



OFF THE BLOCKS....

Long Course: A Very Successful Summer for ACE

The 2017 Long Course season was very successful and exciting for ACE and its swimmers! This summer we saw a record number of swimmers competing in the long course season. Several kids traveled to age group meets outside our LSC to swim against Iowa teams in Iowa City & Ames, and the South Dakota LSC in Sioux Falls.

This summer, ACE had its largest Midwestern Swimming Division 1 Championship squad to date with 62 swimmers qualifying. This group earned the most points it has ever scored at the D1 meet. ACE had our best finish ever earning 4th overall against the 21 Midwestern LSC swim teams.. We had dozens of personal best times. They definitely showed how to “au e ho' oke'ai ai” or swim fast.

During the 16-17 season, Paige Hunt, Sidney Cole, Vienne Kemper, Sydney Mencke and Austin Smith achieved qualifying times of AAA or better to earn them a spot on the

Midwestern Team for the Central Zone 14 & Under Age Group Long Course Championship in Rochester, MN. The head coach for the Midwestern Team was our own Coach Nate Skidmore. The meet was comprised of teams from the following LSCs: Arkansas, Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Ozark, and South Dakota. Congratulations to Ryan Patterson, Hannah Miller, Lauren Mayo, Paige Hunt, Sydney Cole and Vienna Kemper for their performances at the Summer Sectional Meet in Lincoln, NE. These swimmers posted many personal best times in a meet dominated by collegiate level swimmers.

Elite level swimming wrapped up for the summer as Ryan Patterson competed at the USA Swimming Futures Championships in Lewisville, TX

Great job to all of the swimmers and coaches on their long course performances. All of our ACE kids did a fantastic job!!!

ACE

AQUATIC CLUB OF ELKHORN

OUR MISSION

Developing Achievement, Character and Excellence for life through swimming.

The Aquatic Club of Elkhorn is dedicated to developing swimmers to achieve their highest potential both as an athlete and a person.

In a competitive swim environment, we promote growth of mind, body, and character to swimmers of all levels through high-quality and consistent coaching and family engagement.

Through a shared love of sport and team spirit, we will demonstrate and nurture our core values of Integrity, Passion, Sportsmanship and the Pursuit of Excellence.

**FOLLOW
YOUR
WATER
INSTINCT**



*Suivez votre Instinct de l'eau

RECOGNITIONS...

USA Swimming's IM Xtreme Challenge

The IMX Challenge, with its two components, IM Ready and IM Xtreme, is a motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating

greater participation and development across a range of events that are integral to long term success in swimming. By encouraging swimmers to swim a variety of events, we hope to avoid any tendency to specialize in narrow selection of events at a young age.



2017 Long Course Season IMX - ACE Recipients

Mackenzie Chadwell
Natalie Elder
Easton Glandt
Alex Hallgren
Emily Jaques
Vienne Kemper

Amaya Larsen
Gabrielle Masteller
Justice Masteller
Matt Uehling
Susan Wood

ACE Academic Honors

Each summer, ACE recognizes those athletes who are not only great swimmers, but great students as well. The following individuals exemplify finding balance between school and swimming during the short course season and excelling in the classroom during the 2016-17 school year. Applications for this award were due July 16, 2017.

	Honorable Mention	Bronze Team	Silver Team	Gold Team
1st Team	<p><i>Min. 3.50 GPA At least 4 meets (Sept - May)</i></p> <p>Emma Brophy Lilly Brophy Mackenzie Chadwell Emily Jaques Catherine Johnson Julienne Kemper Brady Lary Katelynn Parsons Ashley Reniker Ellie Thoreen Bella Thoreen Jake Uehling Kate Vossen Samantha Wood Susan Woods</p>	<p><i>Min. 3.75 GPA Swam in SC Champs</i></p> <p>Gabby Cole Anja Ziegler</p>	<p><i>Min. 3.75 GPA Scored in SC Champ</i></p> <p>Jake Horner Ethan Kloster Lucia Krings Ryan Mayo Kellen McLaughlin Michaela Michalski Taylor Tracy Matt Uehling</p>	<p><i>Min. 3.75 GPA Scored in SC Champs Meet & Sectionals/ higher</i></p> <p>Sydney Cole Vienne Kemper Lauren Mayo</p>
2nd Team		<p><i>Min. 3.50 GPA Swam in SC Champs</i></p> <p>Aisha True</p>	<p><i>Min. 3.50 GPA Scored in SC Champ</i></p> <p>Alex Cole Julia Lehr Alexis Michalski Macy Mollring Austin Smith Lydia Svensen Lauren Tracy Josh Uehling Reagan Yelick</p>	



MEETCREW....

