

WATERLOGGED



OFF THE BLOCKS....

Snowball Dash a HUGE Success!

The ACE hosted Snowball Dash, December 6-7, was HUGE! Over 450 swimmers from nine swim clubs from the Omaha/Council Bluffs metro area participated in the meet. ACE had a very impressive 106 swimmers participate in the meet, which is our largest ACE turnout yet.

The Snowball Dash is a B and slower meet for swimmers aged 9 and up. As such, it was a great opportunity for newer swimmers to get meet experience and and establish some times.

More than 80 ACE swimmers achieved their best times in their events; among those swimmers, Lex Barkhaus dropped more than 20 seconds in his races and Olivia Holtz dropped more than 16 seconds in hers!



Congratulations to the swimmers who achieved a personal best in ALL their Snowball Dash events!

- Luke Irwin
- Isabella Jensen
- Elizabeth Lampert
- Paul Pechous
- Truman Rouse
- Yukita Singh
- Isabel Tavill
- Grace Thiltgen
- Josh Uehling
- Noah Wilber



FROM THE BOARD...

ACE Board of Directors Update

Speaking on behalf of the Board of Directors, let me begin by saying we're extremely excited about the addition of ACE's "Waterlogged" Newsletter this year. It will be a phenomenal tool to communicate all the amazing things happening around our club, and there are plenty of them! You've likely noticed the club has experienced a good deal of growth. Our current swimmer waiting list is testament to the fact that the ACE secret is out and word is spreading about our club! Without question, we have a phenomenal club with amazing coaches who are passionate about what they do and are focused on helping our kids become extraordinary individuals through the sport of swimming. During this year, the club has also undergone a good deal of change in the executive committee as well as the club manager position. While such growth coupled with change could be unsettling, to the contrary we're excited about the future because we have a secret weapon..... **YOU!**

The creation of our Volunteer Committees is one example how we're utilizing our greatest resource — our parents — to get more accomplished. A common and refreshing theme I've witnessed repeatedly during my seven years with ACE is that people truly want to help and be involved. Our committees, each led by a board member, are focused on key initiatives that we were hearing from our membership to include: Communication, Fundraising, Meet Marketing, Membership, Swim

Meets, Swimmer Recognition, and Team Spirit. As with anything new, the committees are learning as we go and ramping up their efforts, but without question we're making progress and having an impact. If you would like to share your talents, please reach out to a board member to get involved today!

A key focus for the board going forward is to strategize on both the short and long term goals of the club. While some of this will be administrative, to include attaining higher Club Recognition designation from USA Swimming, most will be tactically focused on making our club and everyone involved the very best they can be. Based on indicators such as meet participation, parent engagement within our committees, and our two hosted swim meets thus far, we feel we're on the right path. Meet after meet, both home and travel, we're setting new attendance records for ACE swimmers. We're also seeing parents becoming more engaged in the sport of swimming and asking lots of great questions and providing us vital feedback. While these are good starts, we know we have a long and exciting journey ahead and a lot to learn and share with each other. Let's keep the momentum going! Go ACE!!!

Mike Michalski

ACE Board of Directors

Have a question?

For questions related to swimmer workouts, swim meets, events, goal setting and other swimmer related needs, or if you wish to schedule a time to meet in person, please email your coach. A reply will be returned within 48 hours.

For administrative questions, such as dues, policies or swimmer safety, please contact the club manager.

Email address can be found under the ACE Coaches and Board Members tab on the ACE Otters website.

♥ r Coaches!



GETTING TO KNOW...

Coach Jay Thiltgen, ACE Head Coach and Challengers Head Coach

Where did you grow up and go to school? I grew up in Omaha and went to Omaha Burke.

How long has swimming been a part of your life? I tried swim lessons as a kid, but got kicked out when I was five because I wouldn't put my face in the water. I tried out as a freshman for the high school team, but got "cut." However, they opened up tryouts again later in the year, and I made it back on the team. I have been around swimming ever since.

