



In this Newsletter
Volume 11 - 03/14/2014

1. Katie Ledecky Nominated for Sullivan Award
2. Hiring Reminder
3. Women's 50 Freestyle: Should I Stay Underwater?
4. USADA Information Update
5. USA Swimming Coach Webinars Schedule
6. Build A Pool Conference
7. Use Your Free Board Source Membership to Access Free Webinars
8. Swimming Pool Chemical Safety
9. Be Humble and Hungry
10. Five Lessons about Youth Sports from an Athletic Prodigy



Dear Coaches,

Quote of the week:

“The one thing that’s common to all successful people: They make a habit of doing things that unsuccessful people don’t like to do.”

~Michael Phelps

Katie Ledecky Nominated for Sullivan Award VOTE NOW!

Olympic gold medalist and world-record holder Katie Ledecky has been named to the list of nominees in contention for the 2013 James E. Sullivan Award by the Amateur Athletic Union (AAU). The award honors those who excel in amateur athletics and includes a total of 19 individuals across the country ranging from Olympians to collegiate champions in a variety of different sporting events.

Ledecky joins the list as the youngest athlete among the 19 nominees. At just 16 years old, Ledecky produced one of swimming’s most remarkable seasons in 2013, compiling four gold medals at the FINA World Championships, five national titles, two world records and four American records. For her efforts she was recognized as the 2013 USA Swimming Athlete of the Year, 2013 FINA World Swimmer of the Year and Swimming World Magazine’s American and World Swimmer of the Year.

She also won USA Swimming Golden Goggle Awards for Female Athlete of the Year and Female Race of the Year. Additionally, Ledecky was honored for her character and leadership by being selected as the 2013 U.S. Olympic Committee Sportswoman of the Year.

At age 15, Ledecky was the youngest member of the entire U.S. Olympic athlete delegation at the 2012 London Olympics, winning the gold medal in the 800m free in her very first international and Olympic swim event.

Following that success, Ledecky returned to high school as an Olympic champion and in 2013 continued her extremely active role as a leader in her civic, athletic and academic communities.

Currently, she serves as an officer on her high school's Campus Ministry board, which plans and conducts liturgy and service opportunities for students. On select weekends, Ledecky joins a group of 25 fellow classmates who serve meals to the homeless at the Shepherd's Table shelter in Silver Spring, Md.

Also a frequent public speaker at local schools in the Washington, D.C., area, she works as a volunteer participant at Wounded Warriors Project events and is a student volunteer for Bikes for the World, which collects and repairs bicycles and delivers them to developing nations. Ledecky has also worked with the Help 2.0 project, which seeks to promote the construction of clean drinking water wells throughout the world.

In recognition of her many civic contributions, Ledecky became the youngest recipient ever of the John Carroll Society Medal from the Archdiocese of Washington and will be accorded the Greater Washington Urban League's Whitney M. Young, Jr. Achievement Award at the organization's gala later this month.

Ledecky is one of two Olympic athletes in the running for the 2013 Sullivan Award. David Boudia also serves as a nominee as a gold medalist in the London Games for the 10-meter platform diving competition.

Each athlete was selected based on their qualifications of demonstrating outstanding athletic ability, strong character, leadership and sportsmanship.



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](mailto:randy.julian@usaswimming.org)

Sponsored by:

The winner of the 2013 AAU Sullivan Award is determined by a point system; one-third of an athlete's overall score comes from public voting. Today marks the first day of voting in favor of supporting a desired winner. The public is encouraged to cast their vote by going to the AAU website. Voting remains open until March 23 at 11:59 p.m. Eastern.

After public voting concludes, three finalists will be announced no later than March 28. The final winner will then be presented at an awards ceremony on Friday, April 11 at the AAU National Headquarters in Orlando, Fla.

[To cast your vote for Leddecky, click here.](#)

Hiring Reminder

Under Article 502.6.8 of the USA Swimming rulebook, all clubs are required to comply with the USA Swimming Pre-Employment Screening Procedures for New Employees. This applies to all new employees who are required to be USA Swimming members under Article 305.4 and 502.6.4.

The pre-employment screening program requires clubs to certify to USA Swimming that they have conducted three required screens prior to offering employment to any potential employee. The three screens are (1) past employment reference checks; (2) verify the highest held level of education; (3) acquire a state motor vehicle report. Clubs are also encouraged to complete two optional screens: (1) social network search; and (2) google media search.

