

April 4, 2014



In this Newsletter Volume 14 - 04/04/2014

1. Bob Bowman on Shallow Water Blackout
2. Building Your Mental Toughness Toolbox: Surround Yourself with Faster Swimmers
3. Racing Start Instruction and Certification
4. Let's Get Ready for Rio: A 2016 Training Plan
5. USA Swimming Safe Sport Impact Award
6. Swim-A-Thon Update
7. Ticket Information for the 2014 Arena Grand Prix at Mesa
8. The Race to Nowhere in Youth Sports
9. The Relationship Between Physical Fitness and Academic Performance
10. Your Kid and My Kid Are Not Playing In The Pros



Dear Coaches,

Quote of the week:

"Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it."

~William James (1842-1910) American Philosopher and Psychologist

Bob Bowman on Shallow Water Blackout

Bob Bowman is best known for coaching the 18-time Olympic gold medalist Michael Phelps. Together with Cathy Bennett he discusses the very serious topic of Shallow Water Blackout. Even experienced athletes can become a victim of this tragic phenomenon where oxygen is deprived from a swimmer's system during practice which can lead to drowning. This insightful presentation will help to prepare even highly experienced coaches to provide a safer environment for their swimmers. Please visit [ASCA Online Education today to view this free presentation](#) and to browse their growing variety of educational topics.

Building Your Mental Toughness Toolbox: Surround Yourself with Faster Swimmers

By Dr. Alan Goldberg, [Competitivedge.com](#)

SURROUND YOURSELF WITH FASTER SWIMMERS TO TAKE YOUR PERFORMANCE TO THE NEXT LEVEL

So just what kind of an attitude do you have about your teammates and how fast they might be? Are you threatened by faster swimmers on your club or at meets? Are you plagued in practice by feelings of jealousy and resentment, especially for those teammates who consistently seem to out-pace you?

THE PROBLEM: Far too many swimmers mistakenly believe that faster teammates are a BIG problem which directly limits their own success. They see these faster athletes as the main cause of their own frustration and low self-confidence. Many would secretly prefer that these better swimmers change clubs so that they would then be able to move up and take their place in the number one spot. Don't kid yourself here. This attitude about those who are better than you is seriously self-limiting!

[Read more:](#)

Racing Start Instruction and Certification

USA Swimming rules require that racing starts must be taught in at least six feet of water; should only be taught under the direct supervision of a USA Swimming member coach;

April 4, 2014



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@usa-swimming.org)

Sponsored by:

and require that all swimmers must be racing start certified by his or her coach in order to perform racing starts into water less than six feet in depth.

All clubs must ensure that all team members are certified and that coaches understand and comply with the certification process. Failure to do so could jeopardize club and coach insurance coverage.

[Here is the link to Teaching Head First Entries and Racing Starts](#)

Let's Get Ready for Rio: A 2016 Training Plan

By Dan McCarthy, USA Swimming High Performance Consultant

With the countdown to the 2016 US Olympic Team Trials quickly closing in on the "halfway there" mark, it would be a great exercise to visualize the training plan leading up to the summer of 2016. The significant elements in designing a training plan are listed below in order of importance.

What are the main competitions?

Obviously, the Olympic Trials (early July of 2016) are the main competition, but between now and then:

2015

- August 6-10, 2015 Phillips 66 National Championships
- July 30-August 3, 2015 Speedo Junior National Championships
- August 2-9, 2015 FINA World Championships
- July 14-18, 2015 Pan American Games
- July 7-14, 2015 World University Games

2014

- August 21-25, 2014 Mutual of Omaha Pan Pacific Championships
- August 6-10, 2014 Phillips 66 National Championships
- July 30-August 3, 2014 Speedo Junior National Championships

What improvements are necessary?

Not just what needs to be improved but the important benchmarks (dates or competitions) for evaluating them. Some improvements to consider:

[Read more:](#)

USA Swimming Safe Sport Impact Award

The purpose of the Safe Sport Impact Award is to recognize significant contributions by an individual or group who has contributed to the fulfillment of the Safe Sport Committee mission: to safeguard all members of USA Swimming from sexual, psychological, emotional and physical abuse.

The award will be presented annually at the United States Aquatic Sports Convention.

