

# WATERLOGGED



## OFF THE BLOCKS....

### Short Course Championships

Thirty Seven ACE swimmers closed out the short course season and represented ACE in the Short Course Championships which were held at the Devaney Center in Lincoln from March 20-22. The swimmers either qualified in individual events or were selected by their coaches to build out the relay teams.

#### Congratulations to the swimmers who participated in the SC Championships!

**Girls 10&U:** Amaya Larsen, Julia Lehr, Michaela Michalski, Jaci Sievers, Grace Thiltgen

**Girls 11-12:** McKenna Haney, Paige Hunt, Sydney Mencke, Reagan Yelick

**Girls 13-14:** Allyse Bell, Sami Clarkson, Lauren Mayo, Alexis Michalski, Lauren Tracy, Julia Young

**Girls 15&O:** Ashley Bowen, Liz George, Erica Hansen, Ella Hustad, Hannah Miller, Kenna Wilkie

**Boys 10&U:** Ryan Mayo, Sam Surlles, Matt Uehling, Noah Wilber

**Boys 11-12:** Drew Kaelin, Kellen McLaughlin, Paul Penchous, Ben Ravnsborg, Austin Smith, Blake Wilber

**Boys 13-14:** Ethan Kloster

**Boys 15&O:** Dalton Alexander, Andrew Feller, Dillon Hanson, Jordan Keller, Justin Stephens, Jackson Thompson

### Wow!!!

Paige Hunt was the 11-12 Girls High Point winner and she came in **FIRST** for the Girls 11-12 50 Yard breast, 100 Yard breast, 200 Yard Breast, 100 Yard IM, 200 Yard IM, AND the 400 Yard IM!!!!



ACE celebrated and congratulated the swimmers who qualified in individual events or are part of the relays for the Short Course Championship meet by hosting a meal donated by Sam and Louie's Pizza in Elkhorn. Following the "carbo load," the coaches presented the swimmers with their team shirts.

## LOOKING AHEAD....

# Long Course Season

With the Short Course Championships in Lincoln March 20-22, Midwestern Swimming ended their Short Course Season. Next up is the Long Course, which runs from April-July every year.

**Difference between Short Course and Long Course:** Most American high school and college pools are 25 yards long and most high school and college meets are “short course” meets. However, the international standard is meters and elite level swimming, such as the Olympics and World Championships are held in 50 meter pools. Since many 50 meter pools are outdoors, Midwestern Swimming holds the “long course” during the spring and summer months when outdoor swimming is possible.

**Long Course vs. Short Course Times:** Long course time standards are slower than short course standards. This is because a 50 meter swim is approximately 5 yards longer than a 50 yard swim. Long course times are also slower because there are fewer turns. Once a swimmer has mastered turns, they are actually faster than swimming as it is faster to push off a wall than swim. Long course and short course times cannot be converted, so all swimmers have two sets of times: one for long course and one for short course.

**Travel meets:** Because there are few 50 meter pools in the area, we are often asked to travel to participate in long course meets. Travel



meets are a GREAT opportunity for our swimmers. During the short course, our swimmers compete against many

of the same kids and get a pretty good idea of where they fall compared to the other swimmers. Swimming against the same competitors meet after meet can lead to pre-ordained expectations about “pecking order” and may even lead to unconscious ways to make those expectations come true. With a travel meet, our swimmers will know very few, if any, of their competitors and will have no idea where they fit in. It allows our swimmers to just go out and swim as fast as they can, with no pre-conceived notions to live up to.

Our first meet is the TSA Voorhees-Maxfield Long Course Invitational in Topeka, KS, from April 24-26. ACE’s goal is to have 30 swimmers enter the meet. Registration is required by March 29<sup>th</sup>.

