



September 2012 Newsletter



Dates to remember

August 20 ACST Short Course Starts

August 27-29 Registration for Short Course

August 30 Developmental Evaluations

September 4 Developmental First Session

September 10 Power Teamwear at the pool

October 20-21 Fall Classic home meet

October 27th Masters Meet(Volunteer only)

February 8-10 Aquasprints home meet

Avon Community Swim Team

RETURNING competitive swimmers can come back to swim August 20th and we will gather their registration papers/money on the following days of August 27th, 28th, 29th from 5:30-7PM. Please use door #21 at Avon High School.

NEW COMPETITIVE SWIMMERS will come to register/be evaluated on August 27th, 28th or 29th from 5:30-7PM. All swimmers will need to bring a swim suit, towel and goggles. Please use door #21 at Avon High School.

ALL NEW/RETURNING DEVELOPMENTAL

Swimmers will need to register on the 30th and if they are new will need to be evaluated. Practices will begin on September 4th at 5:40 and it will go until 6:40PM. Please use door #21 High School.

ALL FORMS

All Forms needed for registration can be found online at ACST.ORG. These forms can be filled out online and then printed. Please take advantage of this and help us save time/paper.



Long Course Banquet

Thank you all for coming with food and drinks to the banquet! Congratulations to all of the swimmers who were recognized for their hard work and dedication during the season! There were a few business items discussed during the banquet. We voted for new board members. Congratulations to Nancy Myers and Cati Lingle our newest board members. These two individuals are a great addition to ACST. Please thank them for taking an interest in making ACST a great place to swim.

Co-hosting the World Championship time trials.

All in attendance were asked if they were interested in co-hosting the world championship time trials next June 25-29th. A majority of the members in attendance by a show of hands showed an interest in co-hosting the event. Please check back for more information. This event will need about 100 volunteers per session. Make plans early for all of your friends and family to help at the meet. This will be very beneficial to ACST if we win the bid.



Board Members

Kerry Kiefer, President
 Chris Elder, Vice President
 Susan Emsweller, Secretary
 Shagae Jones, Treasurer
 Mike Qualls, Member at Large
 Nancy Myers, Member at large
 Cati Lingle, Member at large



Banquet Slide Show

If members would like to purchase a burned copy of the slide show and pictures shown at the banquet can do so for \$6.00 by emailing:

president@acstswim.org

The DVD will have the slide show that was shown and will have the still pictures included too. Be sure to thank Susan Emsweller, Kim Bingaman, and Stephanie Hammons for their contributions to this DVD.

During the upcoming short course season if you take pictures please send them to us. We will often use them on our webpage and they may show up on another DVD.

Power Teamwear

Power Teamwear will be at the pool Monday September 10th.

They will have all of the things swimmers will need for the upcoming season. They will bring swim suits, kick boards, goggles, swim fins, swim caps, and more. Please call the owner if you would like to order something special and she will bring it to the pool.

Lindsey Lawson
 317-219-3634

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.

Please ask board members about days and times
 Ann will be at the pool.



Short Course Calendar

Practice times have changed for all groups. Please check the ACST webpage for information.

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!

Service Award given to Duncan's

At the banquet we presented the Dave and Vanessa Smith Award of Service to Dick and Lucy Duncan. The Duncan's helped started ACST in 1986 and have stayed involved with ACST but not visibly. They support us by helping us with Bids on large meets, they help us with training officials and Lucy Duncan still does our End of the year Taxes and Payroll for our coaches free of charge. Both Dick and Lucy are well thought of by Indiana Swimming, USA Swimming, and all of the Officials in Indiana. Dick and Lucy just got thru working the Olympic Time Trials and we are sure they will continue to get the call to be meet refs and officials at many more of the big National Meets. This award was a long time in the making, but their hard work and service was not ignored. Please thank Dick and Lucy the next time you see them.

Please see part of the article reprinted with permission from the Hendricks County Flyer. For the full article you can visit:
<http://flyergroup.com/sports/x471604050/Spouses-partake-in-Olympic-Trials>

Spouses take part in Olympic Trials

By MATT ANDERSON
Flyer correspondent

Avon residents Lucy and Dick Duncan didn't travel to the Olympic Trials in Omaha, Neb., to compete; they went to officiate.

The husband and wife were among 60 of the possible 10,000 USA Swimming officials invited to be a part of the 2012 Olympic Trials officiating crew. When they accepted the invitation, the pair packed their bags and drove to Omaha, volunteering their time for a little less than two weeks.

They didn't get paid and nothing was compensated. Instead, the duo did it for free and for their love of swimming.

"It's kind of mini vacations for us," Lucy said. "You have to love the sport to do it."

The trip marked Lucy's fourth year officiating the Trials and the pair's first trip officiating together. Dick was never a Trials official until this year. The last three years he acted solely as a volunteer.

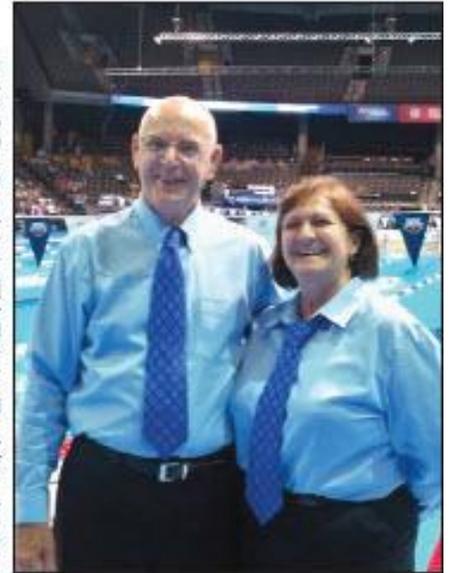
"It's been a very, very great experience for both of us and it's kind of unique — there are a few husband and wife teams throughout the country that do it, but not a whole lot, so we've been very fortunate," Lucy said.

In her first three years, she was a stroke and turn official. Dick has that job this year.

"As a stroke and turn official you're basically one of the deck officials that does all of the turns and strokes and observes all the swims," Lucy said.

Lucy tried a new position this year as an assistant administrative referee. She described it as one who works behind the scenes.

"We review all the times



SUBMITTED PHOTO
Dick and Lucy Duncan recently returned from Omaha, Neb., where they served as part of the 2012 Olympic Trials officiating crew.

and all the entries and do all the check-ins for the swims," she explained. "We review and make sure the times and the results are posted, deal with coaches, and set up swim offs — it's the paperwork side of the meet, making sure that everything is accurate."

The two got into officiating back in the 1980s. Since then, they have officiated in the NCAA Division II Championships for nine years, the Division I Championships for three years, and they just completed their first year of the Division III Championships this past year.

The pair officiate middle school, high school, and national meets, and have travelled to

California, Florida, Ohio, and Texas.

"It's great because we can do it together," Lucy said. "We're a team. The colleges like it and they don't have to worry about looking for different people when they have both of us coming at the same time and together."

Their two daughters helped them get involved in the sport. While their eldest, Tracy, got out of it after injuries, their younger daughter, Joey, went on to have a successful swimming career at Avon High School and Ball State University.

Dick is the Local Swimming Committee (LSC) officials chair for Indiana, and Lucy is the finance vice chair. Both positions are on the board. See SPOUSES, Page B3



Please contact Nancy Myers with any items you want to sell, trade, or give away. Nancy Myers will be putting our newsletters together in the future and would like to have your information in advance. Also if you have a interesting article or pictures you can also give it to her.

*She can reached at:
myersfamily6@sbcglobal.net*

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