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Dear Coaches,

Quote of the week:

“There is only one way to avoid criticism: Do nothing, say nothing, and be nothing.”

~Aristotle

Blog #18 – I’m Sorry By Chuck Wielgus

I’m sorry.

These are powerful words some people have wanted to hear from me for a long time. I have been criticized in blogs, and most recently in the petition opposing International Swimming Hall of Fame induction, for not apologizing for not having done more to prevent sexual abuse by coaches.

I brought this on myself in April 2010 when I said I had nothing to apologize for on a national television interview. Subsequently, I remained, if not defiant, at least defensive. While USA Swimming developed its groundbreaking Safe Sport Program, I championed the work of our national governing body. I talked about all the good that USA Swimming was doing in the fight to eradicate sexual abuse. But, I never apologized.

As time progressed, I became afraid that my sincerity would be questioned and anything I said or wrote would be judged as just an attempt to put public relations ahead of true remorse. So I remained silent.

While Safe Sport has evolved the past four years, I told myself that the good work we were doing was far better than any apology I could offer. I stood true to the small plaque that has been on my desk for my entire career, “Speak little, do much” and I took solace in this mantra.

I remained immersed in the work and our commitment to eliminate sexual abuse from the sport. We hired professionals with experience who shared their expertise. It was a tremendous education for me. For the first time, I began getting regular updates on specific cases and I started to grasp the depth of pain that others had suffered.

It was enlightening, to say the least, and I, at times, became horrified by the abuse that survivors had endured. I listened to outside authorities, I met privately with victims, and I began having difficult conversations with my own two teenage daughters about appropriate relationships.

Now, when I look back and see how far we’ve come as an organization, I also recognize how far I have come. Before 2010, I knew so little about the issues of sexual abuse in our society. Today, I have a first-hand understanding for just how widespread and devastating the problem is.

The statistics (by the age of 18, 1 in 4 girls and 1 in 6 boys are sexually abused) were previously just numbers. As I listened to personal stories the statistics began to hit home to me. These weren’t just facts, there were real people. Sadly, I now understand how under-reported sexual abuse is and I think of those who continue to suffer.

These experiences have all helped me to grow, and to know that I would never want my daughters, or anyone for that matter, to ever experience the horrors and nightmares that must come during and in the aftermath of a sexually abusive situation.

And so today, four long years later, I can truthfully say how sorry I am to the victims of sexual abuse.



Going back in time, I wish I knew long before 2010 what I know today. I wish my eyes had been more open to the individual stories of the horrors of sexual abuse. I wish I had known more so perhaps I could have done more.

I cannot undo the past. I'm sorry, so very sorry.

USA Swimming's Safe Sport Program is now an essential element of our organization's responsibility to its 400,000 members. We will continue to increase awareness to reduce the risks of sexual abuse within our sport. When unfortunate incidents arise, we'll provide a safe space for those impacted, help them report the infractions and ensure them that we'll act accordingly.

Further, we will work hand-in-hand with the U.S. Olympic Committee. We will expand our efforts to work collaboratively with other organizations that share our pledge to eradicate sexual abuse from youth sports. We welcome anyone who wishes to join this vital crusade.

Saying, "I'm sorry" is important, and so is our never-ending vow to keep athletes safe.

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:

USA Swimming's Scholastic All-America Team

The application for the 2013-2014 is [available here.](#)

The application deadline is August 15.

- The only method for application will be the online application on the USA Swimming website.
- Applicants will be required to have a USA Swimming account.
- Qualifying times for the applicant will be validated through the Times on the USA Swimming website (time MUST be in SWIMS).
- Applicant will be required to have a transcript for the COMPLETE academic year available for uploading to the application.
- Applicant must have been a member at the time of the swim and a current member when applying for the 2013-14 SAA team.