## 2015 Long Course Meet Schedule

April 24-26	TSA Voorhees-Maxfield LC Invitational	Topeka, KS	NTS (open to ALL ACE groups)
May 1-3	OWSC Spring Festival (25 yard meet)		
May 15-17	KC Blazers Rose Memorial Meet	Lee's Summit, MO	NTS (open to ALL ACE groups)
June 13-14	MOST Summer Splash	UNO Campus Rec Pool	NTS (open to ALL ACE groups)
June 18-21	LSS Capital City Classic	Woods Park Pool, Lincoln	BB+ Swimmers
July 11-12	Snowfox Independence Invitational	Sioux Falls, SD	NTS (open to ALL ACE groups)
July 15-18	Region VIII Sectionals	Columbia, MO	Elite level meet with qualifying times
July 17-19	MWS Qualifiers/B&U Finals	Hitchcock Pool, Omaha	All ACE Swimmers who HAVE NOT made MWS cut times
July 23-26	MWS LC Championships	Woods Park Pool, Lincoln	ACE Swimmers WITH MWS cut times
July 30-Aug 3	Junior National Championships	San Antonio, TX	Elite level meet with qualifying times
July 30-Aug 3	USA Swimming Futures Champs	West Lafayette, IN	Elite level meet with qualifying times
Aug 6-10	National Championship	San Antonio, TX	Elite level meet with qualifying times
Aug 7-9	14&U Central Zones	Minneapolis, MN	Swimmers who have achieved AAA+ time standard in their age group.

## GETTING TO KNOW...

### MaKenna Mull, Assistant Coach



**Where did you grow up and go to school?** I was born and raised in Elkhorn where I attended grade school at St. Patrick's Catholic school and Westridge Elementary. I then continued my education at Elkhorn Middle School and Elkhorn High School.

**How long has swimming been a part of your life?** I have been swimming since the age of three. It started at the Elkhorn public pool with swim lessons and summer league. I was on a select swim team at Swim Omaha from the ages of 5-12 when I transferred to ACE. I also swam on the Elkhorn Stormin' Antlers for all four years of high school. I was team captain my senior year with three others!

**Why did you decide to coach?** I'm not swimming in college but couldn't let go of swimming just yet. So I thought, "Why not coach?" Swimming has been a part of my life for so long. It has been easy for me to use my knowledge of swimming for coaching younger kids!

**What is your favorite part of being a coach?** My favorite part about being a coach is seeing the excitement the kiddos have for swim and watching them grow!

**Who is/was the most influential person in your coaching career?** I would have to say Jay Thiltgen has been the most influential person in my swimming career. I say this because he has always been there for all of us during our worst and best times. When I went through a time of not being able to swim, he kept me going by coaching me aside from coaching his own team! He's been a tremendous role model to not only me, but to every swimmer he has coached. It was a privilege being coached by Jay, and its now a great privilege to be coaching next to him.

**As a recent member of ACE, do you have any advice for kids just starting out? Any advice for kids who want to improved their performance? Any advice for parents??** My advice to the kids and parents, COME TO ALL OF YOUR GIVEN PRACTICES! You will improve tremendously if you come. Also, always be willing to learn new things and to work on stroke basics. Parents, make sure to get involved in your swimmer's career. E-mail us coaches with any questions you need!

**Any hints for how to balance swim team and school? What about balancing swim commitments with other sports?** Education always comes first! When I would have too much homework or studying to do after school, I would chose my education over swim practice. You can have other sports or extracurricular commitments. When I was in high school, I balanced varsity show choir with varsity swimming! As long as you are spending equal amounts of time at each, then your commitment levels are equal.

**What do you do when you are not coaching?** When I am not coaching, I am a physical therapy technician at Stodden Physical Therapy. I am also going into my 5th year of working at Dairy Chef here in Elkhorn. In addition to my jobs, I also attend Metro Community College! When I am not at class or work, I am heavily involved in my church. I am a leader for the church high school youth group and I I mentor several kids.

**What do you like to do for fun?** In my spare time, I enjoy hanging out with friends and play ping-pong. I spend the little free time I have with my family!

**What are looking forward to accomplish in the next year as a coach?** I am looking forward to seeing the Adventures transition into being Discovers! We have been working super hard in the three months that I have been there! I can't wait to see how much they improve and become more confident with their swimming abilities!

31st ANNUAL...

## Midwest All-Star Championship Meet

ACE and Midwestern Swimming co-hosted the 2015 Midwest All-Star Meet on January 10-11. Hosting the All Stars Meet was a huge honor and a LOT of work for our club. Through the hard work of our parent volunteers, club manager and coaches, the meet was a huge success!!

The All-Stars meet format is different than other meets. For the All-Stars meet, the Top 5 swimmers in our Local Swimming Committee (Midwestern Swimming) in each event and age group competed against the Top 5 swimmers from other Local Swimming Committees (LSCs). Over 350 swimmers from Nebraska, Iowa, Colorado, South Dakota and Minnesota competed in this meet.

