



## In this Newsletter

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## Dear Coaches,

### Quote of the week:

**"It is good to dream, but it is better to dream and work. Faith is mighty, but action with faith is mightier."**

~Thomas Robert Gaines

## USA Swimming Launches SwimJitsu as Fun, New Introduction to Swimming!

SwimJitsu combines the spirit of Wipeout and American Ninja Warrior for the ultimate youth competition for swimming ninjas ("Swimjas"). Competitors will battle their way through 10 obstacles on an inflatable course using speed, endurance and swimming skills to become a SwimJitsu master!

The goal of SwimJitsu is to be the link between kids who have taken swim lessons, but haven't joined a team. USA Swimming clubs will be on-site at the venues to provide tips, identify kids with an interest in swimming and invite them to into a team to improve their skills.

SwimJitsu will make an eight-city nationwide tour this summer, over a nine-week stretch. The sites and dates include:

- Denver, CO – Saturday, June 13
- Phoenix, AZ – Saturday, June 20
- Orange County, CA – Saturday, June 27
- Indianapolis, IN – Saturday, July 11
- Chicago, IL – Saturday, July 18
- Minneapolis, MN – Saturday, July 25
- Boston, MA – Saturday, August 1
- Atlanta, GA – Saturday, August 8

At each daily event, there will be multiple, two-hour sessions for participants to attempt unlimited runs on the course. Each timed shift requires a registration. Awards will be given at the end of each wave for the best times per age group. There will also be four ninja-themed swimming games for competitors to practice their newfound abilities. Advance registration is \$20 per two-hour block per person, and \$25 at the event site.

### How can your club get involved in SwimJitsu?

1. **Host an Event:** We are currently accepting facility bids for the event. To submit a bid check out the requirements and [application here](#).
2. **Set-Up a Booth:** Looking for new members? USA Swimming Club representatives will have free booth space at events to speak to the prospective families, pass out flyers and brag about club accomplishments in and out of the pool
3. **Spread the Word:** Send the SwimJitsu link to your members and encourage them to sign up with their friends!
4. **Update Your Club's Information on SwimToday.org!** Can't make it? We will be encouraging participants to search for swim clubs in their area by visiting SwimToday.org! Make sure your club's profile stands out by updating your information on SwimToday.org! It's FREE and easy to do!

Questions?

Contact [swimjitsu@usaswimming.org](mailto:swimjitsu@usaswimming.org)



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## Scholastic All-American Now Accepting Application

NO late applications will be accepted.

- The only method for application will be the online application on the USA Swimming website.
- Applicants will be required to have a USA Swimming account.
- Qualifying pool times for the applicant will be validated through the Times on the USA Swimming website (time MUST be in the SWIMS database).
- Applicant will be required to have a TRANSCRIPT for the COMPLETE academic year available for uploading to the application.
- Applicant must have been a member at the time of the swim and a current member when applying for the 2014-15 SAA team.
- Applicant must have all application documents completed by August 15, 2015. Late applications will NOT be accepted or considered.

[For more information and to apply here:](#)

## Sport Psychology: Game Plans, Battle Plans, Business Plans

By Dr. Jim Bauman, Sport Psychologist

In the [previous article](#), seven strategies were briefly introduced. The first strategy is having a PLAN. Call it what you want – game plan, battle plan, business plan -- any of these work. I choose plans instead of goals. Goals tend to address aspirations at different points in time. Somewhat like those “connect-the-dot” pictures many of us played with when we were young. More specifically, goals represent the “dots,” but the lines that connect the dots are the plans, and the plans are what make the aspirations happen! To complete the picture, you need “dots” and you need “lines.” But just like when we were kids, the trick in completing the picture is making the lines. I am most interested in HOW you get from point to point (your plans). Remember, I also introduced the idea of a “pit crew” and how all of those around you support you in your aspirations and your plans. Include all of your “pit crew” members in putting your plans together.

[Plans include:](#)

## Five Tips for Adapting to International Travel

By Dan McCarthy, USA Swimming High Performance Consultant

This summer USA Swimming will be represented across the globe by our athletes. Russia, South Korea and Singapore are just some of the countries where they will be competing. Helping the athletes adapt to the time changes and prepare for training and competition has always been important, but the large number of trips and athletes this summer has made it a priority. Tips and ideas for comfort during long plane trips is readily available, but targeted advice about preparing to compete at a high level internationally after crossing multiple time zones is scarce.

- 1.Set your watch to your destination time zone as soon as you board the plane. Be aware what the time is at the destination, so a plan can be made for the flight. Will the flight be during the nighttime at the destination? If so, sleep during the flight. If the flight coincides with daytime at the destination, try hard to stay awake.
- 2.Staying awake is as important as getting sleep. If air travel is taking place during the daytime hours at your destination, make an effort to stay awake. Get up and walk around, play video games or watch movies, and/or have a cup of tea or coffee during the flight.
- 3.Melatonin is not recommended. Some laboratory studies have shown that Melatonin can decrease jet lag and improve sleep, but the timing of ingestion is crucial and the quality of the Melatonin is imperative. Unfortunately, the current state of the supplement industry in the United States makes it impossible to rely on an internet or nutrition store purchase for quality.

