec 8 - Team Event at Monster Mini-Golf

Jan 3-4 – SCSC Penguin Plunge

Jan 24-26 –FWA Prelim Final

Jan 3-4 – SCSC Penguin Plunge

Feb 14-16 – ACST Aqua Sprints Prelim/Final

Feb 28-Mar 2 – Bearcat Invitational

Mar 7-9 – Divisionals

Mar 14-16 – Age Group State

Mar 21-23 – Senior State

Mar 27-30 – Speedo Sectionals

For more dates check www.acstswim.org.

FALL CLASSIC WRAP-UP



THANK YOU to all who helped at the Fall Classic on October 26 and 27. It was a great meet! Our hosted events are fundraisers for ACST and essential for keeping the club going. It is not possible to host such a large event without help from each and every volunteer.



PROJECT A.N.G.E.L.

As a team we will be sponsoring three families for the holidays through Project A.N.G.E.L. If you would like to donate an item for one of these families the wish lists are available at perfectpotluck.com. Enter coordinator last name: Myers and password: 1212 (for family 1), 1213 (for family 2) or 1214 (for family 3). The unwrapped gifts will need to be dropped off at the pool by December 12. If you have any questions please contact Nancy Myers (nbmyers2002@yahoo.com). Thank you for your consideration in helping these families during the holidays.



OFFICIALS TRAINING

Are you interested in learning more about the sport of swimming? Would you prefer to spend your time at swim meets on the pool deck instead of in the stands? Becoming a swim official is a great way to become more involved and support ACST. Kim and Kerry Kiefer have agreed to lead an official's training class. If you are interested in taking the class or just need more information please speak with Kim, Kerry, any board member, or e-mail admin@acstswim.org.



TRIATHLON PLANNING SESSION

ACST is planning to host a sprint triathlon fundraiser in the spring or late summer of 2014. We would like input from any parent interested in helping to organize this event. The first planning session will take place in January. Watch you e-mail inbox for further details. For more information contact Nancy Myers at nbmyers2002@yahoo.com.

SCRIP PROGRAM

Plan your holiday shopping with SCRIP! The SCRIP program continues to be 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.

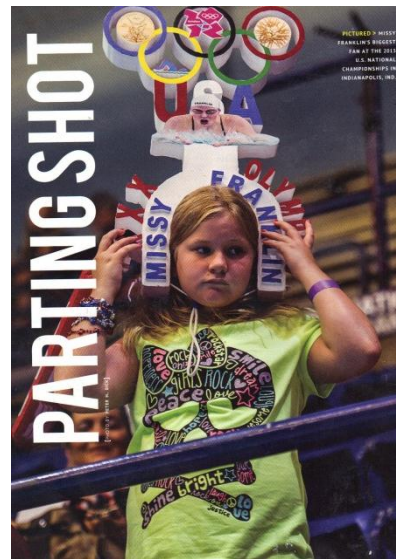
BOWLING OUTING



ACST hosted a bowling outing in August. Watch your e-mail for information on our next outing.



DO YOU RECOGNIZE THIS



SWIMMER?

Our own Emma Cooper was featured in a full-page picture in the August edition of Swimming World magazine. The picture was taken at the National Championships in June.



SWIMMER REFERRAL PROGRAM

Remember that the Swimmer Referral program is still available. 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 ACST a try.



NEW SPONSOR DRIVE

Do you know a company that may be interested in sponsoring ACST and the great sport of swimming? Corporate sponsors get advertising at the pool and in heat sheets at our hosted events. If you bring in a new ACST sponsor you will receive a discount on your next month's fees! See a board member or e-mail admin@acstswim.org for a sponsorship form.

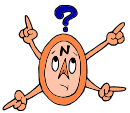
GEAR FOR SALE



Speedo FastSkin 3 Pro RecordBreaker KneeSkin for sale. New in box - never worn. Size SR3 which is equivalent to a 26. Paid \$229. Selling for \$150. Can send pics. Call Nicole Campbell at 317-504-0011.

Two ACST parkas - size adult M. \$20 each. Contact Corey Sprout at 317-654-8412 or tcsprout2000@yahoo.com.

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

REESE

Kitchen, Bath & Lighting Gallery

■ A FERGUSON ENTERPRISE

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

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!