



First off, I would like to thank you for considering the Aces Swim Club for your child. I would like to let you know that our practices are held at various locations: Arapahoe High School, Heritage High School, and Cherokee Trail High School. Below is more detailed information about our team, requirements, Rookie/Try Out Week and TENTATIVE practice schedules for each individual group.

### **General Team Information:**

We are a year-round **COMPETITIVE** USA Swimming team. We hold practices from September until late July or early August. Our short course season (practices and meets are swum in 25-yard pools) runs from September until late March with the finale:

- The Colorado Short Course State Meet for the 14 & under age groups the end of February.
- Sectionals in mid March for the high school swimmers.

We continue on through the summer with our long course season. Long Course season (most practices and all meets are in 50-meter pools) runs from March until the end of July with the finale:

- The Long Course State Meet for the 14 & under age groups.
- Futures/Junior Nationals/Senior Nationals for the high school swimmers.

The following information will explain the requirements and try out information for all groups.

## **10 & Under Requirements:**

Some of the basic requirements would be that your swimmer be able to swim the four competitive strokes Butterfly, Backstroke, Breaststroke, and Freestyle. We would need them to be able to complete each individual stroke without stopping:

- **For 8 & Under** - swim a 25 of the four strokes without stopping. Practice commitment 2-3 times a week, and swim one meet a month.
- **For 10 & Under** - swim a 50 of the four strokes without stopping. Practice commitment 3-4 times a week, and one meet a month.

## **10 & Under - Rookie Week / Try Out:**

**For 10 and Under swimmers only** (all 11 & Over swimmers see below) -

**Arapahoe High School - 5:30-6:30 PM on August 13th, 14th, 16th, 2018.**

**Cherokee Trail High School - 5:30-6:30 PM on August 13th, 14th, 16th, 2018.**

We will be holding a Rookie Week/Try Out for all new 10 & Under swimmers who would like to **try out** for the team. The Rookie Week/Try Out will be held at Arapahoe High School and Cherokee Trail High School. **This is a try out, not all swimmers will make the team!!** We highly encourage swimmers to be there every night during the Rookie/Try Out week.

After the Rookie Week/Try Out week has concluded, the coaching staff will evaluate each swimmer and decide if they are ready to move into the competitive world of swimming. The ACES Swim Club has limited space on our rosters, and, if they are not quite ready, we will give them some other alternatives and place them on a waiting list for the future. We will notify each swimmer via email of status by the evening of Sunday, August 19th.

Every swimmer **MUST** register for the Rookie Week/Try Out. Please register your swimmer via our website [www.aceswimclub.com](http://www.aceswimclub.com) and click on Join ACES to register for the Rookie Week/Try Out, before coming to the pool. This is not a registration for the team. It is solely for our coaches to have as much knowledge of each swimmer as possible before the week begins. There is a section available to include their previous teams and any times from previous meets that they have swum in, be it, a summer club meet or a USA Swimming meet or any other type of meet.

10 & Under Swimmers please remember to register for Rookie Week before you come to the pool (See the link in the Rookie Week/Try Outs section above for the link). If you have any questions, please contact Barbie Barker at [Barbie1@aceswimclub.com](mailto:Barbie1@aceswimclub.com).

## **11 & Over Swimmers**

Must be able to swim a 100 of each stroke without stopping. Practice commitment 3-4-or 5 times a week, and one meet a month.

### **All 11 & Over athletes (not in High School) -**

**The KingFish Group** – Must have seven (7) 11 & 12 State Championship times, this applies to any 11-14 years. And attend one (1) meet per month. Must attend four (4) practices or more per week.

**The Kings Group** - Must have seven (7) 11 & 12 Silver State times, this applies to any 11-14 years old. And attend one (1) meet per month. Must attend three (3) practices per week.

**The Queens Group** – Must have three (3) 11 & 12 Silver State times. Any 11-14 year olds that don't make the KingFish or King groups may, or may not, be placed in this group due to roster sizes. Must attend three (3) practices or more per week AND attend one (1) meet per month.

