

# AESC NEWS

## More Than Goggles and a Suit

### Our Mission

AESC's Mission is to develop leaders with integrity, discipline and excellence in the water, in families, and in the community.

### Our Vision

To produce elite and national caliber athletes on a consistent basis; and to foster communities where water safety and swimming are accessible to all.

### Upcoming Events

**September 11 and 18** How to Survive Swimming Training for parents (*mandatory for new parents*)

**September 23** IMR Meet (Mitch Park) and **ALL TEAM PIZZA PARTY!**

**Mondays in September** Team technique and training clinics (Mitch Park)

**October 6-8** Jenks Fall Invitational

**October 28-29** AESC Halloween Meet



## The Road to Excellence by Nicole Flynn

Wow! AESC had a record breaking long course season. Our swimmers competed in Oklahoma, Texas, New York, Wisconsin, and Nebraska. We had over 100 athletes qualify for the Division II Championships, 75 qualify for the State Championship, and we built our largest Sectional and National Teams to date. And of course, we had one athlete swimming in the U.S. Open! Our swimmers broke too many records to count and are on the road to breaking many more! Congratulations to all of our athletes and coaches for an excellent season and thank you to all of the parents and volunteers who worked behind the scenes to make it possible.

While our athletes were working hard in the water, the coaches and Board of Directors were working to elevate AESC within USA Swimming's Club Recognition Program. This national program is designed for developing strong, stable, financially

## Friendly Reminders

The beginning of short course season marks the time to renew USA Swimming memberships. You may have noticed a \$73 charge on your account. The \$73 is paid directly to USA Swimming for your 2018 calendar year membership. You may have also noticed an Annual Water Fee on your September bill. This fee helps subsidize the cost of water rentals, which is over \$100,000 annually!

This is also a great time of year to log in to your account and update your contact information. You can choose to add up to 4 email addresses; make sure everyone in your family is up to speed on AESC!

## You Can Find Us Here:

Did you know? AESC is active on social media. Here's where you can find us:

**Instagram:** AESCswimok

**Twitter:** @aescswimclub

**Facebook:** American Energy Swim Club

sound and athletically productive organizations. It presents various levels of achievement across four areas deemed critical to long term club success. The major component areas are:

1. Business & Organizational Success
2. Parent & Volunteer Development
3. Coach Development & Education
4. Athlete Development & Performance

I am pleased to report that this summer, AESC handily achieved Level II Recognition through USA Swimming's Club Recognition program and we are working hard to reach Level III before year's end.

As we move toward short course season, we are well positioned to have our best year yet. Our kids are swimming better than ever and we have a coaching staff that is dedicated to making our swimmers better leaders in and out of the water!

## Powering AESC: Volunteer and Committee Opportunities Available

While our kids are swimming their way to best times, AESC parents are working to ensure that our athletes can do what they love. As Vince Lombardi once said, "the achievements of an organization are the results of the combined effort of each individual." AESC is calling upon each member of our organization to help "power AESC." If you are interested in contributing to the success of AESC, here is where we need you:

**Board of Director Positions:** AESC will conduct an annual



## Shop Much?

AmazonSmile is a simple and automatic way for you to support AESC every time you shop, at no cost to you. Simply type AmazonSmile in our browser and choose American Energy Swim Club as the charity of your choice! Its that easy!

election this fall. If you are interested in serving on AESC's Board of Directors or learning more about available positions, please contact Nicole Flynn at [nicole.flynn@aescok.org](mailto:nicole.flynn@aescok.org).

