



August 2012 Newsletter



Dates to remember

August 14 Long Course end of season Banquet

August 20 ACST Short Course Starts

August 27-29 Registration for Short Course

August 30 Developmental Evaluations

September 4 Developmental First Session

Avon Community Swim Team

Banquet: The Long Course end of season and Kick off Banquet for Short Course is August 14, 6pm-8pm at the Pavilion at the Washington Township Park. We will need help for set up and clean up afterward. Board elections will take place during the Banquet and the coaches will be talking about the end of Long Course season and what to expect for Short Course Season. All families are welcome. Please come and vote for Board members.

Food for the Banquet bring as Follows:

Please bring 10-12 servings

Seniors, last name A-L a main dish

Seniors, last name M-Z a side dish

Platinum, drinks

Gold, a side dish

Silver, a dessert

Bronze, drinks



Board Members

ACST is very excited to have 3 excellent candidates running for our 2 vacancies on our board. These positions will be filled for the next 3 years and are extremely important to the operations of our club. The election will be held at our annual banquet dinner on Tuesday August 24th from 6PM-8PM. Please make arrangements to come and cast your vote. For information about the candidates running please read a short Bio on each one below.

Klause Hilgarth

My wife and I have lived in Avon since 1999. All of our children have been through the developmental swim program offered by ACST. My oldest, Karsten, and my youngest, Kate, are currently swimming with ACST. Karsten is with the Gold group and Kate is with the Bronze group. I ran track and cross country in high school. I also ran cross country in college at St Louis University. I have also participated in triathlons, duathlons, and centuries. I have also worked as a timer at meets for ACST most recently I worked as the announcer for ACST at the winter meet during the Short Course season. It would be an honor to serve on the ACST board.

Cati Lingle

Cati Lingle has been married to Mike for 19 years and has lived in Avon for almost 11 years. Cati has 2 children, a son Jake, 7th grader at AMS South, who plays baseball and Maylee, a 5th grader at AIS East, who has been with ACST for 4 years. Cati works part time as the secretary at Avon Christian Church and also works as a promoter of ViSalus and the 90 Day Health Challenge. The Lingle family attends Westside Church of the Nazarene. Cati also likes to read, travel and watch her kids participate in sports.

Nancy Myers

My name is Nancy Myers and I am running for a board position with ACST. Our family is starting its fifth year with the club. Natalie, our oldest, is 13 and swims with Platinum. Jack, Lauren and Elizabeth are 11 year old triplets and swim with Gold. I was a swimmer in high school. I wasn't a very good one, but it gave me a love for the sport and an appreciation for what the coaches and athletes are accomplishing at ACST. I am constantly amazed when my kids tell me the workouts and the yardage that they swim at practice. ACST is truly a top-notch club.

Professionally, I have a B.S. in chemistry from the University of Michigan and a Ph.D. in chemistry from Indiana University. I worked at Ford Motor Company (Dearborn, MI), Monsanto (St. Louis, MO), and LECO Corporation (St. Joseph, MI) before staying home with my kids. That kind of background probably makes me better suited for monitoring the pool chemistry. But I would really enjoy the opportunity to become a board member and contribute to making ACST the best possible club it can be.

Support our sponsors

Speedo

Power Team Wear

Ameriana Bank

Subway

Big Apple Bagels

Hendricks Regional Health

Bill Estes Brownsburg FORD

PiP printing

Kiefer Plant Material

Hendricks Power Cooperative

Orange Leaf

Jan Wishart Carpenter Realtors

Moe's Southwest Grill

Beacon Sign

Dan Jones Automotive Specialist



SCRIPT PROGRAM

Are you interested in lowering your swim fees and supporting ACST? Take advantage of this program. Buy gift cards from a large selection of stores and a % goes to ACST and a % comes off of your swim fees. If you spend enough your fees could be \$0.00.

Ann Elder is the parent handling the program for the Long Course season. Ann will be at the pool during the normal season on Tuesday, Thursday and Friday, 6-7pm.

Questions and orders email her at:
ameelder@hotmail.com

From Coach Aleks Fansler

“I couldn’t have been more proud of the way we swam. Speaking with the kids I could see in their eyes drive and motivation. I can see that the noise that comes out of my mouth was beginning to sink in, and the kids are starting to understand what I am saying. The Swim Fest weekend did nothing but get me as a coach more motivated, more excited, and more confident that we will begin to develop this club to a new height, and become one of those recognized in the state as a place where things are done well, and results are always there.”

“Be ready for some changes. There will be a new level of organization throughout our age group program. There will be new expectations, new focus, and of course there will be a lot of the most important element....FUN!”

All swimmers should try to do some basic exercises during the time off between Long and Short Course.

Jumping Jacks Running Burpees Crunches
V-ups jogging walking lunges

Try to keep some level of activity and this break will not be as detrimental to your short course as you think. None of these things are Mandatory I am leaving it up to you.

Looking for New Members

ACST needs help from all of our members. Try to tell all of your friends about the swim team. During an Olympic Year it is very easy to get new swimmers to join the swim club. The schools restrict what the club can say and how we recruit new members in the schools. Your children are the best advertisement we have because they are so excited about swimming and this motivates others to join. Signups for short are right around the corner and we hope for a great turn out. Thank you for your help!



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.co