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Dear Coaches,

Quote of the week:

“Tomorrow you will become what you choose today. Choose your Attitude wisely.”
~Unknown

New Tool To Help Teams-SwimStaffSelect

Swim Staff Select (www.swimstaffselect.org) is a Web-based cloud application (app) that helps you screen applicants for staff and volunteer positions at your swim club. Using Swim Staff Select, you can create position descriptions, job postings, job applications, reference checking scripts, and interview scripts. . You can also communicate with applicants and review applications.

- Swim Staff Select is a free member service available to all member clubs
- Swim Staff Select is the result of a year-long partnership with the Non-Profit Risk Management Center. CEO Melanie Lockwood Herman previewed the tool at the 2014 USAS Convention and the 2015 Safe Sport Leadership Conference.
- Swim Staff Select evolved as a result of the 2014 Vieth Report which recommended that USA Swimming expand its pre-employment screening program to include a written application, personal interview and written acknowledgment of the code of conduct pertaining to child protection and to develop tools to assist clubs in the hiring process

[User guide available here:](#)

2015 Legislation Packet for Convention

The Rules and Regulations Committee has completed its initial review of proposed rule changes and posted the 2015 legislation packet to the [website at this link:](#)

These proposals will be acted on by the House of Delegates at the 2015 USAS Convention in Kansas City.

Top Tips for Fighting Fatigue

By Chris Rosenbloom//PHD, RDN, CSSD

A teen swimmer recently asked about fatigue, and if her diet could be contributing to poor recovery. She swims about nine practices a week. She eats 20 grams of protein after each practice, but is having a hard time recovering for the next swim practice.

Protein is important after workouts, but carbohydrate is equally, if not more, important. I hear too many swimmers say they are shunning carbs after reading a story in a magazine or on the Internet that carbs are bad. I think this misinformation flows from a poor understanding of how active muscles use fuel and how they recover after a hard workout. (Plus, the articles on carbs are usually targeted to overweight, inactive people who want to lose weight.)

Muscles use carbohydrate for fuel. The carbohydrate can come from food or drink



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(“exogenous”) or stored in the muscle as glycogen (“endogenous”). Body stores of carbs are limited so developing an eating plan to have enough carbohydrate in the body to meet the demands of the workout is important. Researchers call that “carbohydrate availability.” To make sure you have enough carbs to promote optimal training and recovery, try these strategies:

[Learn more:](#)

**What Will Your Aquatic Center Look Like?
Will it be functional and sustainable?**

What: Regional Build a Pool Conference

Date: September 12th & 13th, 2015

Where: The Renaissance Hotel, Cleveland, OH. in conjunction with the ASCA World Clinic.

[Register NOW](#)

To date we estimate these conferences have been an important part of over 65 new facilities being commissioned. They have also played a supporting role in over 100 additional projects. Our professional providers have played a major part in these successes. Attendees receive a 4 gig flash drive with all materials presented plus lots of supporting information.

- The format offers information about:
- Programming pools for financial sustainability
 - Renovating and upgrading/changing existing pools
 - Expanding or adding on to pools
 - Designing and building new facilities

[Learn more:](#)

**You Don't Have to be an American President to Swim
By Phillip Whitten, Guest Blogger**

In the first three articles of this series, we recounted how many American presidents – from John Quincy Adams to Teddy Roosevelt to Ronald Reagan – have swum on a regular basis to enhance and maintain their good health and to relieve the tremendous stress under which they must work every day. But, of course, you don't have to be a president to be a swimmer. This article, the fourth and final one in this series, takes a quick look at one very prominent American who, though he was held in the highest esteem by his countrymen, never ran for president: Benjamin Franklin.

Franklin is unquestionably the most extraordinary of a generation of extraordinary men, often referred to as America's “Founding Fathers.” A few years ago, USA Swimming officially recognized the renowned polymath as the “Father of American Swimming.” It was an honor he richly deserved. Not only did the politician-statesman-scientist-inventor-journalist-printer-author and social innovator swim on a daily basis for his health, he also is recognized as the inventor of hand paddles and kick paddles, which he created at the age of 11.

[Learn more:](#)

- [Part 1:](#)
- [Part 2:](#)
- [Part 3:](#)

Swim-a-Thon™ Fundraising Tips For Financial Success!

When it comes to hosting successful a Swim-a-Thon fundraiser, Rose Bowl Aquatics, Sandpipers Swim Team and Sunkist Swim Team all have it down to a science.

These teams have consistently hosted successful Swim-a-Thon's which have significantly improved their fundraising results!

What is the secret to their continuing success?

- Create contests for each age group that raises the most money. The Sandpiper's Swim Team had a coach who agreed to dye her hair purple if her age group won...her hair is now purple!
- Rose Bowl Aquatics added an online giving component to their fundraiser and as a result, they have surpassed their annual fundraising goals every year since.
- It's a great way to earn money for the team and easy for each swimmer, no matter their level, to do their part to help out. It's also "swim related" and not something other sports and groups are doing so it has an appeal and uniqueness in fundraising for youth activities.
- The Sandpiper's use TeamUnify to help with the collection of donations. It eliminates excessive paperwork and allows swimmers to fundraise more easily!

Start slow by choosing just one or two of their ideas to implement into your next Swim-a-Thon fundraiser and tell us how it goes! Send and share your event stories and photos via social media using #USASwimAThon

Brain Possibly The Biggest Beneficiary Of Exercise

By Julie Deardorff, Dallas Morning News and Chicago Tribune, July 13, 2015

Exercise tones the legs, builds bigger biceps and strengthens the heart. But of all the body parts that benefit from a good workout, the brain may be the big winner.

Physical fitness directly affects our mind and plays a crucial role in the way the brain develops and functions. Moreover, exercise is linked to brain changes throughout all stages of life, beginning in infancy and lasting through old age.

[Learn more:](#)

Stoplight Theory of Improvement

By Mike Neighbors, University of Washington

This article was written by University of Washington women's Basketball Coach Mike Neighbors and shared with his permission.

I have made slight editing changes to adapt the message to all professions, not just basketball coaching.

If you want to download the original pdf, you can click here: [STOPlight Theory](#)

I hope you can find a few ideas from the list that you can apply. In Mike's words" "All of these things are just examples to choose from... You could NEVER do them all so don't try..."

A good way to get started is to select one idea from each color (or come up with one that fits for you) to focus on throughout the day.

If you find the article useful, please use one of the social sharing icons at the left of the

article on a desktop or laptop, or at the top of the article on mobile devices.

THINGS I AM GOING TO STOP DOING:
THINGS I AM GOING TO CONTINUE DOING:
THINGS I AM GOING TO START DOING:

[Learn more:](#)

Empty vs. Specific Praise

By Kelly Kratz for Positive Coaching Alliance, May 15, 2015

Kelly is former basketball coach now youth sports parent, discusses how to properly deal with players' successes and failure. Visit positivecoach.org for more information.

[Watch video here:](#)

Study Says Rude Teens Become Rude Adults

By Amy Morin, Teens Expert, at aboutparenting.com, July 2015

Whether it's eye-rolling or backtalk, parents often excuse disrespectful behavior by saying, "Well you know, he is at that age." And unfortunately, many teens get a free pass to be rude.

But new evidence shows that rude behavior during adolescence might not be a passing phase. A rude teenager is at high risk of becoming a rude adult.

Rude Teens Don't Outgrow Their Behavior

A 10-year study from the University of Virginia found that teenagers who are especially argumentative, rude, and prone to pressuring others fail to outgrow their rude behavior.

[Learn more:](#)