If you have additional questions or need more information please reference the [Pre-Employment FAQ](#) on USA Swimming's website or contact preemploymentscreening@usaswimming.org

Women's 50 Freestyle: Should I Stay Underwater?

By Katie Arnold, USA Swimming High Performance Consultant

It's no secret that European women are some of the best 50 freestylers in the world. One of the things that we as a staff have noticed is that most of these women stay underwater for at least 10 meters off the start. Despite this observation, we still get push-back from athletes who feel their underwater dolphin kicks are not strong enough to be a weapon, and would rather pop up and start swimming as soon as possible. I set out last month to find out if the data supports my belief that the underwater portion of the 50 freestyle is the fastest part of that swim. I looked at 10 of the top 12 women for 2011-2013, and used the three fastest races for which we had video for each. The chart below shows each swimmer's average speed (meters per second) for various parts of the race.

[Read more:](#)

USADA Information Update

The US Anti-Doping Agency (USADA) has a variety of resources available for coaches and athletes. Please share this information with your athletes and their parents along with a reminder to check the status of their medications and substances with USADA ([719-785-2000](tel:719-785-2000)

[719-785-2000](tel:719-785-2000) or www.globaldro.com). Follow USADA on twitter ([@usantidoping](https://twitter.com/usantidoping)) for additional information and articles.

USADA @usantidoping

The 2014 USADA Pocket Guide is now available. [Download today](#) or request [free hard copies ...](#)

1. USADA @usantidoping
2. Our 2014 wallet card provides a quick reference summary of WADA prohibited and not-prohibited [substances & methods](#). The @wada_ama Prohibited List went into effect Jan 1st. [Visit Prohibitive list](#) for info including changes and our Athlete Guide.

USA Swimming Coach Webinars Schedule

March 26- Pre-Team Spotlight: YMCA Somerset Valley

April 2- Club Excellence Wisdom Wednesday: Sarasota Sharks

April 16- MC Thomas

April 23- Eating Disorders- Kate Bennett

April 30- Scott Ward

May 7- Pre-Team Spotlight: Nitro Swimming

May 14- Jeff Pease

May 21- Rick Shipherd

May 28- Sports Medicine Series

June 4- Breaststroke- Russell Mark

June 11- Blaine Carlson

July 2- Club Excellence Wisdom Wednesday: Lakeside Seahawks

July 16- Pre-Team Spotlight: Sierra Marlins

July 30- Sports Medicine Series

August 6- Club Excellence Wisdom Wednesday: Nation's Capital Aquatic Club

August 20- Terry Stoddard

August 27- Pre-Team Spotlight: City of Midland

September 3- Club Excellence Wisdom Wednesday: Dayton Raiders

September 24- Pre-Team Spotlight: The Fish

[To get more information and to register for a webinar click here.](#)

Build A Pool Conference

For the 4th consecutive year USA Swimming's Regional Build a Pool Conference is being held in Chicago. It will be in conjunction with the ATRI National Aquatic Therapy Conference.

Have you ever thought about building your own aquatic business "your pools" ? There is a saying "because you can swim does not mean you can teach/coach swimming". Same goes for building and operating pool(s). The pool is the least difficult part of the whole project but everyone wants to talk about the pool first thing. That is really getting the cart before the horse. We want to help you stay focused and develop the best plan of action to succeed. Attending the Build a Pool Conference provides you with insight on exactly what "programming precedes design" means. You will get information on how to choose what size of pools are best for the area as well as how to calculate what they will cost to operate.

Any questions please email [Sue Nelson](#).

[Click link to register and to get more information on Regional Build a Pool Conference May 2nd & 3rd](#)

Use Your Free Board Source Membership to Access Free Webinars

By BoardSource

Use your free memberships to participate in these great educational webinars and Free material. Coaches please pass this information on to your board members.

How to activate your membership

It's simple! Just visit and complete the [membership registration form](#).

Widen your knowledge through our upcoming webinars and trainings!

[Orientation to BoardSource Free!](#)

Tuesday, March 11 | 2:00 – 3:00 p.m. ET

Learn how to optimize your member benefits.

[The Exit Agreement in Nonprofit CEO Transitions — What You Need to Know! Free!](#)

Wednesday, March 12 | 1:00 – 2:00 p.m. ET

Co-presented by BoardSource and The Nonprofit Quarterly

An exit agreement can be a critically important tool for navigating the departure of a CEO or founder. Join us to learn more about this tool, which has not been widely utilized by nonprofit boards up to now. Guests will include three national experts on succession planning and risk management — Tom Adams, Melanie Herman, and Tim Wolfred.