[Nomination form can be found here:](#)

Eligibility Criteria

- Individuals or groups who, through their efforts, have made a significant contribution to provide a safe, healthy and fun sport environment for members of USA Swimming. Also, any individual, who as a survivor of abuse, has advanced the education and safety of USA Swimming members;
- In order to be nominated one does not have to be a member of USA Swimming;

April 4, 2014

- The contribution for which a nomination is made may have occurred at the Club, LSC or National level;
 - An individual or group may be nominated for the award more than once;
 - Nominations will be kept on file and remain eligible for two years.
- Nomination/Selection Process:
- A nomination may be submitted by any member, club or LSC of USA Swimming;
 - Nomination deadline is June 1;
 - The USA Swimming Safe Sport Committee will select the Impact Award recipient;
 - The award will be presented at the United States Aquatic Sports Convention.
 - Nominations, including name and contributions, shall be submitted to:

[Susan Woessner](#)
Director of Safe Sport
USA Swimming
One Olympic Plaza
Colorado Springs, CO

[719-866-3589](tel:719-866-3589) [719-866-3589](tel:719-866-3589)

[Liz Hoendervoogt](#)
Safe Sport Coordinator
USA Swimming
One Olympic Plaza
Colorado Springs, CO 80909

[719-866-3542](tel:719-866-3542) [719-866-3542](tel:719-866-3542)

Swim-a-Thon™ Webinar – Wednesday, April 9

Swim-a-Thon is a fun and easy way to raise money for your swim team! Discover how to host a successful event and learn about the powerful online fundraising tools available to help your club raise more money than ever before!

[Register for the April 9th webinar here:](#)

Ticket Information for the 2014 Arena Grand Prix at Mesa

Come watch the world's greatest swimmers compete at the fourth stop of the 2014 Arena Grand Prix Series! The Arena Grand Prix at Mesa will be held at the Skyline Aquatic Center from April 24-26 in Mesa, Ariz. The action will begin with prelims starting at 9 a.m. PT Thursday through Saturday, with finals beginning at 5 p.m.

Individual and all-session passes are available for USA Swimming fans! To purchase tickets, please visit [Mesa Grand Prix](#), before they sell out. For fans in attendance, there will be autograph sessions with multiple National Team athletes!

Can't make it to the pool? Check out the live webcast available on both [Deck Pass Plus](#) and [USASwimming.org](#).

April 4, 2014

The Race to Nowhere in Youth Sports

Posted In Coaching, Problems in Youth Sports, Sports Parenting

"My 4th grader tried to play basketball and soccer last year," a mom recently told me as we sat around the dinner table after one of my speaking engagements. "It was a nightmare. My son kept getting yelled at by both coaches as we left one game early to race to a game in the other sport. He hated it."

"I know," said another. "My 10 year old daughter's soccer coach told her she had to pick one sport, and start doing additional private training on the side, or he would give away her spot on the team."

"So goes the all too common narrative for American youth these days, an adult driven, hyper competitive race to the top in both academics and athletics that serves the needs of the adults, but rarely the kids."

[Read More:](#)

The Relationship Between Physical Fitness and Academic Performance

By Toby Brooks, PhD, LAT, ATC, CSCS, YFS-3, Director of Research & Education, IYCA

In today's tight-budget, high stakes, teach-to-the-test world of secondary education, states and districts have largely forced traditional physical education to the wayside. The reasons seem logical: the cash-strapped district can save money on PE teacher salaries and equipment while simultaneously injecting time that had been allotted to PE activities back into the teaching curriculum, subsequently saving money and improving standardized test scores in one move. However, what research has consistently and continues to show us is that it simply isn't quite so easy.

Instead, a mounting body of evidence supporting the use of physical activity in enhancing both academic performance and behavior suggests that cutting PE is absolutely the wrong thing to do. This is because physical activity has consistently been linked with improved academic performance.⁽²⁾ What is less well understood is the precise mechanisms through which this relationship exists.

[Read More:](#)

Your Kid and My Kid Are Not Playing In The Pros

Posted by Louis M. Profeta MD on Tue, Mar 25, 2014 at 4:00 AM

I don't care if your eight year old can throw a baseball through six inches of plywood. He is not going to the pros. I don't care if your twelve-year-old scored seven touchdowns last week in Pop Warner; he is not going to the pros. I don't care if your sixteen-year-old made first team all-state in basketball. He is not playing in the pros. I don't care if your freshman in college is a varsity scratch golfer, averaging two under par. He isn't playing in the pros. Now tell me again how good he is. I'll lay you two to one odds right now and I don't even know your kid, I have never even see them play, but I'll put up my pension that your kid is not playing in the pros. It is simply an odds thing. There are far too many variables working against your child. Injury, burnout, others who are better - these things are just a fraction of the barriers preventing your child from becoming "the one."

[Read more:](#)