



In this Newsletter

Volume 5 - 01/30/2015

1. The Chuck Wielgus Blog: Five Things to Watch in 2015
2. So You Want To Make The Olympic Team?
3. Five Strategies to Make Sure Young Swimmers Get Enough Protein
4. Top Food Mistakes Made by Swimmers
5. Why 'Bullying' Is the New 'Little Boy Who Cried Wolf'
6. Staying Tough During The Mid-Season Doldrums
7. Innovation Leadership Lessons from the Marshmallow Challenge
8. Sport for All: Play for Life
9. The Only Six Words Parents Need to Say to Their Kids About Sports—Or Any Performance
10. Three Different Success Qualities for Leaders



Dear Coaches,

Quote of the week:

“When your life is possession centered, the important thing is what you have; when it is principle centered, the important thing is who and what you are.”

~Nido Qubein, president of High Point University

The Chuck Wielgus Blog: Five Things to Watch in 2015

The New Year always brings the opportunity for a fresh start. We clean off our desks, reorganize our closets, and make resolutions. One of the most important parts of my job as USA Swimming's executive director is to always be looking ahead to the future. As we roll into 2015, here are five things that I'll be watching very closely.

[Read more:](#)

So You Want To Make The Olympic Team?

By Lindsay Mintenko, USA Swimming National Team Managing Director

I get this question all the time: “What do I need to do to make the Olympic team?”

Besides working your tail off, being incredibly dedicated and talented, there are a few other things that will get you to Rio in 2016.

Check out the 2016 Olympic Trial qualifying times. For motivation, you should print them and post them on your bathroom mirror. Seeing your goals every morning will be a great inspiration.

As for actually making the team, [here is your list of must-haves:](#)*

Five Strategies to Make Sure Young Swimmers Get Enough Protein

By Jill Castle, MS, RDN is a childhood nutrition expert and co-author of *Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School*

Protein is a nutrient everyone in the sports world talks about, from boosting it in the diet to eating the right types.

Protein certainly plays an important role in the young swimmer's diet. For one, it has a starring role in growth, supporting the building of new tissue.

Protein also lends a hand in muscle repair. During intensive exercise, muscles work hard and break down. Protein, and the amino acids that make up protein, help repair muscle damage and support muscle growth.

Most nutrition experts agree that getting protein from food is the ideal strategy for growing athletes. But some athletes (and their parents) worry that their swimmer isn't eating enough.

Rest assured, most young athletes get plenty of protein in their diet from the food they



Randy Julian
 Sport Development
 Consultant
 Central Zone
 USA Swimming

[719-866-3578](tel:719-866-3578) [719-866-3578](tel:719-866-3578)
 Direct

[719-440-2421](tel:719-440-2421) [719-440-2421](tel:719-440-2421)
 Cell
[719-866-4669](tel:719-866-4669) Fax

[719-866-4578](tel:719-866-4578) [719-866-4578](tel:719-866-4578)
 Office
 1 Olympic Plaza
 Colorado Spring, Colorado
 80909
[email](#)

Sponsored by:

eat. In fact, studies show that most young athletes eat 2-3 times more protein than they need. However, swimmers who diet or follow a vegan diet may fall short on good protein sources.

Getting enough protein isn't the only issue for athletes, though. The timing of when protein is eaten matters also. For example, spacing protein evenly across the day is ideal for making sure protein is available to the body when needed. And, eating a source of protein within 45 minutes of a grueling workout is linked to improved muscle repair.

Here are some fail-proof strategies to ensure swimmers get enough protein, and at the right times:

[Read more:](#)

Top Food Mistakes Made by Swimmers

By Chris Rosenbloom, PhD, RDN, CSSD

I have been a nutrition consultant to hundreds of athletes over the past many years. From high school to professional athletes, I see the same mistakes time and time again. This year, let's learn from these mistakes and correct them to help make you the best swimmer you can be.

[Read more:](#)

Why 'Bullying' Is the New 'Little Boy Who Cried Wolf'

By Signe Whitson, Author; Child and adolescent therapist, Huffington Post, January 22, 2015

As bullying continues to be a hot topic for coaches, athletes, and parents, I wanted to pass along this excellent article that makes a clear distinction between bullying behavior and rudeness or meanness.

[Please take the time to read it!](#)

Staying Tough During The Mid-Season Doldrums

By Dr. Alan Goldberg, Competitivedge.com

THE PROBLEM – A MOTIVATIONAL CRISIS

The days are so much shorter now. It gets dark so early, and, if you're living in certain places around the country, like I am, it's also gotten pretty darn cold. Burrrrr!

The thought of having to drag yourself out of a nice warm bed to go and freeze your butt off while training seems so painfully unappealing. This is the time of the season when it feels like you've been pushing yourself forever. You're tired, broken down and your motivation has done a disappearing act. You get up early, train, then go to school, train, then go to bed and then you have to turn around and do it all over again. Is this fun or what? It just seems so difficult to keep yourself focused, excited and working hard, set after set, practice after practice under these circumstances.

So what can you do to make the most out of these "dog days" of winter training when you are so tired and far-removed from the excitement of the taper meet? How can you keep yourself pushing forward and maintain a high quality of training when there is such a strong gravitational pull to quietly do just the opposite, to mentally slide into an unconscious, just-going-through-the-motions state?

[Read more:](#)

Innovation Leadership Lessons from the Marshmallow Challenge

By Scott Anthony, Harvard Business Review, December 9, 2014

Imagine a room filled with 30 people, divided into six teams. Each team gets 20 sticks of spaghetti, a yard of string, strips of scotch tape, and a single marshmallow. They have 18 minutes to build a free-standing structure that will enable the marshmallow to rest on top. This is the so-called marshmallow challenge, a staple of many design schools. It's a great way to teach the benefits of rapid prototyping. Our team at Innosight also uses it as a staple in leadership development workshops.

[Here's why:](#)

Sport for All: Play for Life

By The Aspen Institute, Project Play January 2015

A playbook to get every kid in the game

[Interesting report on getting and keeping kids in youth sports:](#)

The Only Six Words Parents Need to Say to Their Kids About Sports—Or Any Performance

By Brad M. Griffin, Fuller Youth Institute, February 2014

I'll be honest: I kind of hate a lot about kids' sports. It's one area where Kara and I hold different opinions. I'm the wet blanket in the office about everything from little league to major sporting events.

Mainly I get concerned about the ways our culture obsesses about kids' performance. All kinds of parental anxiety and dysfunction plays out on the sidelines and in the bleachers, and you only need walk to your local park to catch a glimpse for yourself. Sports have such potential to build character, perseverance, and skill. Sometimes they succeed, and other times coaches, parents, and mobs of hot-or-cold fans burn out or puff up kids in quite damaging ways.

[Read more at:](#)

Three Different Success Qualities for Leaders

By Kathy Garland, LinkedIn, January 25, 2015

In the past week, I've been discussing with some colleagues the concept of leading from the inside out. In other words, the outward actions of a leader are internally motivated.

People that lead from within usually have a sense of purpose and have a vision for the company that influences their approach to work. Here are three strategies you can see in internally motivated leaders. You can cultivate these skills easily to expand your abilities as a leader.

[Read more:](#)

© Kathy Garland, 2015