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## Dear Coaches,

### Quote of the week:

**“When your efforts result in failure, look for something you can learn from the situation that will later help you accomplish what you set out to accomplish.”**  
~ Dr. Nido Qubein, President High Point University

## Ten Foods Swimmers Should be Eating

By Jill Castle, MS, RDN

The mystery behind what to eat is never-ending, partly because miracle foods are constantly surfacing while other foods fall from grace. When it comes to the growing swimmer, what to eat is important for growth and development, and also for athletic performance. Many children and teens in today's world are missing out on calcium, vitamin D, fiber and potassium. Teens and athletes in general may be at greater risk of nutrient deficiencies if they skip breakfast, snack on nutrient-poor foods and use diets to control their weight.

Given this, here are 10 foods that will keep your nutrient intake high and your risk for deficiency low:

[Read more:](#)

## Battle of the Sexes: Mixed Medley Relay Strategy

By Katie Arnold, USA Swimming High Performance Consultant

As the 4x50 mixed medley relay event has become more popular and has been added to more international competitions, every possible male/female lineup combination has been used in competition to varying levels of success.

When it came time to put together a mixed medley relay for the tie-break event at the Mutual of Omaha Duel in the Pool last year, there was a lot of discussion about what the best strategy would be based on the available athletes. In the end, both teams led off with male backstroke and breaststroke legs and finished with female butterfly and freestyle legs. Both relays were faster than the previous World Record by half a second. So what is the best strategy for this relay? Is there even a one-size-fits-all best strategy for this event?

I looked at the results from the past two years (including World Cups, European Championships, and Duel in the Pool), and more specifically at the relays that swam sub-1:42. In total, 27 relays swam faster than 1:42, with the top 6 all swimming under 1:39. Within this group, I found the following to be true:

[Read more:](#)

## Cultivating A Positive Attitude

By John Maxwell, Author

"English heart surgeon Martyn Lloyd-Jones asserted, "Most unhappiness in life is due to the fact that you are listening to yourself rather than talking to yourself." What kind of voices do you hear? When you face new experiences, does a voice in your head say you're going to fail? If you're hearing negative messages, you need to learn to give



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yourself positive mental pep talks. The best way to retrain your attitude is to prevent your mind from going down any negative forks in the road.

To improve your attitude, do the following:

Feed yourself the right "food." If you've been starved of anything positive, then you need to start feeding yourself a regular diet of motivational material.

Achieve a goal every day. Some people get into a rut of negativity because they feel they're not making progress. If that describes you, then begin setting achievable daily goals for yourself. A pattern of positive achievement will help you develop a pattern of positive thinking.

Write it on your wall. We all need reminders to help us keep thinking right. Alex Haley used to keep a picture in his office of a turtle on a fence post to remind him that everybody needed the help of others. As incentive, people put up awards they've won, inspirational posters, or letters they've received. Find something that will work for you and put it on your wall."

**"ALLOW YOURSELF TO DWELL ONLY ON THE POSITIVE AND NOT THE NEGATIVE TODAY."**

## Getting Better – Best Practices For Your Best Practices

By Peter Vint Ph.D., United States Olympic Committee, Sport IQ, June 2014

There are exactly two things which contribute more to the development of skill and human performance than anything else. These two things are practice and feedback. Without one, the other is ineffective and in some cases can be completely useless. And, it is important to note that not all types of practices and not all sources or methods of delivering feedback are equally effective. My talk today was designed to provide you with the most relevant, up-to-date understanding of how you can apply the most established principles of feedback and practice design to maximize the development of the athletes you coach.

For the entire nine-page article, [click here.](#)

[More from Sport IQ found here:](#)

## Where Do Your Team Members See Themselves On The Bell Curve?

By Judith Sherven, PhD, Influencer, Executive Coaching for the Brightest and Best, June 2014

One of the indicators of what my husband Jim Sniechowski and I call "The Fear of Being Fabulous" is the inability to identify and claim one's rightful excellence — whether that applies to intelligence, creativity, leadership, and even downright success. Instead most people at even senior executive levels tend to downplay or take for granted their exceptional abilities and attributes.