How long have you been coaching? I have been with ACE for six years, five years as the Head Coach. I have been with Elkhorn Public Schools and the EHS/ESHS team for five years, and with Omaha Burke for nine years before that.

Why did you decided to get into coaching? I like to compete, and I enjoy the challenge of trying to find ways to make our swimmers successful. The sport has given so much to me in the past, I just want to try to find a way to give back to the sport and our athletes.

What is your favorite part of being a coach? I enjoy working with young people who are trying to improve and strive for "something more." Our athletes come to the pool day in and day out, and they are always trying to do something they have never done before. I have all of the respect in the world for young people who are trying to do something special with their life. Their drive to keep getting better keeps me motivated to make sure I do the best I can to help their efforts.

Who is/was the most influential person in your coaching career? There are three. My dad would be number one for his patience and the way he carried himself as role model, gentleman, and leader. Next, would be my high school coach, Rich Hood, for his passion for the sport and developing young individuals in and out of the water. Finally, my college coach, Ron Allen, for his interest in the science of the sport and developing athletes within a strong training system.

Is there a high profile swimmer you really admire? I don't really follow the swimmers too much. I enjoy reading about their performances, but don't follow them out of the water much. I tend to watch the coaches more. I really admire David Salo from USC. His combination of sports knowledge and creativity is amazing. He blends a great deal of sports science into his coaching, but he plays to his athletes' strengths as well. He relies heavily on the "art" within coaching, and I think that is why I pay attention to him. He also comments on the "student-athlete" a great deal at his convention talks. Even at the college level, he pushes his swimmers to be successful in the classroom, along with success in the water.

If there was one piece of advice you could give young swimmers what would it be? Any advice for their parents?
Swimmers: Love what you do. Enjoy coming to practice and being with your friends. The speed will come, and the times will drop...especially when you love the sport.
Parents: My advice is: the swimmers will become fast, but it may take time. As much as it kills me that my daughter is not a world record holder at ten, I try to remember she is ten. She is

getting faster all of the time, and I have to try and remember that....even if it isn't as fast as I want. I try to talk to her about swimming when she wants, but I let her real coaches do the coaching (even though I coached several of the coaches). As a parent I want to try to find a good blend of positive support, encouragement, and patience that hopefully offsets any pressure I may unintentionally put on her. The coaches on the other hand....they can bring the pressure all they want. As a parent, I will be there to make sure she is ready to go back for another workout later in the week.

What is your "day" job? How long have you been a teacher? I teach high school art at Elkhorn High School. I have been an art teacher for 14 years.

Tell us about your family....Do you have any swimmers on the team? My wife Shawna is an accountant, and a volunteer swim coach when I need help. I have two daughters, Grace ten and Charlotte seven. Grace has been on the club team for three years and Charlotte is still more of a "sinker" than a floater, but she does a rec league program in the summer.

What are you looking forward to in the next year? For my specific group, I am looking for more swimmers to make Sectionals Cuts (and score at the meet). For the entire club, I am looking forward to more swimmers attending meets than we have had in past years. Our coaches are doing a great job of motivating our athletes and their work is paying off. The combination of having fantastic young individuals and a strong coaching staff lends itself to great things to come in 2015. I am very excited for the entire club as we move forward.

OUT OF WATER...

Feeding your swimmer

Keeping young swimmers fed can seem like a full time job. In addition to getting athletes to and from practice on time, parents also need to provide enough healthy calories for their busy athletes.

According to the USA Swimming website, feeding swimmers is finding a combination of the best sources of carbohydrates, proteins and fats. "Nutritionists like to talk to athletes about nutrients, but swimmers eat foods, not nutrients," Chris Rosenbloom, a nutrition professor emerita at Georgia State University, said. Rosenbloom, who is also a resource for the nutrition information posted on the USA Swimming website, says, "eating protein throughout the day is the best strategy to build and maintain muscle."