***\*\*\*The time standards are at the end of this document.\*\*\****

### **All High School Athletes -**

Athletes in high school have two choices:

**The Senior Group** for the athletes who want to commit and compete on a state level, travel meets, Sectionals, Futures, Junior Nationals, and Nationals. Must attend over 90 percent of the workouts, morning Dryland M-W-F, and afternoon swim practice M-F as well as Saturday morning practices.

**The High School Prep** (Must be in high school) is for those who are involved with many activities and just want to swim and prepare for high school swimming.

Please look over the requirements for each group and email the appropriate coach to set up a try out. Please include times, previous teams you have swum for and any other pertinent information. Below are the emails for each group:

### **Arapahoe Groups**

- Senior Elite – [acesswimming@msn.com](mailto:acesswimming@msn.com)
- Senior – [Christina@acesswimclub.com](mailto:Christina@acesswimclub.com)
- KingFish – [Christina@acesswimclub.com](mailto:Christina@acesswimclub.com)
- Kings – [Michelle@acesswimclub.com](mailto:Michelle@acesswimclub.com)
- Queens – [AFair66@comcast.net](mailto:AFair66@comcast.net)

### **Cherokee Trail Groups**

- Seniors – [Kipp@acesswimclub.com](mailto:Kipp@acesswimclub.com)
- KingFish – [Kipp@acesswimclub.com](mailto:Kipp@acesswimclub.com)
- Kings – [KChatham@acesswimclub.com](mailto:KChatham@acesswimclub.com)
- Queens – [Kchatham@acesswimclub.com](mailto:Kchatham@acesswimclub.com)

## Tentative Practice Schedule for Arapahoe/Cherokee Trail High School:

We would like you to please be aware that our practices will start at our pools on Tuesday, September 4<sup>th</sup>. Once the high school season gets under way, (Girls Season November-February and Boys Season February-May), practice times will change:

### September **\*\*TENTATIVE\*\***

#### Practices at Arapahoe High School

#### Heritage High School, or Littleton High School

Jokers 5:30-6:30 PM M-F @ Heritage  
Jacks 5:30-6:45 PM M-F @ Heritage  
Queens 6:00-7:30 PM M-F @ Arapahoe  
Kings 6:00-8:00 PM M-F @ Arapahoe  
KingFish 6:00-8:00 PM M-F @ Arapahoe  
High School Prep 4:15-5:45 PM M-Th @ Arapahoe  
Senior **Swim** 4:00-6:00 PM M-F @ Arapahoe  
Senior **Dryland** 5:15-6:15 AM M-W-F @ Englewood

#### Practices at Cherokee Trail High School

Jokers 5:30-6:30 PM M-F @ CT  
Jacks 5:30-6:45 PM M-F @ CT  
Queens 5:30-7:00 PM M-F @ CT  
Kings 5:30-7:00 PM M-F @ CT  
KingFish 3:30-5:30 PM M-F @ CT  
High School Prep TBD @CT  
Senior **Swim** 3:30-5:30 PM M-F @ CT  
Senior **Dryland** 5:30-6:00 PM M-W-Th @CT

### November **\*\*TENTATIVE\*\***

#### Practices at Arapahoe High School

#### Heritage High School, or Littleton High School

Jokers 5:45-6:45 PM M-F @ Heritage  
Jacks 6:30-7:45 PM M-F @ Heritage  
Queens 6:00-7:30 PM M-F @ Littleton  
Kings 6:00-7:30 PM M-F @ Littleton  
KingFish 6:45-8:15 PM M-F @ Arapahoe  
Senior **Swim** 6:45-8:45 PM M-F @ Arapahoe  
Senior **Dryland** 5:15-6:15 AM M-W-F @ Englewood

#### Practices at Cherokee Trail High School

Jokers TBD @ CT  
Jacks TBD @ CT  
Queens 6:30-8:00 PM M-F @ CT  
Kings 6:30-8:00 PM M-F @ CT  
KingFish 6:30-8:30 PM M-F @ CT  
Senior **Swim** 6:30-8:30 PM M-F @ CT  
Senior **Dryland** 6:00-6:30 PM M-W-Th @ CT

Again, thank you for your interest in the ACES Swim Club, and we look forward to talking with you soon.