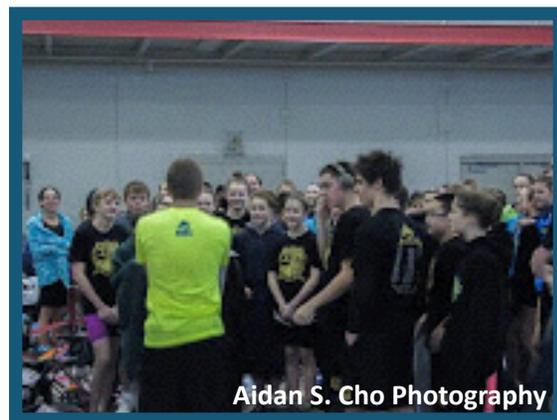
Five ACE Swimmers were selected for the Midwestern Swimming All-Stars team: Syd Mencke, Lauren Mayo, Paige Hunt, Alexis Michalski, and Michaela Michalski. They were selected to participate based upon their times for the past season. Their times placed them in the Top 5 in their events and age groups.



## Midwestern Swimming All Star Team



# 31st ANNUAL... Midwest All-Star Championship



## OUT OF WATER...

# The Importance of Proper Rest

Most people need about 7 to 9 hours of sleep a night. If you're an athlete in training, you may need more.

[WebMD](#) provides good information on the importance of sleep for athletic performance. "Getting enough sleep is crucial for athletic performance," says David Geier, MD, an orthopedic surgeon and sports medicine specialist in Charleston, SC. Studies show that good sleep can improve speed, accuracy, and reaction time in athletes.

"Just as athletes need more calories than most people when they're in training, they need more sleep, too," Geier says. You're pushing your body in practice, so you need more time to recover." Athletes in training should sleep about an hour extra. You can go to sleep earlier, or take an afternoon nap, says Jim Thornton, president of the National Athletic Trainers' Association.

Sometimes this is easier said than done. Getting enough sleep takes commitment, just like training.

Perhaps the best way to improve the benefits of rest is to establish a regular sleep schedule. Going to bed and getting up in the morning at the same times every day is the top recommendation from most sources.

John Mullen, a physical therapist, strength coach, and swimming researcher in Santa Clara, California, talks about the importance of sleep on his [SwimScience](#) blog. "What if I told you of a legal sports performance aid, involving zero out-of-pocket cost, and virtually no side effects. This aid can be used in high mileage or low mileage, IM or free, distance or sprint, age group or master. Too good to be true? The answer is SLEEP!"

Mullen goes on to explain that swimmers, like many dedicated athletes, are often over achievers. They tend to be good students who take difficult classes and involve themselves in a wide variety of other activities. The danger in being an overachieving athlete is that you might be tempted to cram everything into your schedule except a proper amount of rest.

USA Swimming published an article in November of 2014 which recognized a swimmer's tendency to over commit and offers the following recommendation: "All swimmers say no sometimes. No to social functions, no to nights out with friends. When I was a swimmer, some Friday nights, I just said, "Guys, sorry, but I need to sleep tonight." And that's okay. It's okay to say no sometimes."

The same USA Swimming November 2014 article suggests everything from bringing an inflatable raft to rest on during down times at swim meets, to advising athletes to avoid intense screen time before going to bed for the evening. For more hints on how swimmers can get more rest, see the full article [10 WAYS SWIMMERS CAN GET MORE SLEEP](#).

## ACE End of Short Course Celebration & Awards Banquet

Help celebrate the end of the short course season on **Sunday, April 19<sup>th</sup>** at The Amazing Pizza Machine in Millard from 5:00 - 7:30 p.m!

The evening of fun will begin at 5 o'clock with unlimited dinner/dessert and presentation of the season's awards. We have a great number of swimmers to recognize for their efforts. Following the recognitions and awards presentation, swimmers will receive a FUN Card for an hour of UNLIMITED games and rides so they can celebrate the successes of the season and play with their fellow teammates.

The cost per person attending is \$5. This entitles each person to unlimited buffet and non-alcoholic beverages. ACE swimmers attending will also receive a FUN Card good for one hour of unlimited rides and games.

A parent must attend with their swimmer(s). Additional family members are also welcome to attend. FUN Cards for non-swimmer family members will be available for an additional cost the day of the event through Guest Services for \$12.00 plus tax, per person.

Please register your swimmer(s) and those family members planning to attend by Monday, April 13th. All attending are required to register through the ACE website for admission into the facility. The corresponding amount will be charged to your online ACE account in the May billing cycle.