While you have your athlete at home for the next two weeks consider trying out Rosenbloom's sample meal plan for your swimmer:



Breakfast

- Whole grain toaster waffles, berries & real maple syrup
- 1 cup of low-fat milk
- 1 cup of 100% juice
- 1 hard cooked egg

Mid-morning or post training snack

- Peanut butter and fruit jam sandwich on whole wheat bread
- 16 ounces of water or fruit juice or sports drink

Lunch

- Cup of vegetable soup
- Grilled chicken sandwich on whole grain bun with lettuce and tomato
- Coleslaw
- Fruit salad
- Water

Mid-afternoon or pre-practice snack

- Plain mini-bagel with almond butter
- 16 ounces of water
- After practice snack
- 16 ounces of low-fat chocolate milk

Dinner

- Protein-enriched pasta with marinara sauce
- Ground turkey meatballs
- Green salad with tomatoes, bell peppers, mushrooms, and sunflower seeds and olive-oil based salad dressing
- 9-grain dinner rolls
- Fruit cobbler or sorbet
- Water

Evening snack

- Whole grain cereal and low-fat milk with banana, or
- Hummus and whole grain crackers and baby carrots

Eat Smart on Race Day (from USASwimming.org)

- **Eat a good breakfast.** Oatmeal, toast with nut butter, cereal, yogurt & fruit are all good choices. If you are racing in the morning, keep it light. Opt for a heavier breakfast if swimming in the afternoon.
- **Pack variety.** Fruit, veggies, grain & high quality protein. Don't rely on a single food or energy bars to get through the day.
- **Pack enough.** You don't want to run out of food and you may want to share.
- **Protein** will keep blood sugar stable, keeping hunger, mood and energy in check. Cheese, nuts, nut butters, deli meat, yogurt, milk, hummus, hard boiled eggs, edamame are good choices.
- **Carbohydrates** fuel muscles. Pack easily digestible carbs such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget more complex carbs such as crackers, unsweetened cereal, pita or other breads, pretzels, and graham crackers. Stay away from refined sugars such as sodas, candy and desserts.
- **Nibble.** Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after closely scheduled events to keep muscles fueled.
- **Hydrate:** Water, 100% fruit juice, sports drinks. After the meet, milk provides protein for muscle repair and carbohydrate to refuel.
- **Fiber:** Fiber can be a problem on race day or not. Each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day. Sort this out on other days and avoid potential tummy troubles when it matters most!
- **Keep it cold!** Use ice packs when needed!

VOLUNTEER OPPORTUNITIES....