The volunteering backbone of ACE

Did you know it takes more than 120 volunteers to run each swim meet in which our kids compete? And the Aquatic Club of Elkhorn runs some of the best run meets in the region. The ones who benefit most from well-run meets are your children....our swimmers.

The Meet CREW Program was established to ensure ACE parent staffing for each of our hosted swim meets, Swim meets are our primary source of outside revenue for the club, which helps to keep our monthly training fees reasonably priced and to provide shirts, recognitions, etc. for our ACE swimmers.

The Meet CREW Program is much more than just working swim meets.

- Meet CREW is a great way for parents to show support for their athlete and teammates.
- Working as a Meet CREW member, parents can learn more about competitive swimming.
- Involvement in Meet CREW is a way to get to know other swim families and make lasting friendships.

Every ACE family is expected to annually volunteer a **minimum of 12 Meet CREW hours** at ACE hosted meets. Volunteer hour required are per family, not per swimmer.

Families will be notified via email when positions are available. To sign up for a position, login to your Team Unify account, click on the events tab, choose the referenced meet, and click on the job signup button. A summary of all the different kinds of jobs available can be found on the ACE website under Parent Resources > [Meet CREW](#).

Some jobs require training and experience, but don't be afraid of these jobs! Our new families gain on-the-job training by signing up as an apprentice. As an apprentice, you will work directly with an experienced parent at the meet to help teach you the position. If you are interested in learning more about any job, please email volunteers@aceotters.com and we will put you in touch with someone that can provide you more information.

If you are interested in volunteering your time as a swim official in place of serving on the MeetCREW, please let us know and we can help you get started. All ACE officials are credited MeetCREW hours for any meet in which they work.

If unable, or unwilling, to perform the required number of volunteer hours, the member account will be assessed a \$150 "non-volunteer fee" the month following the last hosted meet of the year.

We anticipate the last ACE hosted meet to be in June. Please don't wait until the end of the year to complete your hours.

2017-18 Short Course Meet Schedule

9/ 24	HLA Old School Sprint
9/30-10/1	ACE River Races *
10/13-15	OWSC SwimFest
10/14-15	AAAA Senior Circuit
10/21-22	LSS Spooky Splash
10/29-30	CSC Jim Devine Invite
11/3	SCSC 10 & U Splash
11/4-5	SCSC IMX/ IMR
11/10-11	MAC Senior
11/11	MAC 12&U Pentathlon
11/18-19	HLA Goggle Gobble
12/2-3	ACE Snowball Dash *
12/9-10	CBSC Holiday Classic
1/6-7	CBSC Distance
1/13-14	Midwest All Stars *
1/20-21	MAC Mid-Winter Blast
1/27-28	LSS WinterFest
2/3-4	SCSC President's Day
2/17-18	CBSC Age Group Open
3/2-4	MW Qualifier & 8&U Finals
3/8-11	Speedo Sectionals
3/16-18	MW SC Championships

** indicates ACE hosted meet - MeetCREW volunteers needed.*



**MIDWESTERN
SWIMMING**

Want to get the best view of the meet?

Become a swim meet official

Join thousands of parents around the country who support their children in competitive swimming by becoming a certified Stroke & Turn Judge.

What are some of the benefits of being a Stroke & Turn Judge?

1. You are helping support a great sport for your children.
2. You are closer to the action.
3. It is frequently much cooler on deck than in the stands.
4. You get free meals and refreshments.
5. Fulfill club volunteer obligations at meets you would attend anyway.
6. Gain a fuller understanding of swimming and sports in general.



What is required to become a Stroke & Turn Judge?

