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Dear Coaches,

Quote of the week:

"Fear is the greatest obstacle to learning. But fear is your best friend. Fear is like fire. If you learn to control it, you let it work for you. If you don't learn to control it, it'll destroy you and everything around you."

-Boxing trainer Cus D'Amato to 13 year old Mike Tyson

USA Swimming's Scholastic All-America Team Application

The application deadline is August 15. Next Friday

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

- 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:](#)



Randy Julian

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SwimToday Releases New PSA

SwimToday released a new Public Service Announcement called "SwimToday Sign Language" where 12-year-old Emma Doughty communicates the tagline of "the funnest sport there is" under water via American Sign Language. The video was inspired by an email from a swim parent and is the latest addition to the advertising campaign, which launched in May 2014. [Click here to view the latest PSA.](#)

July-August Issue of Splash Digital Online Now

The July-August 2014 edition of Splash Digital is now available online and as a mobile app for your iPad and iPhone.

Here's a look at some of the stories you'll find in this issue:

A Select Group

Whether it's a National Championships or a race at the local pool, National Team breastroker B.J. Johnson prefers to view every competition as "just another meet. Every meet that is, except this summer's Phillips 66 USA Swimming National Championships, to be held Aug. 6-10 in Irvine, Calif. The reason for his change in perception has a lot to do with the importance of these particular Nationals, which will serve as the USA National Team selection for the 2014 Pan Pacific Championships, 2014 Jr. Pan Pacific Championships, 2015 World Championships, 2015 World University Games and the 2015 Pan American Games. Here are a few storylines, match-ups, events and interesting tidbits to watch for at this summer's National Championships.

Total Recall

This summer's Phillips 66 National Championships and Mutual of Omaha Pan Pacific Championships will employ an underwater video review system to ensure the highest level of accuracy in officiating. Splash correspondent Meredith Roberts gives us an insider's look at how this system works.

Beginning After the End

Patrick Beasley never gave much thought to the end of his swimming career. Even as his competitive days reduced to single digits, he planned for the impending change about as thoroughly as for a weekday breakfast. Beasley was hardly an exception. Like most swimmers in his situation, to plan was to acknowledge the end, and to acknowledge the end was tantamount to pulling back on the throttle. But that day came, and Beasley, like countless other swimmers before him, found himself facing the question, "What now?"

[Read more:](#)

The Secret to Achieving that All-Important Cut

By Alan Goldberg, competitivedge.com

THE PROBLEM

I was talking to a swimmer just this morning who shared with me a familiar, incredibly frustrating story. She was very close to her Olympics Trials cut for the last Olympics and hoping to make the team to represent her country. Everyone around her – her teammates, coach, parents and even this athlete herself – were convinced she'd qualify. This was because she was easily doing the time in practice.

However, with each meet that went by, she kept missing the cut by a second or so. And with her last chance to qualify, the very same thing happened, only this time she missed the cut by just .3 seconds! Two weeks later, when it no longer counted, she swam her Olympic Trials cut time.

[Read more:](#)

Free Board Webinars

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!

Webinar 201: Free to organizational members!

[Optimizing the Board Chair/CEO Relationship](#)

Thursday, August 7 | 2:00 – 3:00 pm ET

Don't settle for a good board chair/CEO relationship when it could be great. In this webinar, we'll discuss the behaviors, activities, and work patterns between the board chair and CEO that generate the highest level of trust, communication, and impact for an organization.

This webinar is sponsored by Harvard Business School Executive Education.

Webinar 101: Free to all members!

[Partners in Success: Building Trust Between Board and Staff](#)

Tuesday, August 19 | 2:00 – 3:00 pm ET

Nothing is more important to organizational success than the partnership between the board and the staff, and trust is the "magic" sauce" that makes this relationship work. What are the ingredients, and how do you preserve it? In this webinar, we will explore these questions from both the board and staff perspective, guided by two professionals with experience on both sides of the board table.

For organizational members only!