Requirements:

- GPA Requirement – minimum 3.5 GPA for the current academic year
 - Honors, Advanced Placement, and International Baccalaureate courses will earn one extra Grade Point
- Pool Requirements
 - Applicants must have swum a time equal to a Junior National 2011 bonus time in any event during the SAA qualifying period (July 1, 2013 – August 15, 2014) with qualifying times in SWIMS – list of times are posted on the USA Swimming website and in the USA-S Rule Book.
- A qualifying time will be available for selection from the SWIMS database during the application process.
 - Disability or Open Water Requirements
 - Applicants must have swum at one of the named Disability or the National Open Water Championships.
 - *2013 IPC World Championships, August 12-18, 2013
 - *Can Am Championships, Canada, December 13-15, 2013
 - *Deaf International SC Championships, January 14-18, 2014
 - *Can Am Championships, Miami, FL, March 27-29, 2014
 - *Open Water National Championships, Castaic Lake, CA, June 13, 15, 2014

Please address all questions regarding the Scholastic All- America application process to [Betty Kooy](#)

[2011-2016 Time Standards:](#)

Video Contest: Safety During Warm-Ups

We already know that swimming makes you smarter. Now it's time to put your smarts and creativity to the test with USA Swimming's #WarmUpSafety video contest. Submit your video before July 31 and you could win a \$250 gift certificate for swim gear!

Here's how it works...

Using the hashtag #WarmUpSafety, create a fun and educational video on Instagram showing the importance of safety during warm-ups. The more creative, the better! The 10 finalists will be voted on at the 2014 United States Aquatic Sports Convention and the winner will receive a \$250 gift certificate, while the nine runner-ups will receive a goodie bag and a commemorative Deck Pass patch.

Now, if you're thinking, "I want to play, but I don't have Instagram. Can I still play?" The answer is yes! Just email your video to media@usaswimming.org with "#WarmUpSafety video contest" as the subject line.

Here are some ideas to get the wheels turning...

- How to warm up when there are too many people in your lane
- Safe entry into the pool
- Don't pee in the pool

If you have any questions, please email media@usaswimming.org

Now, start submitting videos!

Hey, Coach—Enter to Win a Free Weekend Stay at a Marriott

USA Swimming's official mobile app Deck Pass has teamed up with Marriott for the Marriot Coaches Contest.

Here's how it works...

The Marriott Coaches Contest launches June 1 and runs through July 1. Each week in June, there will be a different Patch of the Week on Deck Pass. All you have to do is award all four patches to at least one of your swimmers during the contest, and you're entered to win a free weekend stay at a Marriott hotel. It's as easy as that.

Patch of the week schedule...

- Week 1— You Had a Banner Swim (Meet Patch)
- Week 2 – Training Animal (Practice Patch)
- Week 3 – Eager Beaver (Motivational Patch)
- Week 4 – Member of a Super Team (Accomplishment Patch)

Here's how you're eligible to win...

- Be a USA Swimming coach
- Have a Deck Pass coach account (If you don't, no worries.)

[Sign up here:](#)

Mental Toughness Toolbox: Responding to Problems

By Alan Goldberg, competitivedge.com

There are a lot of things that can happen to you as a swimmer, both in practice and at meets that can potentially knock you off balance emotionally, undermine your self-confidence and sabotage your race performance:

- You can have a teammate who picks on you or who constantly beats you and then rubs it in your face.

- You can have a bad day or two where you're unable to make the intervals at practice and can't seem to get yourself to go fast.

- You can develop a nagging injury that limits your training and sets you back in relation to the competition.

- You can come down with a sickness that keeps you out of the pool for 3 months.
- You can get DQ'ed or lose an important race that you were supposed to win.
- You can fail to qualify for that really important meet while most of your friends are already going.
- Your goggles can leak during your best event and leave you nearly blind.
- Your coach can get angry with you. The list goes on and on.

Did you know that how you approach these kinds of “problems” both in and out of the pool can determine the level of success that you ultimately achieve?

[Let me illustrate:](#)

Build Your Plate

Maintaining a consistent and balanced diet is essential to preparing the body to perform at an elite level. Swimmers should be conscious of the fuel being absorbed by their body and understand how it impacts their performance.

Build balanced meals with ["Choose My Plate"](#), where you can plan, track and create nutritional meals to fuel your training. Check out more tips from the USDA by [clicking here](#).