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4. Light exposure and avoidance is a powerful tool. Depending on the direction of the travel (east or west) and the number of time zone changes, manipulating exposure to light and dark can help adapt to the new time zone. For more details please see pages 232-233 in *Sleepiness: Causes, Consequences and Treatment* (Reilly, T., Atkinson, G & Waterhouse, J). Getting in-sync with the local light-dark cycle at the right time can really help the body clock adapt; however, exposure at the wrong time can actually delay the process.

5. Taking naps can be useful; but only with the goal of accounting for lost sleep. Daily naps that avoid exposure to light and hamper nighttime sleep are not advised, and will prolong the time it takes to adapt to the new time zone.

For almost all trans-Atlantic and trans-Pacific travel, the time zone change will be at least six hours. Performance and motivation at practice during the initial 24-48 hours after arrival will be at their lowest points. However, by following a few tips and being aware of the time difference, an athlete's performance and motivation should be expected to improve every day.

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## **Land-Based Strength and Conditioning for Swimming**

**By Chat Williams, MS, CSCS,\*D, CSPS, NSCA-CPT,\*D, FNCSA**

Incorporating land-based strength and conditioning into a training regimen can give the swimmer a competitive edge. As with every sport, there are sport-specific exercises or movements the athlete should perform in order to mimic the specific event or activity they are trying to improve.

This article provided courtesy of the National Strength and Conditioning Association (NSCA).

[Read it here:](#)

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## **Help, My Child is a Late Bloomer: 5 Tips for Overcoming the “Relative Age Effect” in Youth Sports**

**By John O’Sullivan, Changing the Game Project, May 2015**

“Here is my question,” a mother concerned with her 10 year-old son’s sports experience recently wrote me. “I am not afraid that my son will quit sports by the time he is 13. I am afraid that he will be denied the opportunity to play. My son is coordinated and coachable. He LOVES sports; we can’t even have a conversation without throwing a ball back and forth! He is not, however, tall, strong or fast. He is young in his class. His father was a late bloomer.”

Sound familiar?

I get all kinds of emails from parents wondering what to do with their son or daughter who is a late bloomer. They see their child struggling not because of a lack of skill, but because he is falling behind physically simply due to being the last kid to grow and mature. Anyone who has been around a team of 13 year-old boys knows that some of them look like 10 year olds, and some are young men. We’d never have our U10s play our U15s, but that is often what happens in middle school aged sports!

These differences are all part of the “Relative Age Effect” in youth sports.

[Read more:](#)

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## **Public Pools Banning Underwater Breath-Holding**

**By Laura Godlewski, Athletic Business, June 2015**

Public swimming pools across the country are banning prolonged breath holding due to condition called hypoxic blackout, or shallow water blackout, which can lead to drowning. It's a topic AB first explored in 2006.

Shallow water blackout happens when a person attempts to swim underwater for an extended amount of time, typically to build endurance. In order to go a long distance underwater, swimmers will often take several deep breaths, which causes the levels of carbon dioxide in the blood to fall. Once the swimmer is underwater, the carbon dioxide levels don't rise quickly enough to signal the brain to breathe, oxygen levels go down, and the swimmer faints underwater and drowns.

[Read more:](#)

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## **Deconstructing Mistakes**

**By Trevor Ragan Train Ugly, May 27, 2015**

Mistakes are so valuable in the learning process.

Yet we...

Punish them, try to avoid them, are discouraged by them.

[This will hopefully help change that:](#)

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## **Advice To Sports Parents From Basketball Coach Steve Kerr**

**By Steve Kerr, Coach, Positive Coaching Alliance**

In this clip, Kerr talks about his advice for sports parents. He starts by sharing a bit from when he was a young athlete, including his temper tantrums around poor performances. His parents would watch the games quietly and not say anything until he had calmed down. Then they would approach him and try to teach him to change behaviors.

This influences his advice to sports parents to keep calm and quiet in the heat of the moment, avoid coaching from the stands and support their children learning life lessons through sports.

[Watch here:](#)

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## **Leadership Coach®:Appreciating Our Protectors**

**By Peter Burwash, Author, Coach, Sportstravelmagazine.com, May 2015**

In Ancient India, it was written that each person has a propensity toward a certain kind of endeavor in life. There were the philosophers/teachers- or, as we know them in the sports world, coaches. Then there were the protectors, known today as the police, firefighters and military. The third group was the merchants, or business people as we know them today. Finally there were the workers, those who do manual labor.

All of these groups have a place in making society function. I am often asked which I consider the most important. I would choose the protectors. That became very clear while I was vacationing with my wife and two daughters in Fiji. While we were there. There was a coup and the rebels captured the police stations and military bases. Suddenly there weren't any protectors. If something went wrong, where would we turn for help? It was very discomfoting feeling.

What would people do if our police and military were disbanded? These people are leaders, and we are very lucky to have so many committed leaders taking care of us. Without their protection, the other three segments of society could not exist.

*The Leadership Coach provides inspirational thoughts on leadership in sports and business. The Leadership Coach is Peter Burwash, president of Peter Burwash International, a company that manages tennis instruction programs at top resorts in more than 30 countries around the world. The Leadership Coach can be reached at [LeadershipCoach@SchneiderPublishing.com](mailto:LeadershipCoach@SchneiderPublishing.com) and his books are available through the SportsTravel Bookstore.*