1. Sign up with the MWS Officials Chair, Betsy Purcell. You may contact her either through your club or by calling her at 402-871-7816 at email at betsypurcell@cox.net.
2. Become a Non-Athlete Member of USA Swimming. You will receive a rulebook and other materials related to training.
3. Attend an officials training clinic.
4. Take and pass an open-book test.
5. Work as an apprentice with experienced Officials on deck at four sessions of sanctioned competition.

What is required once you are certified?

1. To maintain your certification, you must work a minimum of four sessions at MWS-sanctioned swim meets every 12 months, maintain your MWS membership, & take an open-book test every 2 years.
2. The dress code is a white collared shirt, khaki slacks or shorts and white footwear.
3. Regularly review the rules just before a meet to maintain your knowledge.

Common Questions:

1. When will you work? When you choose to! Clubs hosting swim meets are required to ensure there are at least two Stroke & Turn Judges on deck at each session of a meet. When your club hosts a meet, you may be expected to fulfill your share of the work by working the meet as an Official. All MWS Officials are encouraged to work any session of any meet that they might normally be attending anyway.
2. Do you need to know how to swim? No.
3. How do you start? Contact your club coach or the MWS office at 402-462-5941.

As the swimmers grow and develop, you can too, by choosing to train to become a Starter and then a Referee. You must be an Official for one year before you can certify at the next level.

Interested?

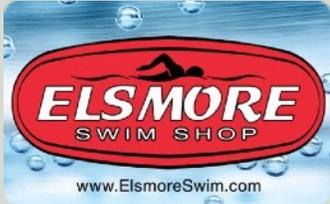
Contact the MWS Officials Chair: Betsy Purcell betsypurcell@cox.net

BACK TO POOL....

Team Photos - Group Meetings - Team Suit Sizing Event

New this year!!! ACE is holding a one evening only session to take group photos of each of our training groups and a large team photo, PLUS offering our families the option to have an individual photo of your swimmer taken as well. *There is no obligation to purchase photos, if you do not want them.*

ACE swimmer will receive their new 2017-18 season ACE t-shirt upon check in on Thursday, August 31st. The swimmer shirts will NOT be distributed at the Annual Membership meeting.



Each training group coach will be conducting a meeting with the swimmers either before or after the team pictures. Please check schedule below for when your swimmer needs to be present.

In addition to having team/ group/ individual photos, Elsmore Swim Shop will have a pop up store set up at Common Ground from 4:30 to 7:30 PM to help your swimmer get the best style and size Arena competition suit and gear for the upcoming season. A solid black Arena competition suit is the official swimsuit of ACE. Elsmore will also have a variety of practice swimsuits, apparel and gear on site for cash & carry.

Event Schedule

- **Elsmore** will be open for Arena suit sizing and shopping from 4:30 PM until 7:30 PM.
- Enjoy a treat while you are at Common Ground! The **Kona Ice** truck will be at Common Ground from 5:45 PM to 7:00 PM to serve up some delicious shaved ice. A portion of the shaved ice sales will come back to support our ACE swimmers. Prices range from \$2-\$5 per Kona.
- **Lifetouch** will be taking individual pictures beginning at 4:30 PM until 6:45 PM.



The group/ team pictures are scheduled at the following times:

- 4:30 PM Seniors Group**
(Swimmers in Seniors will meet with Coach Jay following the group photo. This meeting will last about an hour.)
- 4:45 PM Performers Group**
(Swimmers in Performers will meet with Coach Nate following the group photo. Will last about 45 minutes.)
- 5:00 PM Challengers Group**
*(Swimmers in the Challengers group will have a meeting with Coach Kim **at 4:30 pm prior** to the group photo)*
- 5:30 PM ACE TEAM PHOTO** *(All ACE swimmers will be in this photo)*
- 5:45 PM Seekers**
(Swimmers in Seekers will meet with Coach Caleb following the group photo. This meeting will last about 30 minutes.)
- 6:00 PM Discoverers MWF & TRF groups**
(Swimmers in Discoverers will meet with Coach Kenna following the group photo. This meeting will last about 20 minutes.)
- 6:15 PM Explorers (Green & Black) groups**
*(Swimmers in Explorers will meet with Coach Carter & Coach Matt **at 5:45 pm prior** to the group photo. This meeting will last about 30 minutes.)*

Please arrive about 10 minutes before your group is scheduled so you can get your 2017 ACE t-shirt. We would hate for you to miss being in your group photo. We are also going to try for an entire team photo following the Challengers group photo.