# VOLUNTEER OPPORTUNITIES....

## Parent Volunteers

Swimming is NOT a spectator sport and ACE depends upon our enthusiastic parent volunteers to make each swim season fun and fulfilling for both our swimmers and parents. In addition to volunteering during ACE hosted swim meets, there are numerous other volunteer opportunities available with our Parent Volunteer Committees.

- **Swim Meet Committee:** [Michelle Foote](#)
  - Goal: To host safe, well-organized and efficiently run swim meets.
- **Fundraising Committee:** [Eric Irwin](#)
  - Goal: To promote the ACE Swim Club in the Elkhorn community and pursue sponsorship opportunities.
- **Communication Committee:** [Leslie Mayo](#)
  - Goal: To keep our members up to date on what is happening in the ACE Swim Club and the Midwestern swimming community.
- **Meet Marketing Committee:** [Dave Bell](#)
  - Goal: To communicate to the parents and swimmers of ACE about swim meet information and different opportunities to help with the club.
- **Membership Committee:** [Amanda Larsen](#)
  - Goal: To ensure ACE families are afforded ample opportunities to become knowledgeable in the sport of swimming and also ensure prospective families are responded to quickly and provided an opportunity to “Try out” for a position on the team.
- **Swimmer Recognition Committee:** [Ty Hunt](#)
  - Goal: To recognize the achievements made by ACE swimmers within all levels of the club.
- **Team Spirit Committee:** [Jeff Clarkson](#)
  - Goal: To promote team spirit through planning, ordering and distributing team merchandise and arranging special events and swim family social events.

### Committee Spotlight: Fundraising Committee

The Fundraising Committee is looking for a couple of additional parent volunteers to help with its efforts. If you are interested in assisting the committee, please contact [Eric Irwin](#). Volunteers with sponsorship/fundraising experience are especially needed.

The goal of the Fundraising Committee is to improve the ACE experience for the swimmers, coaches and parents by having funds available for equipment, apparel, events and other special items that would not otherwise be financially accessible. This year, we have been able to buy video equipment for in-water stroke analysis and other dry-land training equipment. We are working with our coaching staff on a “wish list” for future purchases.

Right now, we’re raising funds through corporate sponsorships and selling “Spirit Ads” in the swim meet programs. This year has been successful in both regards, raising nearly \$5,000, which is well over our initial goal of \$3,500. We have two “gold” level sponsors which we would like to recognize: Celebrity Homes and Boys Town. And through the generosity of our swim families, we have raised \$500 through Spirit Ads alone.

For the upcoming season, we want to grow our existing sponsorship base, improve our Spirit Ad program, and look at additional fun programs, such as hosting a Swim-a-thon and adding prize raffles to our hosted meets. We held the first one of these raffles during the D1 Qualifier meet, when we held a drawing for custom tie-dyed T-shirts from those who purchased Spirit Ads. Our winners were Sam Surles, Catherine Johnson, Delana Dotson and Morgan Foote. We will do more of these drawings during meets next season.

We are always looking for additional fundraising ideas. If you have ideas for a great fundraiser, please contact [Eric Irwin](#).

