

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

Ice Breaker January 27-29
(Mitch Park)

Division II Championships
February 11-12 (Mitch Park)

State Championships
February 24-26 (Mitch Park)

Spring Sectionals March
10-12 (Columbia, MO)

House of Delegates March
24-26 (OKC)

AESC Annual Banquet April 2



The Road to Excellence by Nicole Flynn

Another calendar year has gone by and we have much to be thankful for. But the biggest thanks goes to **Deanna Oliphant** for her unwavering commitment and dedication to this club. Deanna has spent the last two years serving our families as President of the Board of Directors and continues to serve as Past President. She has done a remarkable job of developing a strong AESC foundation by bringing in Head Coach Chris Van Slooten and his family, working with Coach V to help AESC earn Recognition through USA Swimming's Club Recognition Program, volunteering in every capacity imaginable (quite literally), all while leading us with integrity toward a vision of excellence. Deanna, for all that you do, thank you a million times over. And thank you to the outgoing Board of Directors, including **Gwen Niemann**, who has, much like Deanna, given so much of herself to this club. We are who we are because of your vision and dedication.

High Five's

Congratulations to **Coach V and Katie Van Slooten** on the birth of their 6th child, Eli!

Elite swimmer, **Hanna Newby** raced her way into two national rankings at the AT+T Winter National Championships, finishing the 100 Breast in 1:01.19 and the 200 Breast in 2:12.25.

Elite swimmer, **Devon Schimbeno** broke Oklahoma state records in the 13-14 Boys 100 and 200 Breast and earned a national ranking in the 200 Breast, swimming 2:07.16 at AESC's 2016 Elite Meet.

Peyton Ross and **Zhenya Ingram** earned High Points in their respective age groups at the P66 Meet of Champions in Bartlesville, Oklahoma.

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

AESC's Board of Directors met during the Christmas training season to develop a strategic plan for calendar year 2017. This included a revision to our mission statement and development of a vision statement. It also included planning for financial stability, community involvement, member development, and growth. You can find a complete copy of the AESC's Strategic Plan in the club site.

AESC will be conducting two large fundraisers this year. Our First Annual Swim-A-Thon will be held in the spring and our Second Annual Service-A-Thon will be held in the fall. If you'd like to be involved in planning these events, please contact Nicole Flynn at nicole.flynn@aescok.org.

This year, AESC's Board of Directors has a Swimmer Representative position. **Matthew Goldsmith** was elected by his peers to serve as AESC's first Swimmer Representative. Mr. Goldsmith will serve as the liaison between the Board of Directors and the swimmers and will work with his teammates to organize community outreach programs. Congratulations to Matthew! We look forward to watching you grow as a leader!

In addition to fundraising and community outreach, AESC will be working to improve education within our membership as well as within the community. We'll also be working to grow our membership by building our developmental program and expanding our summer league program.

In bigger news, we're taking a team trip! AESC swimmers will travel to the George Block Invitational. The meet will take place in San Antonio, Texas, **June 21-25**. This will be a great opportunity for team bonding - not to mention lots of fun! Stay tuned for details.



Neighborhood Summer League is Right Around the Corner!

Did you know that AESC oversees neighborhood swim programs for nearly a dozen Edmond and OKC area neighborhoods? If your neighborhood has a pool and you'd like friends and neighbors to experience our program, please contact Cindy Lightfoot at cynbsn@aol.com.

Neighborhood swim teams are a great way to teach water safety and introduce kids to the funnest sport! Neighborhood swim teams spark the passion for swimming!

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!



While our kids are in the water earning best times, learning commitment and hard work, and racing into state and national rankings, AESC parents are behind the scenes, ensuring that all of this can happen. If you'd like to work "behind the scenes," we'd love to have you. Here are some areas where ***we need you:***

- ◆ *Vice President of Fundraising* (This is a BOD position. This person will oversee the Fundraising Committee and guide the direction of AESC fundraising)
- ◆ *Fundraising Committee Members* (Committee members will help ensure the financial success of AESC by overseeing the Swim-A-Thon, Service-A-Thon and other fundraisers throughout the year)
- ◆ *Facilities Committee Members* (Committee members will explore opportunities for water in various areas throughout Edmond and OKC)
- ◆ *Member Development/Marketing Committee Members* (Committee members will facilitate education among members and marketing within the community)
- ◆ *Hospitality Coordinator* (This person, with training and guidance from Elisabeth Ingram, will oversee the long tradition of offering excellent hospitality at AESC hosted swim meets)
- ◆ *Someone to assist with planning and coordinating the Annual Spring Banquet*

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.