To help prepare for team photos, please review the following information:



- Parents, please allow at least 15 minutes for pictures with the groups, and then additional time for suit sizing, individual photo (*if you elect to have taken*) and possible swimmer meetings with coaches.
- Please check-in with Lifetouch when arriving at Common Ground for group pictures. Individual swimmer pictures can be taken from 4:30 PM until 6:45 PM.
- For those wanting to have an individual photo taken, please plan to have their suit on under t-shirt and shorts. You will have time to change into your ACE t-shirts for the team photos.
- Lifetouch will collect pre-filled out order forms with the payment enclosed or online confirmations printed off. Lifetouch cannot make change; or except credit cards at the event. If ordering online please be sure to print the confirmations off as we will need them so we can add information to them so we know what image goes with that online order.
- Photo orders will be distributed by ACE in approximately 3 to 4 weeks.



Back to Pool...

Goal Setting: "I want to swim fast."

"I want to swim fast" isn't really a goal. It is kind of like saying "I want to be rich."

Swimmers all want to be fast. But without a clear, tangible target or time, it is difficult to fully take aim at what is "fast." "Fast" means something different to everyone at any given time. As a swimmer, set a specific goal that truly defines what it is you seek to accomplish.

I want to qualify for Short Course Champs in the 50 yard freestyle. To qualify I need have at least an "A" time for my age group.

Goal setting doesn't stop the moment you figure out your goal. It is an ongoing and evolving process that you and your coach continually adjust. Remember that the goal you set, needs to be "your" goal. This should not be your parent's goal or your coach's goal as you are the one who has to want the goal and you must be willing to put forth the effort.

How do you eat an elephant?

One bite at a time.

So now we have our big, awesome and specific goal. The next step is figuring out how to achieve it. You must first break it down into manageable smaller chunks. Seems easy enough, and yet, so many swimmers and athletes seem to struggle with this.

What things can you control? This means not focusing entirely on the time, but what do you need to work on in order to eventually be able to reach that goal time. How often do I go to practice? Do I listen and focus on what the coach is telling me to correct with my freestyle when I am at practice?

What things do I need to pay attention to in practices to become that "fast" swimmer?

Is my breathing pattern what the coaches told me to do? Did I remember to not breathe in and out of the walls?

Where is my head? Do I keep my head down?

Am I kicking to my very best ability during practices as well as at meets? Long arms? A good streamline?

What swim meets do I need to sign up to attend? Am I signed up for events that challenge me? Not just what is the easiest for me?

Write out the 5-6 things you can work on to improve and to move yourself forward to your goal.



Stick with it. Stay focused.

The power in the process comes from taking what looks like an almost impossible goal and breaking it into manageable and measurable smaller parts. Focusing on that "fast" time way out on the horizon can be demoralizing if and when you hit a rough spot in your training. Thoughts like "I'll never get there" or "I still have so far to go" can easily creep into your head. Try to keep your focus on the tasks in front of you instead of getting discouraged by the amount of work needed to reach the goal. You don't climb a flight of ten stairs with one or two steps; you do it one step at a time. *Celebrate the little wins*

What's working or not?

"Insanity is defined as doing the same thing over and over again while expecting a different result." Einstein nailed it on the head,

That's where periodic review comes into play, to shake us up and give us the perspective necessary to move forward.

Your goal setting skills will always be a work in progress. And this is good! Simply because you set a goal, create and follow a plan, and possibly still come up short doesn't make the process faulty. Moments of failure and setbacks can provide an opportunity to tweak and gain the constructive coaching feedback that is necessary to do it even better the next time around.

When things don't go the way you wanted, take some time to figure out

where did you fall short on your expectations?

what were some things that you didn't anticipate or see coming?

was the goal you set realistic given the effort you put in?

what lessons will you pull from the process to apply next time?

Use the goal setting process as a learning tool to optimize your efforts and to become even more efficient the next time around. Conversely, if you totally nailed your goal, assess what worked and continue to

apply the positive planning and structure on your next significant goal.

Was your prior goal too easy? Can you stretch yourself and make it more difficult next time around?