Peer-to-Peer Discussion: [The Board's Role in Strategic Planning](#)

Wednesday, August 27 | 2:00 – 3:00 pm ET

Strategic planning, at its core, requires forward thinking. Is your board and organization equipped to think and act this way? Come listen and learn some tips as you and your peers share information on the board's role in strategic planning.

How To Believe In Yourself When No One Else Does

By Hillary Biscay, By revitalize, August 3, 2014

Ironman champion Hillary Biscay explains how she went from being a terrible age-group swimmer to a world-class professional athlete. In this talk, she shares the mental tricks she uses to motivate herself through grueling workouts so she can push past the discomfort and keep her eye on the prize.

[Watch here:](#)

Why Talented Kids Become Troubled Adults

By Tim Elmore, Growing Leaders, July 30, 2014

Why do some smart, intelligent kids grow up to be apathetic, dull adults? Why do we hear of college football stars fumbling in life when they go pro? It is heartbreaking to see this happen especially to students and young adults we know personally. The next thoughts that follow are: Why did this happen and what caused them to stumble?

Consistently we find this underlying reason: Their gift was bigger than they were. Their

talent matured, but it was at the expense of their integrity. They struggle with growing in the other areas of their life because so much attention is given to their talent. It was an oversized gift.

[Read more at:](#)

Be a Great Leader, Not Just a Strong Manager

By Kathleen Murphy, Influencer, President, Personal Investing at Fidelity Investments, July 28, 2014

At a recent leadership development forum, I had an interesting discussion with the audience about the concept of leaders versus managers, and that we shouldn't confuse the two. In fact – and my HR team loves me for this! – I'm trying to outlaw the term "manager" in our business.

To me, managers focus on ensuring "the train runs on time" – a somewhat administrative role that is both necessary and expected. Leadership is quite different. Leaders bring people together under a common mission...they evoke passion, commitment and teamwork...they serve as role models...they coach, mentor and motivate...they drive candor and accountability...and most importantly they continuously raise the bar and inspire their people to always reach for greater heights.

[Read more:](#)

The Tell-tale Sign of Effective Teamwork: Success

By Jan Johnston Osburn, LinkedIn, Talent Acquisition Executive, July 28, 2014

Hindsight Insight

Hindsight insight is when something happens and you act like you knew it all of the time. Sure, it's always easy to tell people what they've done wrong after the fact.

Don't be that guy.

Don't be the person that comes in to save the day by telling others where they have stumbled. Don't tell people what they should have done when you didn't even make time to show up at the team meetings.

It's not always easy to be a good team member and sometimes it's downright frustrating. Teams are built to solve problems. And, you can still shine.

It's great to be strong individually but some of the best work is a result of a team.

Last month, the San Antonio Spurs won the NBA Championship. The Miami Heat are known for the "Big 3" - LeBron James, Dwayne Wade and Chris Bosh. But the Spurs dominated. They crushed the Miami powerhouse. They demonstrated that a team that's well-rounded and one that was specifically brought together to complement each other's strengths and weaknesses will outshine superstars.

And don't forget the superior coaching. There were times when the Spurs best players struggled but the coach pulled from the bench to get them through.

That's what a team is all about.

[Read more:](#)

The Power of a Positive Educator

By Jon Gordon, Author, Speaker, August 2014

When I think about the teachers who made a difference in my life I realize they were all positive. Mrs. Liota smiled every day and made me feel loved. Coach Caiazza believed in me while Mr. Ehmann encouraged me to be my best. Years later as I think about the impact these teachers had on my life it's clear that being a positive educator not only makes you better it makes everyone around you better. Positive educators have the power to transform lives and inspire young minds to believe they can and will change the world. In this spirit here are seven ways we can all choose to be a positive educator.