Think about how often people on your team or in your company — or even you — shrug off praise, laugh with embarrassment at compliments, or even change the subject as if they never heard the compliment in the first place.

This inability to accept, own, and receive acknowledgment of one's excellence is epidemic.

[Read more:](#)

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## Your Core And Posture In Swimming

### By Swim Smooth

The buzz-phrase in the fitness world for the last decade has been Core Stability. Most of us realize that core stability is important for our swimming technique but are unsure how to tune into it and how to improve it. In this article we're going to take a deeper look at how to do just that.

We're going to use three simple exercises to help:

- 1) Stretching Through Your Core
- 2) Squeezing Your Butt
- 3) Swimming Proud

[Read more:](#)

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## Three Leadership Keys from the World's No. 1 Caddie

### By Chris Gaborit, Managing Director, The Learning Factor, June 2014

To me, Steve Williams is the world's number one caddie. Steve has caddied for the winners of 14 major golf championships. Not only that, three golfers, Greg Norman, Tiger Woods, and Adam Scott, rose to become the world's number one golfers while he was their caddy, and amazingly, two fell from that spot when Steve left them.

Was it Steve William's support that helped them win? Was it his coaching, etc., on the course that guided them all to victory? I have no doubt it was.

A great caddie is more than a bag carrier; he is a motivator, encourager, admonisher, counselor, and advisor. He is there with you every day to coach while you are practicing and when you are playing. Good caddies understand your strengths and weaknesses and your stress and anxiety cycles, such as how you are affected by pressure, adrenaline, winning, and losing, and they guide you through those emotional moments.

If a great caddie like Steve Williams can assist a great golfer to become the world's number one, could a great leader also help you to become the world's number one in whatever it is that you do?

Three things that Steve Williams does that every leader should do:

[Read more:](#)

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## Teaching Cues, Not Behaviors

### By Di Luca Canever, January 2014

The environment bombs us with stimuli. We learn to respond to these stimuli or—at least to those relevant stimuli—important for our “survival ” through the exhibition of certain behaviors. Inside the classroom you are – hopefully – seated; in the gym you train; in the agility yard, you (your dog, actually) jump the hurdles.

Learning consists of coming to know what behavior to exhibit, under certain conditions: we call these conditions cues. The behaviors become conditioned to these signals. When I type on the keyboard, I learn that to get the letter “A”, which I have learned, represents the sound “a”, I need to hit a given key <A>.

[Read more of part 1:](#)

[Read more of part 2:](#)

[Read more of part 3:](#)

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## **Please Don't Help My Kids**

**By Kate Bassford Baker, Lawrenceville Patch, February 2014**

Dear Other Parents At The Park:

Please do not lift my daughters to the top of the ladder, especially after you've just heard me tell them I wasn't going to do it for them and encourage them to try it themselves.

I am not sitting here, 15 whole feet away from my kids, because I am too lazy to get up. I am sitting here because I didn't bring them to the park so they could learn how to manipulate others into doing the hard work for them. I brought them here so they could learn to do it themselves.

[Read more:](#)

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## **How Long to Nap for the Biggest Brain Benefits**

**By Melanie Pinola, Lifehacker, October 2013**

According to a growing body of research, napping is a smart thing to do. It can help refresh the mind, make you more creative, boost your intelligence, and even help you live a longer, healthier life. It's slowly gaining acceptance as part of a healthy lifestyle, even in some corporate offices. Read on as we share the science behind the need to nap, and a scientist-approved method for taking the ideal snooze.

[Read more:](#)

[The Science Behind Why Power Naps Help You Stay Productive and Creative:](#)

[Naps Can Seriously Improve All-Day Learning Abilities:](#)