Sincerely,

Eric Craven

Head Coach

Aces Swim Club

Email Address: [acesswimming@msn.com](mailto:acesswimming@msn.com)

Website: [www.acesswimclub.com](http://www.acesswimclub.com)

## Qualifying Times for the Elite Group

Swimmers MUST have ONE of these times:

Girls				Boys		
LCM	SCM	YARDS	Event	YARDS	SCM	LCM
28.44	27.76	24.99	50 FR	22.41	24.72	25.79
1:01.26	59.04	53.71	100 FR	48.46	53.27	55.89
2:13.95	2:09.02	1:57.32	200 FR	1:47.04	1:57.68	2:03.40
4:46.54	4:34.34	5:18.17	500 FR	4:54.98	4:15.18	4:27.40
9:56.99	9:37.35	11:02.09	1000 FR	10:20.58	9:03.74	9:27.59
19:16.59	18:30.11	18:42.78	1650 FR	17:36.16	17:16.43	18:08.59
1:09.54	1:06.33	59.50	100 BK	54.42	1:00.66	1:04.26
2:30.40	2:23.98	2:09.00	200 BK	1:59.65	2:13.85	2:21.40
1:20.23	1:15.15	1:08.46	100 BR	1:01.53	1:07.35	1:13.70
2:55.89	2:44.88	2:30.27	200 BR	2:16.29	2:29.00	2:42.08
1:06.87	1:04.55	58.86	100 FL	53.46	59.43	1:00.97
2:33.56	2:27.63	2:13.46	200 FL	2:03.24	2:15.57	2:21.45
2:32.91	2:27.05	2:13.01	200 IM	2:01.05	2:13.50	2:20.48
5:26.24	5:12.75	4:44.34	400 IM	4:23.37	4:50.76	5:05.19

\*200s and above have already been altitude adjusted

OR

TWO of these times:

Girls				Boys		
LCM	SCM	YARDS	Event	YARDS	SCM	LCM
29.43	28.77	25.80	50 FR	23.00	25.74	26.33
1:03.76	1:02.27	56.00	100 FR	50.70	56.33	57.87
2:19.17	2:15.73	2:02.50	200 FR	1:52.00	2:04.10	2:07.52
4:56.31	6:08.52	5:32.00	500 FR	5:08.50	5:42.43	4:35.33
1:11.35	1:10.22	1:03.20	100 BK	58.00	1:04.44	1:05.58
1:22.80	1:20.95	1:12.80	100 BR	1:05.00	1:12.15	1:14.15
1:10.77	1:09.44	1:02.50	100 FL	57.00	1:03.50	1:04.67
2:37.49	2:34.29	2:19.00	200 IM	2:08.00	2:22.21	2:25.28

*Swimmers without qualifying times must swim in either the Senior Group or Senior Prep Group until the qualifying times are met. Reminder: the Senior Group also had qualifying times.*

## Qualifying Times for the Senior Group

Swimmers MUST have ONE of these times:

Girls

Boys

LCM	YARDS	Event	YARDS	LCM
30.09	26.99	50 FR	24.49	27.59
1:06.89	58.19	100 FR	53.19	1:01.39
2:22.19	2:03.99	200 FR	1:54.09	2:12.09
5:02.99	5:42.99	500 FR	5:29.99	4:50.99
20:22.99	19:59.99	1650 FR	19:59.99	20:22.99
1:13.29	1:04.99	100 BK	1:00.99	1:10.49
2:41.99	2:22.39	200 BK	2:15.99	2:34.99
1:28.09	1:16.79	100 BR	1:10.29	1:22.19
3:10.99	2:47.99	200 BR	2:39.99	3:02.39
1:13.99	1:04.99	100 FL	59.99	1:08.09
2:55.99	2:36.99	200 FL	2:32.99	2:51.99
2:42.99	2:22.99	200 IM	2:12.99	2:32.99
5:46.99	5:08.99	400 IM	4:57.39	5:36.09