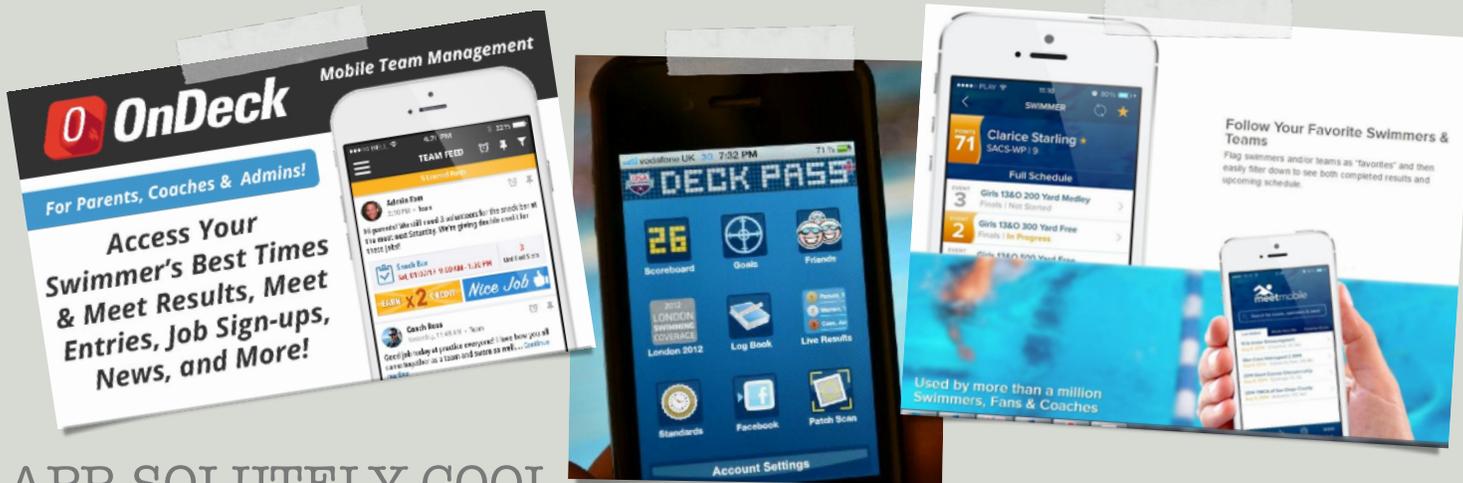
In what areas did you see the most improvement?

Which aspects of your performance had the biggest impact on your overall result?

Bottom Line

It's a wonderful thing if a young swimmer is aware of both his/her own times and their respective qualifying times. To be able to set his/her own achievable goals, in addition to those suggested by the coach will go a long way. Remember, at this age it is extremely important that swimmers are able to accomplish goals set by themselves, and to have FUN swimming in the process!!!





APP-SOLUTELY COOL...

Technology for ACE Swimmers, Parents & Fans

There are three smart phone/ tablet applications that ACE recommends all parents and swimmer have to make life a little bit easier.

OnDeck by Team Unify

This free app is highly recommended for all registered ACE families. OnDeck makes checking on your account balance a breeze. Additionally, parent can use OnDeck to sign up for MeetCREW jobs, read team news and even view how your swimmer is progressing toward various time standards. Parents will discover all new levels of connectivity to their swimmers. In the Members area you will find your athlete's information, attendance record, best times, meet results, upcoming meets, medical information and more.

Meet Mobile: Swim by Active Network

This app is most used by parents and swimmers at swim meets. Tired of waiting for the paper version of meet results to be posted? Meet Mobile provides the user real-time results from the timing pads during swim meets, even if you are not there. It also can allow you to follow your favorite swimmers and swim meets. This app does require a subscription (monthly \$1.99 or yearly \$5.99).

Deck Pass or **Deck Pass Plus** by USA Swimming

All swimmers, from beginners to national champions can track their times with the log book and keep track of their progress throughout the season toward their personal goals with Deck Pass. USA swimming members can also look up their membership card information, times from recent meets, check their IMX scores and see all the Deck Pass digital patches they've earned through the season from competing at meets and from their coaches. Swimmers can also connect with their fellow swim friends. Furthermore, Deck Pass users will get exclusive Perks/ Deals from USA Swimming and their sponsor and partners. This official app of USA Swimming is free and users will need to get up their account on the USA Swimming website in order to sync the information with the app. This app is a great tool for all age group swimmers.

