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Dear Coaches,

Quote of the week:

“When you help, educate, heal, or nurture other people, your days become more and more meaningful, and you enrich the quality of your hours.”

~Max Strom

There’s No “I” in Team

The Chuck Wielgus Blog

Watching the NBA Finals, I’ve been struck by both the influence of the individual as well as by the power of teamwork.

The performances of LeBron James and Steph Curry have been otherworldly. LeBron is an Adonis in a basketball uniform. His presence, his strength, his speed, his determination is extraordinary to behold. My wife Nancy is not a sports fan, but even she is mesmerized by the physicality that LeBron brings to the court.

Steph Curry is a lightning bug, jitterbugging in perpetual motion, weaving in, out and around picks until he’s finally able to find that small window of space he needs to launch his shot. And his range seems limitless.

Anyone who’s played even a little bit of basketball knows how challenging it is to shoot from 35 feet away from the basket. But Curry’s long range bombs are laser tracked right to the basket ... and then splash.

And yet, for all the attention that James and Curry are getting, the secondary story line is about how well the other players on the court fit into the varying roles that are required of them.

Nobody has gotten more attention than Matthew Dellavedova, the kid from Australia who looks like your average waiter at Outback Steakhouse.

Dellavedova has had to step in for the injured Kyrie Irving and he’s brought a style of play that is both inspired and disruptive. Feet constantly moving, arms up and flaying, Dellavedova has stuck to Curry like flypaper. He sacrifices his body diving after loose balls, challenging for rebounds and generally being that kid on the playground who always plays a little too rough.

So what does all this have to do with swimming? A lot! Regardless of what some people may think, swimming is a team sport.

[Read more:](#)

Protein and Vegetarian Swimmers

By Chris Rosenbloom, PhD, RDN, CSSD

Recently, a swimmer sent me an email about her coach’s concern about her choice to be a vegetarian. She chose a vegetarian diet for “ethical reasons,” but her coach told her she needed to eat meat to be a competitive swimmer.

I don’t want to contradict her coach’s advice, but I responded that what she needed was the nutrients in meat, not necessarily the meat. Don’t get me wrong, I honor everyone’s dietary choices, and you can eat a healthful performance diet while being a meat-eater or being a vegetarian. Lean meat is a nutrient-rich choice for many athletes, but non-meat



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eaters can, with good food choices, meet their nutritional requirements and remain competitive.

[Read more:](#)

FINA Junior Worlds And 18 and Under World Cup Selection

The FINA World Jr. Selection procedure is now [posted here:](#)

Athletes who wish to be considered for this team must have a valid passport through January 2016 and in their hands at Nationals.

[18 and under World Cup Selection Procedures:](#)

What Champions Know About Nutrition

By Jill Castle MS, RDN

Swimmers want to do their best. Not only that, they want to win. Many young swimmers work hard to get to the next level. They log endless hours in the pool, work on their stroke technique, and even tweak their eating to get the most out of their bodies and their performance.

Many champion swimmers know that nutrition is an essential part of their success. In other words, they understand how important food is to their performance results.

Here are a few things that all champion swimmers understand about nutrition:

Food is fuel. Premium fuel is the food swimmers eat. The recipe for success includes healthy, wholesome foods and beverages. Fried foods, sweets, and sugary beverages, although tasty, aren't the ideal food components of a champion.

Carbs count...a lot. The good carbs found in whole grains, fruit, vegetables and dairy are prime sources of fuel for exercising muscles. Refined carbs, such as those found in sweets, sugary beverages, and snack foods may add too much sugar and fat to the diet and work against performance and health. Champions know to maximize the good fuel, and trim down unhealthy foods.

[Read more:](#)

Guidelines for Competing Internationally

By Lindsay Mintenko, USA Swimming National Team Managing Director

This summer, USA Swimming is sending four international teams around the world to represent the USA in international competition. Having been there myself, this is quite an honor. Being able to wear the American flag on your cap is one of the greatest memories I have from my swimming career, an honor that should never be taken for granted. This summer athletes will compete in Korea, Canada, Russia and Singapore, all countries that are rich in history and culture. When you are representing the U.S., your school, your club, your family and your town, it is important to remember how you are perceived around the world.

1. Always respect the country you are visiting. Take the time to research their cultures so you do not offend or disrespect the country you are visiting. Be respectful.

2. Be grateful for the opportunity you have been given to represent your country. You are a part of an international team because you worked hard and earned it. However, not

everyone gets this opportunity. Be appreciative.

3. Act humbly. You will be the center of attention representing the USA while you are traveling. It is okay to be proud that you are there, but remember all eyes are on you and you are representing a lot of people. Be humble.

Traveling internationally can be a blast, but can also be very challenging. You are expected to swim at your best ever and you will not have the same amenities you are used to at home. Prepare yourself to swim fast under any conditions, and you will rock it!

Historic Swimming Moment

53 Weeks until Trials (as of Sunday)

In 1981, Mary T. Meagher established world records in the 200 fly (2:05.96) and the 100 fly (57.93) at the U.S. Long Course National Championships in Brown Deer, Wisconsin, both of which lasted nearly two decades. Her 200 fly time was rated as the fifth-greatest single event performance of all time by Sports Illustrated magazine. Mary's 100m record was broken by Jenny Thompson (U.S.A.) in 1999 and her 200m record fell to Susie O'Neill (Australia) a year later.

[Video from International Swimming Hall of Fame Archive](#)

Discounted Rental Cars

We have added the Enterprise and National Car Rental Programs to www.usasmarketplace.com.

It is under Club Insurance/Benefits-Travel-Rental Car Discount.

Olympic Trials Update

By USA Swimming Stats

There are currently 957 swimmers qualified for the Trials. Check out the updated event by [event qualifiers lists](#):

Accountability and Legacy: 5 Questions to Ask

By John G. Miller, QBQ

Legacy.

A medium-sized word with a very big meaning—and a tad too heavy for me. I prefer “trail of impact.”

Like a ship at sea, we all leave an impact in our wake as we interact with colleagues, friends, neighbors, customers, vendors, and family. The key question is this:

Am I leaving a positive or negative trail of impact?

[Read more:](#)

Letter from a Volunteer Coach

Submitted By Kelly Beamish on Monday, June 01, 2015

"Today I heard a comment made about me behind my back. I started to turn around and look, but then decided better of it and kept my eyes on the field.

My wife hears things like this more often than I do, because many of you don't know who she is. She tells me what you say. I have received... angry emails, full of "suggestions," about who should be playing where and how I... lost that day's game for the kids. I thought I'd write an open letter to all of you parents, even though I might never send it. I'll start it this way: "I am a volunteer."

I'm the one who answered the call when the league said they didn't have enough coaches. I understand that you were too busy. I have some news for you. I'm not retired. I'm busy too. I have other children and a job, just like you do. Not only do I not get paid to do this – it costs me money. I see you walk up to the game 15 minutes after it started, still dressed for work. Do you know I've already been here over an hour? Imagine if you had to leave work early nearly every day. I've never seen you at a practice. I'm sure you're plugging away at the office. But I'm out here, on the field, trying my best to teach these children how to play a sport they love, while my bank account suffers.

[Read more:](#)

