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Dear Coaches,

Quote of the week:

“Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you, you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to the end, requires some of the same courage which a soldier needs. Peace has its victories, but it takes brave men to win them.

~ Ralph Waldo Emerson (1803-1882) American Poet and Essayist

Swimming Builds Character #TrueSportInAction

Last week, USA Swimming announced its recent partnership with TrueSport. The goal is simple: help swimmers succeed both in and out of the water by learning the three TrueSport pillars. This week, we’re looking at sportsmanship and what it means to be a good sport. It didn’t take long to find a great example. Here’s Josh being a #TrueSportInAction. Do you have an example of being a good sport you want to share? Let us know on Facebook and Twitter, using the hashtag #TrueSportInAction.

Josh Zuchowski is a typical 10-year-old. He loves hanging out with his friends, playing sports and watching the Miami Heat. But here’s where he’s a little different. Josh – who’s an elite age-group swimmer for the Jupiter Dragons – puts his teammates and competitors first.

Last December, the shy kid from Florida learned his biggest rival, Reese Branzell, had missed a few meets because he was in the hospital. After winning the Santa Claus Invitational, Josh took it upon himself to send Reese a card and the trophy.

[Read More here:](#)

Maximizing Your Speed Off The Start

By Matt Barbini, USA Swimming National Team High Performance Consultant

It’s an oversimplification, but at its root swimming is all about acceleration and deceleration, maximizing the former and minimizing the latter. In our day-to-day work on technique, there are a number of areas of focus that allow swimmers to isolate and correct or minimize areas of deceleration. However, for several reasons, body position after entry and prior to the initiation of stroke is often overlooked.

The following video is an example of excellent underwater body position after the start. Notice how quickly he establishes his horizontal line after entry and how he holds speed by maintaining a tightly streamlined position parallel to the surface, without allowing his feet to rise or fall relative to his line.

[Read more and watch videos here:](#)



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Breaststroke Clinic on June 4th Online

With Russell Mark, USA Swimming High Performance Consultant

Clinic will start at Noon Eastern/11am Central/10am Mountain/9am Pacific

All clinics typically last approximately 45-60 minutes with 10-15 minutes of question & answer with the presenter.

[Registration here:](#)

If you are not able to attend the clinic at the scheduled time, we will have a web recording of the clinic available 3-4 days after the clinic for you to view. In addition you can [click here](#) to get the web recording of 86 other talks!

New Research on Chocolate Milk as Recovery Routine

According to new research, grabbing chocolate milk after a hard swim could give swimmers a performance edge. Researchers at Indiana University found that when trained swimmers recovered with lowfat chocolate milk after an exhaustive swim, they swam faster in time trials later that same day.

- On average, swimmers shaved off 2.1 seconds per 200 yard swim, and 0.5 seconds per 75 yard sprint after drinking chocolate milk, compared to when they recovered with a traditional carbohydrate sports drink or calorie-free beverage.
- The study is the first to test the benefits of chocolate milk in swimmers, and included six division one collegiate swimmers performing a muscle fuel (glycogen)-depleting swim bout of 60 x 100 yards followed by five hours of recovery for three consecutive weeks.
- The athletes then recovered with one of three randomized beverages – chocolate milk, commercial carbohydrate sports drink (with the same calories as the chocolate milk), or calorie-free beverage – immediately and two hours after the swim. The athletes who recovered with chocolate milk swam the fastest in their time trials later that same day.

[Read more:](#)

Super Tracker

The United States Department of Agriculture has created an interactive tool that allows you to plan, analyze, and track your diet and physical activity. You can analyze food items, track your intake and create individualized reports. In addition to the tools you are used to having, you will also be able to set goals, track your physical activity and create a personal journal with all of your information and goals conveniently located on one page.

[Click here to get started:](#)

The Incredible Power You Have As A Coach

By Dr. Alan Goldberg-Sports Psychology for Athletes, Coaches & Parents

For better or worse, many coaches don't realize the unbelievable power that they wield with their athletes to either build up or tear them down. The quality of the coach-athlete relationship that you as a coach develop with your players will transcend the sport and season and can shape a young athlete's psyche and self-esteem for years to come both on and off the field.

Most pre-adolescents and adolescents look up to their coach. They want to be respected by him/her. They want the coach to believe in them. They give the coach the benefit of the doubt, respect them and believe that the coach knows what he/she is doing and saying, that the coach will give them a fair shake and that he/she has the athlete's best interests at heart.

Good coaches are continually aware of the power that they wield. They know that they can make or break an athlete's day, week or season by what they say and how they act towards that athlete. They know that they are holding a child's emotional well-being and dreams in their hands when that young athlete comes to play for them. Good coaches respect this power and remain aware of how they interact with their athletes and how their athletes respond. They know that they are working with "precious material."

Bad coaches, on the other hand, are "bull-in-the-china-shop" oblivious to the impact that they have on their athletes. They are unaware that their looks, little comments or misdirected anger can destroy a kid's spirit. They don't really care about the athlete's feelings and well-being. They simply care about themselves, feeding their own ego and taking care of their favorites. They are immature emotionally and thus totally unaware of the incredible responsibility that they have in keeping ALL athletes on their team feeling safe to fail, learn and excel.

Unlike bad coaches, the good ones are always open to learning. They want to get better and operate on a continuous learning model. Their counterparts feel much too insecure about themselves to be open to new, potentially conflicting ideas and beliefs. As a consequence, the bad coaches are my-way-or-the-highway rigid in their interactions with their athletes and parents.