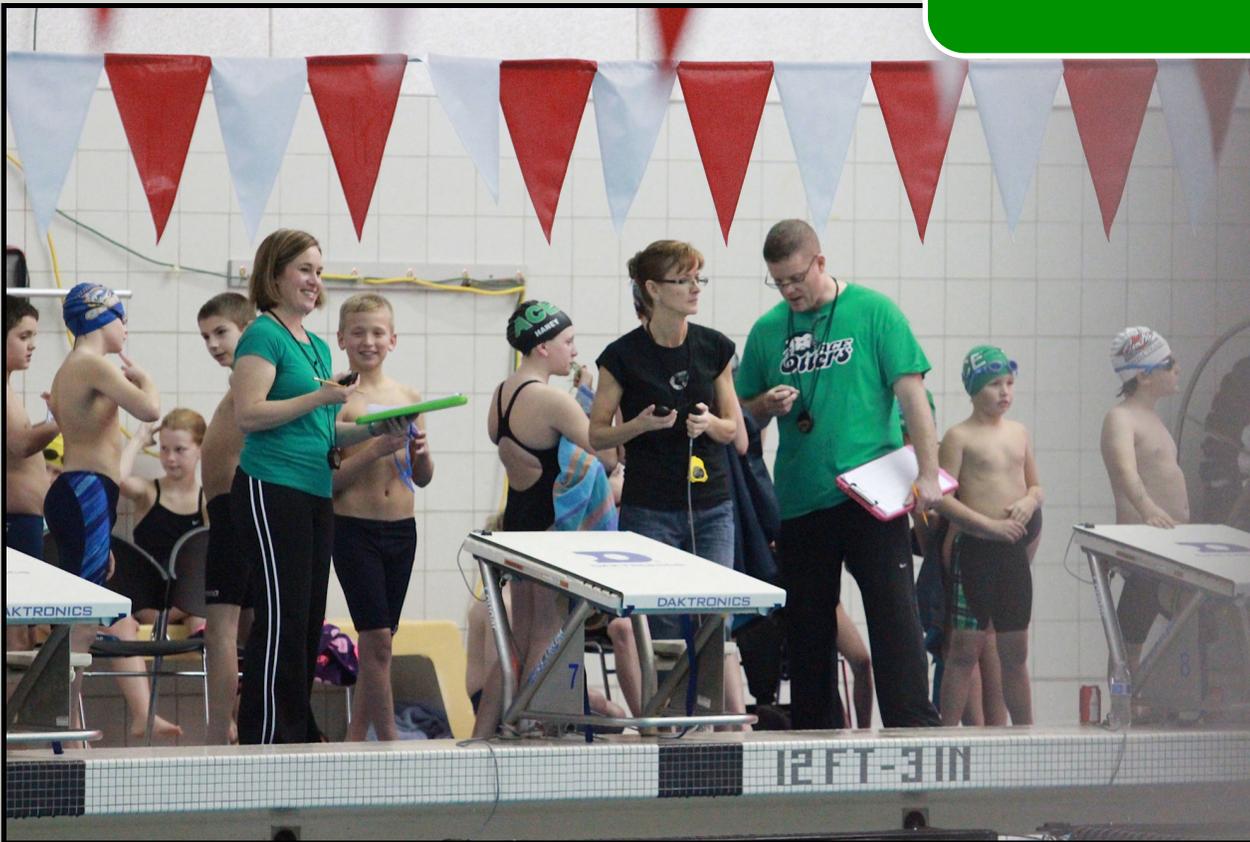
Our Parents Are The Best!

Our new volunteer committees are going strong! We've had a great response from our parents and ACE is all the better for it. Feel free to contact the committee chairs if you aren't involved yet.

- **Swim Meet Committee:** [Michelle Foote](#)
- **Fundraising Committee:** [Eric Irwin](#)
- **Communication Committee:** [Leslie Mayo](#)
- **Meet Marketing Committee:** [Dave Bell](#)
- **Membership Committee:** [Amanda Larsen](#)
- **Swimmer Recognition Committee:** [Ty Hunt](#)
- **Team Spirit Committee:** [Jeff Clarkson](#)

Committee Spotlight: Swim Meet Committee:

Meets are the single biggest participation need for the Club - this is the club's largest source of revenue! ACE is hosting FOUR meets during the Short Course season (River Races, Snowball Dash, 31st Annual Midwest All Star Meet and MW Qualifiers & 8 and Under Championships). After the extremely successful Snowball Dash, the committee members are now hard at work on the Midwest All Stars Meet. *Look for an email from the club manager announcing Job Sign Up opportunities a few weeks before each meet.*



Committee Spotlight: Membership Committee:

The membership committee has been working hard recruiting new members. New swimmers were welcomed with "swimmer swag bags" (cap, t-shirt and bag tag) at their first practice. Committee members are also reaching out to new parents and are setting them up with a "mentor parent" to help the transition to becoming a swim parent and to answer the numerous questions that invariably come up. The next new swimmer tryouts are scheduled for January 2015.



YOU CAN DO IT! Complete the IMX Challenge!

What is the IMX Challenge?

IMX is a motivational program that allows swimmers across the nation to compare themselves to the thousands of other athletes in their age group. All you have to do is swim a combination of events, at least one time per season, and USA Swimming will automatically give you your ranking!

IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM



Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.



9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page on the USA Swimming website

(usaswimming.org) for more information and to use the Power Point Calculator.

HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.

COACHES' IMX LISTING

A coach can see a listing of his/her team's IMR and IMX Scores through the coach's Deck Pass page. Access is through the coach's personal website account.