Nutritional Corner by Nicole Flynn

Proper nutrition and hydration are key components to a healthy swimmer. USA Swimming offers a variety of articles and tips to help swimmers and parents properly fuel for training and competition.

You can read *My Favorite Food Finds for Young Swimmers* [here](#) or read *21 Surprising Sources of Protein for the Swimmer* www.usaswimming.org/ViewNewsArticle.aspx?

Tell Your Friends!

Registration for AESC's lesson program is open. Lessons will resume in February. Tell your friends and neighbors! Invite them to experience the funnest sport. For more information about the lesson program, contact Trisha Olander at trisha.olander@aescok.org.



Ice Breaker Help Needed!

AESC is in need of volunteers for the upcoming Ice Breaker meet. Lets all pitch in and run a great meet! Sign up to volunteer at aescok.org.



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But nutrition goes much further than simply eating well before a practice or a race. A workout should never end when a swimmer leaves the pool. Instead, according to Dr. Andrew Gregory of Vanderbilt University, a workout is over "when the body is rehydrated and refueled. The ability to perform at a high level the next day is dependent on how well the body recovers depleted energy stores and repairs muscles." Studies have shown that athletes have a 30-34 minute window to refuel. Read more about refueling at www.usaswimming.org/ViewMiscArticle.aspx?TabId=1596&mid=196&ItemId=2640.

Bring a Friend to Practice Day!

Monday, February 6 is Bring a Friend to Practice Day! Precompetitive through Gold practices will be held at Oklahoma Christian ONLY. Stay tuned for details. This is an opportunity for AESC swimmers to introduce their friends to the funnest sport! We're more than goggles and a suit!



Sponsorship Packages Available!

In an effort to support our mission and vision, we are seeking community partners. We have several customizable sponsorship packages available. AESC is a registered 501(c)(3) non-profit organization, so contributions may be tax deductible. We are committed to investing in our kids and our community. You can find the complete sponsorship package on the team site: Useful Parent Info/Fundraising/Sponsorship Package. And remember, you can fulfill your family's fundraising obligation by bringing in new sponsors. For more information, please contact Nicole Flynn at nicole.flynn@aescok.org.

Moving Up!

Coach V and his staff will be conducting level promotions three times per year: at the end of the calendar year, following short course season, and at the conclusion of long course season. Congratulations to the following swimmers on their January 1 promotions!

New Bronze Swimmers: Madison Bowdler, Brooklyn Tinker, JD VanAlstine, Brianna Ridpath

New Silver Swimmers: Elena Rollen, Quinn Satterfield, Nathan Covert, Jaxie Campbell, Louis Du, Michelle Huang

New Gold Swimmers: Amelia Lightfoot, Isabella Bowdler, Isabella Feng, Christina Ge, Lance Lafferty, Austin Leach, Andrew Burgess, Ben Share, Jack Strobe, Michelle Hsieh, Ashley Confer, Carson Dolezal

New Senior B: Sadie Arwood

New Elite: Kellie Fischer, Abby Oliphant, Justin Myers

Last Chance for Caps!

This is your last chance to order swim caps. Orders must be emailed to apparel@aescok.org by **Monday, January 23, 2017**. Orders received after that date will be held until the next cap order is placed in late spring. Please include your family name, the name you would like printed on the caps (first or last name only, the type of cap (silicone (\$30 for 2) or latex (\$15 for 2)), whether you'd like the caps delivered to OC or Mitch Park. Upper level swimmers may request silver only if you have a sectionals cut and/or blue if you have an AAA cut.