



In this Newsletter

Volume 29 - 07/17/2015

1. Hot Fun in the Summertime
2. Swimming Presidents: Kennedy, Ford, Reagan
3. Get creative with your Swim-a-Thon™!
4. 2015 ASCA World Clinic
5. Turn Ripples Into Waves
6. A Formula for Powerful Personal Growth: 2 – 1 = 3
7. Kids of Helicopter Parents Are Sputtering Out
8. Slump Busting: Overcoming Performance Slumps in Competitive Sports
9. An Uncommon Man: Life Lessons from a True Sporting Role Model
10. Parents Of World-Class Athletes Reveal Secrets To Raising A Superstar

Dear Coaches,

Quote of the week:

“Your attitude...reflects your past, describes your present, and predicts your future.”

~unknown

Hot Fun in the Summertime

The Chuck Wielgus Blog

I'm heading off to Toronto this weekend for the Pan American Games. Outside of the Olympic Games and the Asian Games, this is the biggest multi-sport competition in the world. 6,000 athletes from the 41-member nations of the Pan American Sports Organization will be in Toronto competing in 37 different sports.

Team USA will be comprised of 632 athletes, and this includes 36 swimmers; 18 men and 18 women. When you add in team leaders, coaches, managers, medical personnel and USOC & NGB staff it's an enormous delegation. While the Pan American Games do not receive the media attention that it did several decades ago, the event has always been an important competition for USA Swimming.

The year prior to the Olympic Games is always a big one for USA Swimming. We send three entirely separate teams to three major international competitions. In addition to the Pan American Games, there are the World University Games (WUGS) in Gwangju, Korea, and the FINA World Championships in Kazan, Russia.

[Learn more:](#)

Swimming Presidents: Kennedy, Ford, Reagan

By Phillip Whitten, Guest Blogger

Nearly a century passed after the first swimming president, John Quincy Adams, took his final stroke in the Potomac as president and the next fitness swimmer, Teddy Roosevelt, moved into 1600 Pennsylvania Avenue. But in the last 80 years, there has been a deluge of swimming presidents. In fact, at least seven of the 13 American presidents since 1935 could swim and most of these did swim to relieve stress, and, more generally, for fitness and health.

In chronological order, the Aqua-Fit Seven include Franklin Delano Roosevelt, Harry S. Truman, Dwight D. Eisenhower, John F. Kennedy, Gerald Ford, Ronald Reagan, and George W. Bush. We can probably add Barack Obama to that list too. Though I've never seen photos of him swimming, he body surfs with excellent form, and you simply can't catch a wave without being able to swim well.

[Learn more:](#)





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Get creative with your Swim-a-Thon™!

Sandpipers of Nevada, the longest running year-round swim club in Southern Nevada, hosted their USA Swimming Foundation Swim-a-Thon™ at Wet'n'Wild Water Park in Las Vegas in May for the second year in a row. The team has held Swim-a-Thon™ fundraisers for over 15 years, but last year they decided to switch things up. The coaches opted to hold the event in Wet'n'Wild's lazy river as a fun alternative to the traditional lap pool so they could bring friends and family together for a full day of action, all while raising money for the team. Participants not only enjoyed the water park while they counted their laps in the lazy river. They also received day passes to the entire park, so they could spend the day enjoying all kinds of water fun with their friends and family. If that weren't incentive enough, the team came up with other fun ways to elevate the friendly competition. One coach agreed to dye her hair purple if her group won. Her hair is now purple. Follow in the Sandpipers' footsteps and look for some interesting ways to vamp up your Swim-a-Thon™!

If you don't already host one, visit our website at www.usaswimmingfoundation.org/swimathon to find out how to register your team for a USA Swimming Foundation Swim-a-Thon™.

2015 ASCA World Clinic

The American Swimming Coaches Association World Clinic is Sept. 8-13 at the Cleveland Renaissance Hotel, with an amazing lineup of speakers including Eddie Reese, Bob Bowman, Frank Busch, Jon Rudd (coach of the Olympic Champion in the 100 breast) Bill Sweetenham, Wayne Goldsmith, Todd Schmitz (coach of Missy Franklin) Ernie Maglischo, Beth Winkowski (2014 Age Group Coach of the Year), Don Heidary, Jim Richardson and 35 other coach speakers with presentations about age group and senior swimming, Masters Swimming, High School Swimming and dryland training. National Team Director Frank Busch will also announce the 2016 Head Olympic Coaches during his presentation and they will provide brief presentations as well.

Below are LINKS to both information and registration pages for the world clinic and hotel registration.

Registration remains open through the dates of the clinic but you will save money by registering before the end of July.

Links for the 2015 ASCA World Clinic:

[Information/schedule:](#)

[Registration:](#)

[PDF of registration form:](#)

Turn Ripples Into Waves

By Chloe Sutton, Blog, July 9, 2015

Several years ago, a sport psychologist told me to go into my room and take down my goal times. My goals had become an unhealthy obsession that had blinded me to any progress and even limited my achievements. All of my attention was on the end result instead of creating a process to get there. I was setting a goal and setting my limitations. Throughout the past few years, I have rebuilt my process and created a better goal setting system that has allowed me to put a road map to success on my wall instead. It allowed me to reach higher levels of achievement and enjoy the process so much more. I want to challenge you to put a new system in place that allows for endless potential and constant growth! (I lay out this system in terms of swimming, but this process can be applied to anybody and anything.)