# GETTING TO KNOW EACH OTHER..

## Parents in the Stands

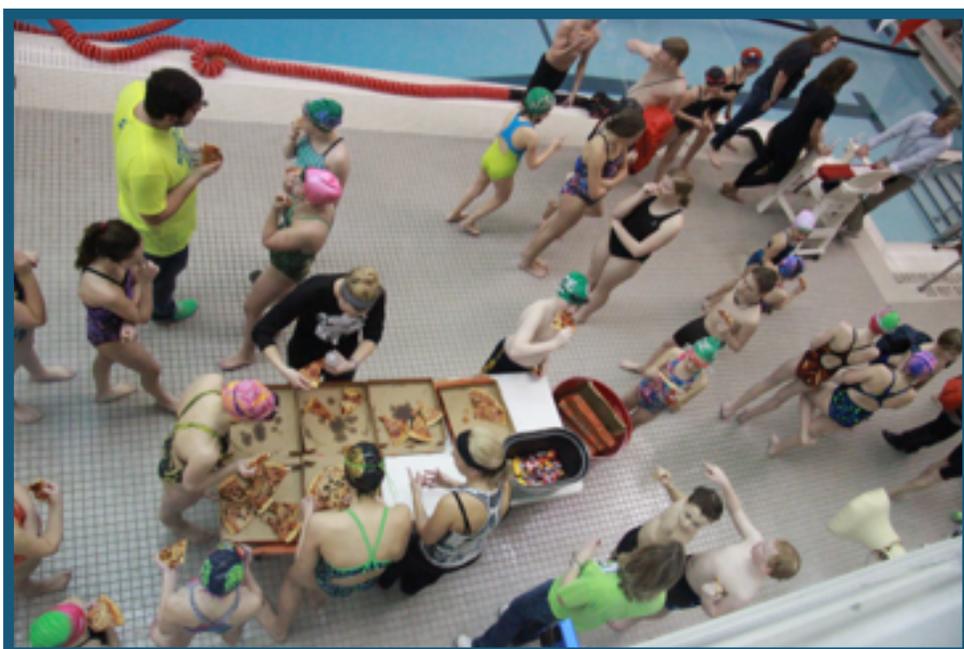
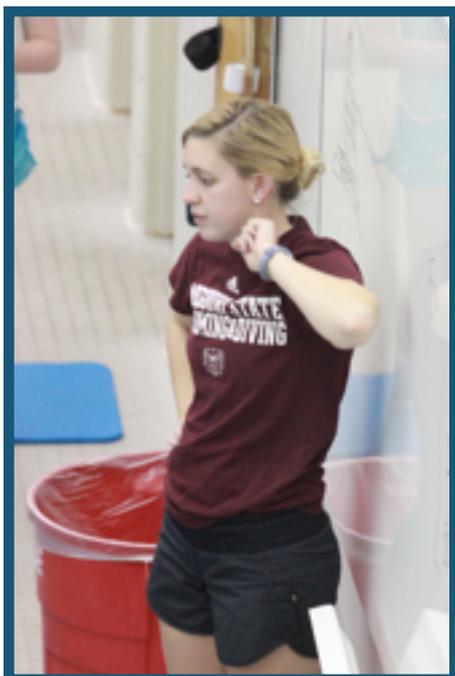
ACE sponsored a “Parents in the Stands” event on February 16. During this event, all ACE swimmers were invited to practice together and parents gathered in the stands for pizza and conversation. Board members and other “veteran” ACE parents were present and mingled among the parents, offering advice and answering questions. It was a great opportunity for parents to meet each other and put names to faces.



Getting a pep talk from Coach Jay prior to practice.



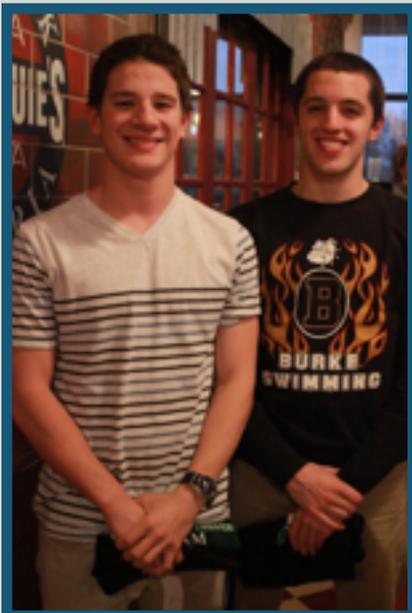
Ready to plunge in!



At the end of practice the leftover pizza was moved down to the pool deck for the swimmers to enjoy.

MOVING ON....

## Graduating Seniors



Left: Dillon Hanson  
Right: Jordan Keller

ACE would like to congratulate Burke High School seniors Dillon Hanson and Jordan Keller. In addition to swimming for ACE the last two years, both Dillon and Jordan also swam four years for the Burke High School team. They both lettered all four years and were co-captains of their high school team this year.

Dillon plans to attend University of Nebraska in Lincoln in the fall and major in environmental science or animal science.

Jordan is planning to attend the Coast Guard Academy in New London, Connecticut, or Morningside College in Sioux City. He will major in political science or government.

In addition to Dillon and Jordan, Bryn Lohrberg is graduating from Elkhorn South High School. She will be attending to Texas Christian University in Fort Worth.

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](http://www.facebook.com/AceOtters)

Follow ACE Otters on [Instagram](#) and [Twitter](#)

**Midwestern Swimming Website:** Resource for all meets, events and activities for our region. [www.mwswim.org](http://www.mwswim.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](http://www.usaswimming.org)

[www.facebook.com/usaswimming](https://www.facebook.com/usaswimming)

[www.facebook.com/usaswimmingclubs](https://www.facebook.com/usaswimmingclubs)