SAY WHAT?...

Swim Speak for Parents & Swimmers

You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed here. Soon you'll be understanding and maybe even speaking some "SWIMSLANG".

Catch = The correct position the hand has to enter the water. Each of the four main strokes has a different catch.

Easy = Easy means to swim without expending a lot of effort. It DOES NOT mean slow. Swimming easy means swimming at a pace that you can concentrate on "execution" and good form.

Interval = A specific elapsed time for swimming or rest used during swim practice.

Set = a grouping of distances composing part of a workout or drill; 5 x 100 is a set that is 500 meters long;

Streamline = A body position for minimizing drag. The most common being a torpedo push off performed off the wall. This streamlined position allows you to hold your speed off the wall for as long as possible - it's faster than swimming!

Top or Bottom = This is a unique phrase used in practice everyday. This phrase is used to indicate when to leave for a particular interval. When picturing a clock, the number 12 is at the top of the clock and the 6 is at the bottom. The 12 refers to either 0 or 60 seconds and the 6 represents 30 seconds. When a coach states "leave on the bottom", it means a swimmer will leave when a clock is at 30 seconds.



S'MORE TIME...

Annual ACE Family Campfire coming soon

One of the things that makes ACE special is that we strive to get to know our families outside of the pool as well as at the pool. Join us for ACE's Fall Family Social on Sunday, September 17th.

Vala's Pumpkin Patch

12102 South 180th Street, Gretna, NE
[Find on Google Maps>>](#)

** Each Family is responsible for their admission to Vala's at the entrance. **
General Admission: \$14.25 per person + tax (*September Weekend Discount Pricing*)
Ages 2 and under are FREE

ACE has reserved Campfire Site #22 from 5 - 9:00 p.m. This is a large campfire site with 3 fire pits and 2 electrical outlets located in the "Bunnyville" area. Several picnic tables, food tables, and lots of bales of straw for seating are provided.

The club is providing roasting sticks, plates, napkins, utensils and hot dog fixin' condiments. We ask each family attending to bring a side to share. The dish should be enough for approx. 12- 16 people.

Click the link to sign up
www.SignUpGenius.com/go/20F0E48ADAD2CA6F49-acefamily1

If you wish something other than water, please bring your own beverages for your family. Reminder: NO ALCOHOL is allowed at Vala's Pumpkin Patch or ACE events.

If you have roasting sticks, please bring these as well - ACE will have some on hand, but the more we have the sooner families can cook the hot dogs and the marshmallows.

If you plan to attend, please rsvp so we

have an idea of how many to expect. We like to properly plan for the ACE provided hot dogs.

With [over 50 attractions and activities](#) at Vala's Pumpkin Patch, plan to spend most of your day exploring all the farm has to offer. From the classic hayrack ride to the pumpkin field to the giant bouncing pillows, there's sure to be something for everyone. Feel free to come before the campfire and go from our reserved site to explore and have a great time with

teammates,
coaches, friends
and family.



STAY CONNECTED...

Striving to Keep 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.

SMS 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/ Twitter: Like/ Follow ACE Otters on Facebook & Twitter. It is a great way to get the latest meet information,

share swimmer photos, and stay connected with other ACE families.

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

USA Swimming Website: R

Have a question?

Questions related to swimmer workouts, swim meets, events, goal setting and other swimmer related needs, or wish to schedule a time to meet in person, please email your coach. A reply will be returned within 2 business days.

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

Save the Date - Upcoming Meets & Team Social Events

Aug 29	ACE Annual Membership Meeting	EHS Auditorium
Aug 31	Team Photo Night & Elsmore Suit Sizing	Common Ground
Sept 5	Start of 2017-18 Season practices	Common Ground
Sept 17	ACE Family Night at the Pumpkin Patch	Vala's, Gretna
Sept 30 & Oct 1	ACE River Races Swim meet	Common Ground

Stay in Touch...

WWW.ACEOTTERS.COM

SIGN IN TO YOUR ACCOUNT ON THE ACE WEBSITE TO RECEIVE THE LATEST NEWS BY TEXT MESSAGE