Goal setting is a practice nearly everyone does. However, it is not always the most efficient system for reaching your potential and it can have a limiting effect. Done incorrectly, you'll never be able to reach past your goal.

[Learn more:](#)

A Formula for Powerful Personal Growth: 2 – 1 = 3

Posted by John G. Miller, QBQ Author

Pruning: “to remove unneeded branches or limbs; to trim; to clear the undesirable”

It might be the most common metaphor of all time, but it works. In the collage above:

Image One: Our upside down Mulberry tree, appearing dead. <http://qbq.com/accountability-5-steps-to-powerful-personal-growth/>

Image Two: Two days after intense pruning.

Image Three: One month later, we have the healthiest Mulberry tree evah!

Pruning trees works. It also works for people—if we let it.

So often, though, the “undesirable” in us doesn’t get trimmed away because when someone tells us, “You really need to change!” we respond with ...

DEFENSIVENESS.

In my early thirties, an older fella told me, “You’re a defensive young man.” As I stood there glaring back at him with my arms crossed, I said something like, “THAT ISN’T TRUE! I AM NOT DEFENSIVE!”

My body language and reaction proved his point.

As longtime parents and authors of Parenting the QBQ Way, Karen and I have noticed defensiveness in dads and moms. When it comes to raising kids, there’s a real “pride of ownership” that engenders parental responses such as, “DON’T TELL ME HOW TO RAISE MY KID!!!”

Defensiveness, of course, doesn’t exist only in regards to parenting.

Where does our need to defend come from?

[Read more:](#)

Kids of Helicopter Parents Are Sputtering Out

By Julie Lythcott-Haims, Slate.com

Recent studies suggests that kids with overinvolved parents and rigidly structured childhoods suffer psychological blowback in college.

Excerpted from *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success* by Julie Lythcott-Haims, out now from Henry Holt and Co.

Academically overbearing parents are doing great harm. So says Bill Deresiewicz in his groundbreaking 2014 manifesto *Excellent Sheep: The Miseducation of the American Elite and the Way to a Meaningful Life*. “[For students] haunted their whole lives by a fear of failure—often, in the first instance, by their parents’ fear of failure,” writes Deresiewicz, “the cost of falling short, even temporarily, becomes not merely practical, but existential.”

Those whom Deresiewicz calls “excellent sheep” I call the “existentially impotent.” From 2006 to 2008, I served on Stanford University’s mental health task force, which examined the problem of student depression and proposed ways to teach faculty, staff, and students to better understand, notice, and respond to mental health issues. As dean, I saw a lack of intellectual and emotional freedom—this existential impotence—behind closed doors. The “excellent sheep” were in my office. Often brilliant, always accomplished, these students would sit on my couch holding their fragile, brittle parts together, resigned to the fact that these outwardly successful situations were their miserable lives.

[Learn more:](#)

Slump Busting: Overcoming Performance Slumps in Competitive Sports

By Dr. Jim Taylor, Sport Psychologist, Prime Sports, July, 2015

Performance slumps are one of the most common, yet mysterious, phenomena in sports. Typically viewed as unexplained drops in performances, slumps are a source of concern for athletes and coaches. Despite its visible place in the collective psyche of the athletic community, little is known about the causes or cures for performance slumps. As a consequence, this article will look at how athletes and coaches may prevent, identify, and overcome slumps.

What is a Slump?

[Learn more:](#)

An Uncommon Man: Life Lessons from a True Sporting Role Model

By John O'Sullivan, Changing the Game Project, July 2015

Back in the summer of 2000, I was just completing my first year as an assistant men's soccer coach at the University of Vermont. Between sessions of summer camp, I often ducked out of the heat by having lunch in the cool confines of UVM's famed Gutterson Field House, watching some of the planet's best ice hockey players playing summer pickup games. Olympians and NHL champions such as John LeClair, Aaron Miller, Tim Thomas, and Patrick Sharp honed their skills in these games, and I had quite the front row seat.

Yet in the summer of 2000, there was a player who not only caught my attention for what he did on the ice, but what he did off it.

He was not an NHL star. In fact, at the age of 25, he had just been released by the Calgary Flames. All the experts had deemed him not worthy, after trying for years to change his game to a more "NHL style" game. He was an undersized forward without a team, and it looked to everyone that his hockey career might be over.

Everyone, that is, except to the person who mattered most: HIM!

[Learn more:](#)

Parents Of World-Class Athletes Reveal Secrets To Raising A Superstar

By Jeff Eisenberg, The Turnstile, Yahoo Sports, June 22, 2015

At the height of his pursuit of a spot on the 2000 U.S. Olympic team, the boy who would one day become the world's most decorated swimmer approached his mom with an impractical idea.

Michael Phelps wanted to take a sabbatical from swimming to try out for his high school's football team.

Chasing swimming glory sometimes became a lonely quest for Phelps in those days because it required sacrifices other teenagers didn't have to make. Seldom could Phelps carve out much time for his friends because his coach insisted he spend six or seven afternoons a week in the pool grinding through grueling training sessions.

Phelps' desire to play high school football was an attempt to reclaim some semblance of normalcy since many of his buddies were on the team, but his mother helped him recognize dedicating himself to a second sport made little sense when he had a chance to be world-class in the first one. By the time Phelps was a freshman in high school, he was already smashing national age-group records and outperforming older competitors.

"When he told me he wanted to play football...

[Learn more:](#)