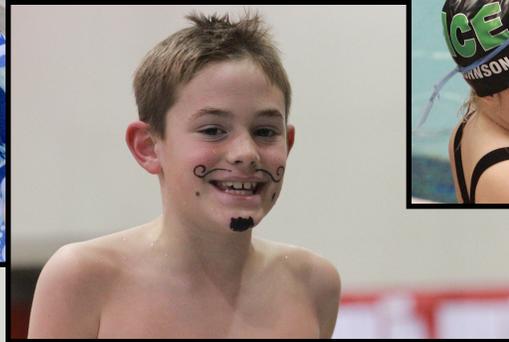
APP-SOLUTELY COOL...

Technology for ACE Swimmers, Parents & Fans



Parents! Have you downloaded Meet Mobile yet?

Meet Mobile is the essential swimming app for swimmers, coaches, meet hosts and fans. Meet Mobile provides REAL-Time meet results and standings from anywhere, any time!



STAY CONNECTED...

Keeping You in the Know

There are many ways you can remain up to date with team news, meet deadlines, and program education along with current topics and other resources in the swimming community.

Email: Email is the preferred method for all team communications and used first. Please make sure we have a current family email.

Text Messaging: Stay up to date when last minute information arises. Be sure to register and verify your cell phone in your ACE account.

Team Website: A great deal of Team information is posted on the ACE Team website. Please refer to the club website frequently.

Facebook: Like ACE Otters on Facebook. It is a great way to get the latest meet information, share swimmer photos, and stay connected with other ACE families.
www.facebook.com/AceOtters

Instagram & Twitter
Check ACE Otters out on these sites.

Midwestern Swimming Website: Resource for all meets, events and activities for our region. www.mswim.org

USA Swimming Websites: Everything related to swimming for parents, swimmers & coaches. Create your account, download your Welcome Kit, view Splash Magazine and more...

www.usaswimming.org

www.facebook.com/usaswimming

www.facebook.com/usaswimmingclubs

Parents!!!!

Our kids grow fast! **Be sure to update your swimmer's T-shirt size on the ACE website.**

Simply sign into your account, go under "My Account" and select "Account Info". You can update your swimmer(s) information by clicking on your swimmer(s) name toward the bottom of the page.

RECOGNIZING EXCELLENCE....

Swimmers of the Month

Every month, the coaches recognize swimmers as the “Swimmer of the Month.” These swimmers are chosen by their coach for exhibiting positive behavior, leadership, work ethic, practice attendance, enthusiasm and/or that “something extra” that has separated them from the rest of the training group. Great job kids and Go ACE!!

September:

- Challengers: Jordan Keller
- Seekers: Elizabeth George
- Explorers: Regan Yelick
- Discoverers: Catherine Johnson
- Adventurers: Charlie Larsen

October:

- Challengers: Ella Hustad
- Seekers: Lauren Mayo
- Explorers: Katelynn Parsons
- Discoverers: Josh Holstein
- Adventurers: Justice Masteller

November:

- Seekers: Allyse Belle
- Explorers: Luke Irwin
- Discoverers: Chris Bednar
- Adventurers: Darla Crews



Save the Date - Upcoming Meets & Events

Jan 3-4	CBSC Distance Meet	Titan Hill Intermediate School, Council Bluffs
Jan 10-11	Midwest All Stars Meet	Common Ground
Jan 17-18	MAC Midwinter Blast	Millard West HS
Jan 30-Feb 1	Shroeter A+ Meet	Brown Deer, Wisconsin
Feb 7-8	SCSC President's Day	Papillion-LaVista HS
Feb 21-22	CBSC Age Group Open	Titan Hill Intermediate School, Council Bluffs
Mar 5-8	Sectionals	Jenks Trojan HS, Tulsa OK
Mar 13-15	MWS Qualifiers/8&U Finals	Common Ground
Mar 20-22	Short Course Championships	TBD

Stay in Touch...

WWW.ACEOTTERS.COM

Sign into your account on the ACE website to receive the latest news via text message