### Committee Positions:

- ◆ *Fundraising Committee* (Committee members will help ensure the financial success of AESC by overseeing fundraisers throughout the year)
- ◆ *Facilities Committee* (Committee members are available to help Coach V secure water and equipment to help grow our program)
- ◆ *Summer League Committee* (Committee members oversee and develop AESC's Summer League Program)
- ◆ *Meets Committee* (Committee is responsible for coordinating home meets, this includes volunteer coordinator, concessions, hospitality, officials, etc....)
- ◆ *Member Development/Marketing* (Committee (Committee members work to develop growth, member educating and development, marketing and public relations)
- ◆ *Safe Sport Coordinator* (This person will work closely with Coach VanSlooten to ensure that our membership and athletes are educated about staying safe)

If you are interested in serving in any of these capacities or would like more information about the positions, please contact Nicole Flynn at [nicole.flynn@aescok.org](mailto:nicole.flynn@aescok.org) or any member of the Board of Directors.

## Its Loud in Here!

Parents of athletes swimming at Oklahoma Christian University should feel free to drop their children at practice and pick them up after practice is over. You may have noticed that its very crowded on the pool deck - it's getting loud! The swimmers and coaches have been having a hard time hearing one another, so if you choose to stay at practice, please either sit in the lobby or try to keep the volume to a minimum. This will help the swimmers to be able to hear instruction from the staff.

## New and Updated Policies

As we start the new swim year, policies will occasionally be reviewed and updated. Please take note of a big change that takes effect, immediately: Pursuant to AESC's Electronic Communication Policy, parents should communicate with coaches via email, office hours or in the 15 minute window after practices are concluded for the day. Text messages to coaches are highly discouraged, except to communicate logistics on the day of a meet. Our coaching staff receives so many texts on a daily basis that it becoming increasingly difficult to be responsive. We hope that the elimination of text messages will allow for a more accurate and meaningful exchange of information.

Our annual dues increase will not take effect until October 1 of this year. Please be on the lookout for further information.

## What are Motivational Times?

Have you ever wondered why there are some letters (BB, A, AAA) next to swimmers times?" Or what the kids are talking about when they refer to a "BB Time?" These letters represent National Motivational Time Standards. Every four years, USA Swimming establishes time standards for swimmers in each group. The standards serve as bench marks for goal setting and tracking improvement. They are intended to motivate swimmers to work their way from a B standard to a BB, and then to A, on up. The idea is to allow swimmers to achieve success in an even, incremental manner and to allow them to see progress at all times. You can find the 2017-2020 Motivational Time Standards at [usaswimming.org](http://usaswimming.org). And remember, just because a swimmer achieves a AAA time as a 10 year old, does not necessarily mean they will achieve a AAA time as an 11-12. Progress varies on a number of factors, including differing maturation rates, interest and even injuries.

The time standards are determined by identifying the 16th place time from the Top 16 list in the each event in the previous four years. Then, that baseline time is multiplied by various factors to determine the time standards. Its a whole lot of math! As a general rule, swimmers earning a B time are swimming faster than almost half of kids in their age group, while swimmers earning AAAA times are swimming in the top 2% of their age group, same sex, stroke and distance.

Not only can you use motivational times to measure progress, but Oklahoma Swimming keeps records of the top 10 swimmers in each event for each age group. These times are updated monthly. Its a great way for athletes to see how they are swimming on the state level. The OKS times can be find out [oks.org](http://oks.org).

## 6 Tips on How to be a Happy Swim Parent *taken from SWIMSWAM*

Have you ever heard a soccer parent, at the end of the season, proclaim his or her utter joy when the season is over because they no longer have to drive kids to practice and games? As swim parents, we don't have that luxury. We don't have a "season" of swimming like other sports parents - we have short course and long course, and maybe a week off in between. We definitely don't have a "normal" schedule. Here are some tips from SwimSwam, courtesy of Elizabeth Wickham, on how to be a happy year round swim parent.

**One. Don't treat each meet like it is life or death.** There will be good meets and bad meets, good swims and less than stellar ones. Don't get too caught up in the moment, but look towards the big picture.

**Two. Don't compare your swimmer with teammates.** It's easy to wonder why your kid isn't making the same process as their friends. All kids are different and they learn and develop in their own time....

**Three. Cheer loudly for other swimmers.** Being enthusiastic for your clidn't teammates will help you focus less on your own kid. Spread positive energy on the pool deck and encourage other swimmers' success.