OR

Swimmers MUST have TWO of these times:

Girls

Boys

LCM	SCM	YARDS	Event	YARDS	SCM	LCM
31.43	30.63	27.60	50 FR	25.50	28.30	29.10
1:09.86	1:08.26	1:01.50	100 FR	55.00	1:01.05	1:02.65
2:35.27	2:32.07	2:17.00	200 FR	2:03.50	2:17.08	2:20.28
5:34.68	6:56.25	6:15.00	500 FR	5:55.00	6:34.05	5:16.83
1:21.12	1:19.92	1:12.00	100 BK	1:04.50	1:11.59	1:12.79
1:31.35	1:29.35	1:20.50	100 BR	1:14.00	1:22.14	1:24.14
1:21.32	1:19.92	1:12.00	100 FL	1:05.00	1:12.15	1:13.55
2:57.46	2:54.27	2:37.00	200 IM	2:24.00	2:39.84	2:43.03

*Swimmers without a qualifying time must swim in the Senior Prep Group until a qualifying time is met. Swimmers may not move up to the Elite group without meeting that group's qualifying times.*

**Colorado State Junior Olympics**  
**14 & Under Division**  
**V.M.A.C. @ Thornton**  
**February 26, 27, 28, 2016**

<b>Women</b>	<b>10 &amp; Unders</b>	<b>11 &amp; 12</b>	<b>13 &amp; 14</b>
<b>50 Freestyle</b>	31.69	27.89	25.99
<b>100 Freestyle</b>	1:10.29	1:01.29	56.49
<b>200 Freestyle</b>	2:34.49	2:13.69	2:02.89
<b>500 Freestyle</b>		5:59.79	5:31.19
<b>1650 Freestyle</b>			19:40.29
<b>50 Backstroke</b>	36.69	31.99	
<b>100 Backstroke</b>	1:19.09	1:08.99	1:02.99
<b>200 Backstroke</b>		2:29.49	2:16.49
<b>50 Breaststroke</b>	42.49	36.09	
<b>100 Breaststroke</b>	1:31.89	1:19.09	1:13.19
<b>200 Breaststroke</b>		2:52.79	2:39.49
<b>50 Butterfly</b>	35.69	30.49	
<b>100 Butterfly</b>	1:25.29	1:09.79	1:03.29
<b>200 Butterfly</b>		2:45.79	2:26.59
<b>100 IM</b>	1:19.89	1:09.79	
<b>200 IM</b>	2:54.09	2:30.39	2:18.19
<b>400 IM</b>		5:29.69	4:58.79
<b>200 Medley Relay</b>	2:38.69	2:17.19	
<b>400 Medley Relay</b>			4:42.29
<b>200 Freestyle Relay</b>	2:14.09	1:58.09	
<b>400 Freestyle Relay</b>			4:01.99
<b>800 Freestyle Relay</b>			
<b>Men</b>	<b>10 &amp; Unders</b>	<b>11 &amp; 12</b>	<b>13 &amp; 14</b>
<b>50 Freestyle</b>	31.69	27.89	24.89
<b>100 Freestyle</b>	1:10.29	1:01.49	54.09
<b>200 Freestyle</b>	2:34.39	2:15.39	1:57.79
<b>500 Freestyle</b>		6:06.79	5:23.09
<b>1650 Freestyle</b>			19:37.39
<b>50 Backstroke</b>	37.09	32.99	
<b>100 Backstroke</b>	1:20.59	1:10.79	1:01.59
<b>200 Backstroke</b>		2:35.39	2:12.99
<b>50 Breaststroke</b>	43.69	37.29	
<b>100 Breaststroke</b>	1:34.09	1:22.19	1:10.69
<b>200 Breaststroke</b>		2:58.49	2:34.79
<b>50 Butterfly</b>	35.99	31.29	
<b>100 Butterfly</b>	1:24.99	1:11.89	1:00.99
<b>200 Butterfly</b>		2:54.39	2:22.49
<b>100 IM</b>	1:21.39	1:10.79	
<b>200 IM</b>	2:53.99	2:32.69	2:13.99
<b>400 IM</b>		5:45.49	4:51.39
<b>200 Medley Relay</b>	2:48.59	2:23.59	
<b>400 Medley Relay</b>			4:42.49
<b>200 Freestyle Relay</b>	2:19.99	2:01.99	
<b>400 Freestyle Relay</b>			3:59.99
<b>800 Freestyle Relay</b>			