[Social Media and Your Nonprofit — Make It Work! Free!](#)

Tuesday, March 18 | 2:00 – 3:00 p.m. ET

If social media is just one more thing for your organization to do or something that is not being done particularly well, this webinar is for you. We'll share tips and strategies for simplifying the management of your social media venues.

[Building a Future-Friendly Board Free!](#)

Wednesday, March 19 | 2:00 – 3:00 p.m. ET

Presented by VolunteerMatch

Jennifer Holland of BoardSource and Shayla Price of the National Search Dog Alliance will share best practices for finding and engaging “future-friendly” board members.

[Exposing the Mystery of Social Media Success Free!](#)

Tuesday, March 25 | 2:00 – 3:00 p.m. ET

Take your social media efforts to a new level of success! We'll be discussing social media myths, how to engage your board and its committees in your social media activity, the benefits of hiring a digital communications consultant, and how to measure your success.

Swimming Pool Chemical Safety

By The Chlorine Institute, American Chemistry Council and CDC

This pool chemical safety video, intended for homeowners and commercial pool managers, outlines the safe use of pool chemicals. Produced by the Chlorine Institute and the American Chemistry Council, the video includes health and safety messages from the U.S. Centers for Disease Control and Prevention (CDC). For more information, visit us at [Chlorine Institute](#), [American Chemistry Council](#) and [CDC](#).

[For the video click here:](#)

Be Humble and Hungry

By Jon Gordon, Author, Speaker, March 9, 2014

I have found that two words are the key to a life and career of continuous improvement and growth. Whether you are just starting out and trying to make a name for yourself or you have achieved the pinnacle of success it's important to remember to be humble and

hungry.

BE HUMBLE

- Don't think you know it all. See yourself as a life-long learner who is always seeking ways to learn, grow and improve.
- See everyone as a teacher and learn from everyone you meet.
- Be open to new ideas and strategies to take your life, school and work to the next level.
- When people tell you that you are great don't let it go to your head. And when they tell you that you stink, don't let it go to your head.
- Be kind to everyone and let people know that they matter.
- Live with humility because the minute you think you have arrived at the door of greatness it will get shut in your face.
- Humility doesn't mean you think less of yourself. It just means you think of yourself less.

BE HUNGRY

- Follow your passion, continuously improve, and continue to dream.
- Seek out new ideas, new strategies and new ways to push yourself out of your comfort zone.
- Invest the time, energy, sweat and dedication to be your best and let God do the rest.
- Be willing to pay the price that greatness requires. Don't be average. Strive to be great.
- Become the hardest worker you know.
- Love the process and you'll love what the process produces.
- Decide to leave a legacy. Even at a young age it's important to think about what legacy you want to leave because knowing how you want to be remembered helps you decide how to live today.
- Don't focus on where you've been. Focus on where you are and where you are going.
- Make your life and work a quest for excellence. Every day ask how I can be better today than I was yesterday?
- Make your next work your best work.

As I share this advice my hope is that these words will move you to action. Regardless of your age, education or career status, if you stay Humble and Hungry everything else will take care of itself.

Humble and Hungry,

[-Jon Gordon @2014](#)

Five Lessons about Youth Sports from an Athletic Prodigy

By Dr. Jim Taylor, Prime Sports, March, 2014

Mikaela Shiffrin is, at only 18 years old, the top slalom ski racer in the world, the Olympic gold medalist in slalom in Sochi, and a veritable fount of lessons that athletes, coaches, and parents can learn from to help athletes achieve their competitive goals. After reading a profile of Mikaela in The New York Times recently (be sure to watch the videos in the article), I felt five more lessons crying out to be told.

With all due respect to Dan Coyle (author of The Talent Code) and other recent authors, "10 years 10,000 hours" isn't enough to achieve athletic greatness (BTW, here's a great rebuttal to that argument). It is abundantly clear that much of what makes Mikaela exceptional can't be taught. Early videos of her demonstrate a feel for the snow and a sense of balance that just isn't trainable. I'm going to argue that Mikaela is just wired differently than us mere mortals.

Of course, that inborn hard wiring wouldn't have been enough to take her to the top of her sport without the drive that enabled her to put in the long hours of training to master the physical, technical, tactical, and mental aspects of ski racing.

[Read More:](#)