To view Team USA's plates and recipes [click here](#).

Free Webinars for Boards

By BoardSource

Use your free memberships to participate in these great educational webinars and Free material.

How to activate your membership

It's simple! Just visit <http://www.BoardSource.org/usaswimming> and complete the membership registration form.

Widen your knowledge through our upcoming webinars and trainings!

Free webinar for organizational members only!

Webinar 101:

[Strategically Engaging Skills-Based and Pro Bono Volunteers](#)

Thursday, June 26 | 2:00 – 3:00 pm ET

As the need for nonprofit services increase and financial resources remain tight, many of us are engaging volunteers to help us deliver our services. Join us to learn some tips and tools for taking an integrated approach to citizen engagement.

Webinar 201:

[Beyond Bylaws: Sharpening Expectations to Tap Your Board's Full Potential](#)

Thursday, June 19 | 2:00 – 3:00 pm ET

Through a relatively simple process of clarifying board expectations and confirming how board members can hold each other accountable, you can increase the energy and engagement of your board. Join us to learn more.

Webinar 101:

[Creating a Dynamic Fundraising Board!](#)

Tuesday, July 8 | 2:00 – 3:00pm ET

Fundraising — some board members will participate; some won't. Are you tired of hoping for more? Don't despair! The trick to turning the situation around is to create a culture that values fundraising. Join us to learn more from Dave Sternberg, author of Fearless

Fundraising, a BoardSource bestseller.

Why Good Leaders Make You Feel Safe

By Simon Sinek, Management Theorist, TedTalk

What makes a great leader? Management theorist Simon Sinek suggests, it's someone who makes their employees feel secure, who draws staffers into a circle of trust. But creating trust and safety — especially in an uneven economy — means taking on big responsibility.

[Watch Here.](#)

Adm. McRaven Urges Graduates to Find Courage to Change the World

President Powers, Provost Fenves, Deans, members of the faculty, family and friends and most importantly, the class of 2014. Congratulations on your achievement.

It's been almost 37 years to the day that I graduated from UT.

I remember a lot of things about that day.

I remember I had throbbing headache from a party the night before. I remember I had a serious girlfriend, whom I later married—that's important to remember by the way—and I remember that I was getting commissioned in the Navy that day.

But of all the things I remember, I don't have a clue who the commencement speaker was that evening and I certainly don't remember anything they said.

So...acknowledging that fact—if I can't make this commencement speech memorable—I will at least try to make it short.

The University's slogan is,

“What starts here changes the world.”

I have to admit—I kind a like it.

“What starts here changes the world.”

Tonight there are almost 8,000 students graduating from UT.

That great paragon of analytical rigor, Ask.Com says that the average American will meet 10,000 people in their life time.

That's a lot of folks.

But, if every one of you changed the lives of just ten people—and each one of those folks changed the lives of another ten people—just ten—then in five generations—125 years—the class of 2014 will have changed the lives of 800 million people.

[The following are the remarks by Naval Adm. William H. McRaven, ninth commander of U.S. Special Operations Command, at the University-wide Commencement at The University of Texas at Austin on May 17:](#)

Which Leads to More Success, Reward or Encouragement?

By Deepak Chopra MD., Founder, Chopra Foundation, November 16, 2013

We are a society that puts a huge emphasis on rewards, and a school of psychology is based on it. In behavioral psychology, an American invention, there are two ways to stimulate a response from someone, either reward them or punish them. This two-way mechanism works with lower animals - dog and horse trainers, for example, use food treats to reinforce the behavior they want - so it should work with humans, or so the logic goes. If you want a certain behavior out of prisoners, for example, behaviorists advise giving privileges as a reward for obeying the rules and punishment for disobeying them.

The problem is that human behavior isn't that simple, because we have inner lives. A dog or horse will be content with a steady supply of food and a warm place to live. Those things are barely the minimum for meeting human needs. There is another duality besides reward-punishment that plays a huge part in the career arc of every successful person: encouragement-discouragement.

[Read more:](#)