**Colorado Silver State Championships  
University of Denver  
March 4, 5, 6, , 2016**

<b>Women</b>	<b>10 &amp; Unders</b>	<b>11 &amp; 12</b>	<b>13 &amp; 14</b>	<b>Senior</b>
<b>50 Freestyle</b>	33.39	29.29	27.59	26.99
<b>100 Freestyle</b>	1:14.69	1:04.19	59.89	58.19
<b>200 Freestyle</b>	2:47.89	2:22.09	2:13.49	2:03.99
<b>500 Freestyle</b>		6:28.39	6:00.79	5:42.99
<b>1000 Freestyle</b>				
<b>1650 Freestyle</b>				19:59.99
<b>50 Backstroke</b>	39.19	34.09		
<b>100 Backstroke</b>	1:25.09	1:14.19	1:08.49	1:04.99
<b>200 Backstroke</b>			2:28.79	2:22.39
<b>50 Breaststroke</b>	45.29	38.69		
<b>100 Breaststroke</b>	1:38.69	1:24.79	1:19.19	1:16.79
<b>200 Breaststroke</b>			2:52.99	2:47.99
<b>50 Butterfly</b>	38.59	32.89		
<b>100 Butterfly</b>	1:37.19	1:16.79	1:09.49	1:04.99
<b>200 Butterfly</b>			2:52.69	2:36.99
<b>100 IM</b>	1:25.39	1:14.19		
<b>200 IM</b>	3:08.19	2:40.89	2:28.99	2:22.99
<b>400 IM</b>			5:33.49	5:08.99
<b>Men</b>	<b>10 &amp; Unders</b>	<b>11 &amp; 12</b>	<b>13 &amp; 14</b>	<b>Senior</b>
<b>50 Freestyle</b>	34.29	30.19	26.79	24.49
<b>100 Freestyle</b>	1:16.89	1:06.59	58.49	53.19
<b>200 Freestyle</b>	2:57.39	2:28.29	2:10.49	1:54.09
<b>500 Freestyle</b>		7:01.09	6:01.79	5:29.99
<b>1000 Freestyle</b>				
<b>1650 Freestyle</b>				19:59.99
<b>50 Backstroke</b>	41.09	35.79		
<b>100 Backstroke</b>	1:30.69	1:17.89	1:08.29	1:00.99
<b>200 Backstroke</b>			2:30.69	2:15.99
<b>50 Breaststroke</b>	47.29	41.29		
<b>100 Breaststroke</b>	1:45.19	1:30.39	1:19.39	1:10.29
<b>200 Breaststroke</b>			2:53.69	2:39.99
<b>50 Butterfly</b>	41.39	34.59		
<b>100 Butterfly</b>	1:50.39	1:23.79	1:08.29	59.99
<b>200 Butterfly</b>			3:02.39	2:32.99
<b>100 IM</b>	1:29.39	1:17.59		
<b>200 IM</b>	3:19.79	2:50.19	3:26.69	2:12.99
<b>400 IM</b>			5:46.59	4:57.39