**Four. Invite the team over to your house.** Some of my favorite swim mom moments were having the entire team over for a potluck, cooking spaghetti for the senior group, or having the girls over to paint t-shirts for a big age-group meet. Make some happy memories.

**Five. Get your swimmer to practice consistently.** Your swimmer will not experience success and will be frustrated if their practice is hit and miss. The only way to get better in this sport is to be there and pt in the hard work on a daily basis. There are no short cuts.

**Six. Volunteer. Busy parents are happy parents.** [B]eing involved will give you a sense of accomplishment and satisfaction that you're giving back to your team and this great sport.

## Summer League Sweetness

What a summer! AESC's Summer League was a splashing success! For those of you who may not know, AESC operates a neighborhood summer league swim program in Edmond and surrounding areas. Summer League is an opportunity for AESC to promote water safety and for many kids to experience competitive swimming for the first time. Learning to swim in a fun and laid back environment creates a life long love of swimming. AESC's program is unique because many of our upper



level athletes have the opportunity to coach these young swimmers. Summer League is a great learning experience all around!

Our Summer League Committee worked hard throughout the year to grow AESC's program. We are excited to announce that this year, we increased Summer League participation by nearly 35%! Many of our Summer League swimmers had so much fun that they've joined AESC! Please join me in congratulating ***Cindy Lightfoot, Deanna Oliphant, Catherine Mower, Megan Nye and Melissa Rice*** for a job well done.

Much of the credit to our Summer League success goes to the young men and women who served as coaches this year. Their professionalism, enthusiasm and dedication was noticed by all. Coach V did an excellent job of training them in water safety, professionalism and swimming instruction. Thank you to the following coaches: ***Cheyenne Parks, Olivia Rollen, Allie Denison, Riley Powelson, DJ Scott Jonathon Smith, Maya Farrell, Marcy Tibbs, Hannah Covert, Hanna Newby, Ben Newby, Jake Rice, Megan Oliphant, Abby Oliphant, Luke Gillespie, Samson Oliver, Hayden Turner, Kylie Skarda, Justin Myers, Sophie Mower, Owen Flynn, Sara Leazer, Arri Taton, Delaney Nisbett, Olivia Raff, Kyle Humphreys, Jackson Tidland and Hunter Denison.***

## Welcome to Our New Swimmers

We are excited to welcome over 40 new swimmers to AESC! When you see these athletes on the pool deck, give them a high five and a warm AESC welcome!

Rylee Jackson	Precompetitive
Anna Molineros	Precompetitive
Elijha Peck	Precompetitive
Declan Seale	Precompetitive
Henry Share	Precompetitive
Alejandro Alvarez	Bronze
Mya Avdalovic	Bronze
Willow Battles	Bronze
Brooklyn Beringer	Bronze
Catherine Herrick	Bronze
Fermin Herrick	Bronze
Jose Herrick	Bronze
Jack Hibbs	Bronze
Riley Kennell	Bronze
Grace Kennell	Bronze

Addie Klehm	Bronze
Garrett Lewis	Bronze
Annyssa Machtolff	Bronze
Reese Meridith	Bronze
Isabel Molineros	Bronze
Emily Munoz	Bronze
Peyton Penic	Bronze
Anigka Rajaram	Bronze
Vishaak Rajaram	Bronze
Caitlynn Schmitt	Bronze
Ava Santoro	Bronze
Ben Sears	Bronze
Leah Smith	Bronze
Carter Wilson	Bronze
London Wilson	Bronze
Dawson Van Slooten	Bronze
Gabe Van Slooten	Bronze
Emily Welch	Bronze
Riley Kelly	Silver
Josette Mower	Silver
Ella Van Slooten	Silver
Eva Cole	Senior B
John Geddes	Senior B
Julia Grantham	Senior B
Isaiah Moss	Senior B
Isaac Moss	Senior B
Ulric Williams, II	Senior B