[Read More:](#)

Sun Safety Tips

From The Skin Cancer Foundation and the U.S. U-19 Women's Soccer National Team

By the age of 18, most people have received 50%-80% of their lifetime sun exposure.

Sun Safety's Starting XI -

- Avoid the sun from 10 a.m. to 4 p.m. (when the rays are most harmful)
- Seek the shade
- Wear protective clothing
- Wear sunglasses that block at least 99% of UV rays.
- Wear broad-brimmed hats
- Wear lots of sunscreen, with an SPF of 15 or greater
- Apply sunscreen at least a half an hour before going outdoors
- Reapply sunscreen every two hours
- Stay out of tanning salons
- Tell your friends about the importance of Sun Safety
- Remember! Almost all skin cancers are preventable, and skin cancer is curable when detected and treated early.

Skin Cancer Facts -

- All skin cancers are preventable and curable when detected and treated early.
- Skin cancer is the most common form of cancer in women age 25-29.
- More than 90 percent of all skin cancers are caused by sun exposure.
- Melanoma is the deadliest form of skin cancer and has more than tripled among Caucasians between 1980 and 2002.
- One person dies of melanoma every hour.
- Almost one in four people who develop melanoma in the United States are under 40 years of age.

The following is an article on skin cancer prevention from one of the team's doctors, Dr. Chris Amann.

Skin Cancer Prevention

by Dr. Chris Amann

Team Physician, U.S. Under-19 Women's National Team

[Read more:](#)

11 Qualities All Great Managers Possess

By Ilya Pozin, Influencer, Founder of Pluto.TV, Open Me, and Ciplax. Writer for Forbes and Inc., May 20, 2014

The Young Entrepreneur Council (YEC) is an invite-only organization comprised of the world's most promising young entrepreneurs. In partnership with Citi, YEC recently launched StartupCollective, a free virtual mentorship program that helps millions of entrepreneurs start and grow businesses.

It's no secret your company needs great managers. These are the people who put out fires, keep your best people motivated, and empower your team to do better and reach farther. But finding and hiring great managers is far from easy, and the repercussions of hiring the wrong person can be downright disastrous.

Missing out on great managers and good communicators can be bad for your bottom line. A company with 100 employees spends, on average, 17 hours a week clarifying communication, costing them \$528,443 annually. Misunderstandings and miscommunication can cost the economy up to \$37 billion, so it's obvious why great managers are a priority for companies of all sizes.

But just what takes a manager from good to great? Here, entrepreneurs share the 11 superstar manager qualities their companies couldn't live without.

[See the 11 Qualities here:](#)

The REAL Seven Wonders of The World

By Unknown

A group of students was asked to list what they thought were the current "Seven Wonders of the World." Though there were some disagreements the following received the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St Peter's Basilica
7. China's Great Wall

While gathering the votes the teacher noticed that one student has not finished her paper yet. So she asked the girl if she was having trouble with her list...

The girl replied, "Yes a little, I couldn't quite make up my mind because there were so many."

The teacher said "Well tell us what you have, and maybe we can help."

The girl hesitated, then read: "I think the 'Seven Wonders of the World' are:

1. To see
2. To hear
3. To touch
4. To taste
5. To feel
6. To laugh
7. And to love

The room was so quiet you could hear a pin drop. The things we overlook as simple and ordinary and take for granted are truly wondrous!

A gentle reminder that the most precious things in life cannot be built by hand nor bought by man.

Working for a Bigger Purpose

By Jon Gordon, Author Speaker, Oct 2013

This was a newsletter I wrote a few years ago that inspired me to write *The Seed*. I think it's such an important message and we have so many new readers I wanted to share it again.

What if work wasn't just work? What if work was a vehicle to live and share a bigger purpose?

I believe there's flawed perception in our society that in order to live a life of purpose we have to leave our jobs and go solve world hunger, feed the homeless, move to Africa or start a charity.

While these are all noble causes and many are called to do these very things, for many of us our bigger purpose can be found in the here and now, in the jobs we have, right under our noses. And when we find and live this purpose it will provide the ultimate fuel for a meaningful life.

You may not build libraries around the world but you can find the bigger purpose in reading to your children. You may not feed the homeless every day but you can nourish your employees and customers with a smile, kind word and care. And while you may not start your own non-profit organization you can begin a charity initiative at work. After all, "charity" means "love in action." You can make a difference every day and touch the lives of everyone you meet.

While these people may not be starving because of a lack of food, you can provide them with a different kind of nourishment that will feed their souls and feed your own in the process.

I heard of a janitor who worked at NASA and even though he was sweeping floors he felt his bigger purpose was contributing to put a man on the moon.

I met a bus driver who knows his purpose is to help kids stay off drugs.

I met an administrative assistant who has become the Chief Energy Officer of her company.

I received an email from a woman in the mortgage business who sees her job as a way to help couples save their marriages by keeping their homes.

I know a Popeye's Chicken employee named Edith in the Atlanta Airport who makes thousands of air traveler's smile each day. The list goes on...

Ordinary people with an extra-ordinary purpose.

In any job our purpose waits for us to find it and live it.

I can't tell you what your purpose should be but I can tell you that every one of us can find a bigger purpose in the job we have.

I can tell you that every job, no matter how glorious or boring it may seem, will get mundane if we let it.

Purpose keeps it fresh and when we are filled with purpose, we tap into an endless supply of energy.

Don't wait until you go to Africa to start living with a mission. Don't wait until the weekend to feed people who are hungry. Bring your mission to work, start working for a bigger purpose and nourish others in the process.

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