1. Be Positively Contagious – Research shows that emotions are contagious. Sincere smiles, kind words, encouragement and positive energy infect people in a positive way. On the flip side your students are just as likely to catch your bad mood as the swine flu. So each day you come to school you have a choice. You can be a germ or a big dose of Vitamin C. When you choose to be positively contagious your positive energy has a positive impact on your students, your colleagues and ultimately your school culture. Your students will remember very little of what you said but they will remember 100% of how you made them feel. I remember Mrs. Liota and her smile and love and it made all the difference.
2. Take a Daily Thank you Walk – It's simple, it's powerful, and it's a great way to feed yourself with positivity. How does it work? You simply take a walk... outside, in a mall, at your school, on a treadmill, or anywhere else you can think of, and think about all the things, big and small, that you are grateful for. The research shows you can't be stressed and thankful at the same time so when you combine gratitude with physical exercise, you give yourself a double boost of positive energy. You flood your brain and body with positive emotions and natural antidepressants that uplift you rather than the stress hormones that drain your energy and slowly kill you. By the time you get to school you are ready for a great day.
3. Celebrate Success – One of the simplest, most powerful things you can do for yourself and your students is to celebrate your daily successes. Instead of thinking of all things that went wrong at school each day focus on the one thing that went right. Try this: Each night before you go to bed think about the one great thing about your day. If you do this you'll look forward to creating more success tomorrow. Also have your students do this as well. Each night they will go to bed feeling like a success and they will wake up with more confidence to take on the day.
4. Expect to Make a Difference – When positive educators walk into their classroom they expect to make a difference in their student's lives. In fact, making a difference is the very reason why they became a teacher in the first place and this purpose continues to fuel them and their teaching. They come to school each day thinking of ways they can make a difference and expecting that their actions and lessons will lead to positive outcomes for their students. They win in their mind first and then they win in the hearts and minds of their students.
5. Believe in your students more than they believe in themselves – I tried to quit lacrosse during my freshman year in high school but Coach Caiazza wouldn't let me. He told me that I was going to play in college one day. He had a vision for me that I couldn't even fathom. He believed in me more than I believed in myself. I ended up going to Cornell University and the experience of playing lacrosse there changed my life forever. The difference between success and failure is belief and so often this belief is instilled in us by someone else. Coach Caiazza was that person for me and it changed my life. You can be that person for one of your students if you believe in them and see their potential rather than their limitations.
6. Develop Positive Relationships – Author Andy Stanley once said, "Rules without relationship lead to rebellion." {Tweet That} Far too many principals share rules with their teachers but they don't have a relationship with them. And far too many teachers don't have positive relationships with their students. So what happens? Teachers and students disengage from the mission of the school. I've had many educators approach me and tell me that my books helped them realize they needed to focus less on rules and invest more in their relationships. The result was a dramatic increase in teacher and student performance, morale and engagement. To develop positive relationships you need to enhance communication, build trust, listen to them, make time for them, recognize them, show them you care through your actions and mentor them. Take the time to give them

your best and they will give them your best.

7. Show you Care – It's a simple fact. The best educators stand out by showing their students and colleagues that they care about them. Standardized test scores rise when teachers make time to really know their students. Teacher performance improves when principals create engaged relationships with their teachers. Teamwork is enhanced when educators know and care about one another. Parents are more supportive when educators communicate with their student's parents. The most powerful form of positive energy is love and this love transforms students, people and schools when it is put into action. Create your own unique way to show your students and colleagues you care about them and you will not only feel more positive yourself but you will develop positive kids who create a more positive world.

If you commit to being a positive educator I encourage you to read and commit to The Positive Teacher Pledge.

The Positive Teacher Pledge

- I pledge to be a positive teacher and positive influence on my fellow educators, students and school.
- I promise to be positively contagious and share more smiles, laughter, encouragement and joy with those around me.
- I vow to stay positive in the face of negativity.
- When I am surrounded by pessimism I will choose optimism.
- When I feel fear I will choose faith.
- When I want to hate I will choose love.
- When I want to be bitter I will choose to get better.
- When I experience a challenge I will look for opportunity to learn and grow and help others grow.
- When faced with adversity I will find strength.
- When I experience a set-back I will be resilient.
- When I meet failure I will fail forward and create a future success.
- With vision, hope, and faith, I will never give up and will always find ways to make a difference.
- I believe my best days are ahead of me, not behind me.
- I believe I'm here for a reason and my purpose is greater than my challenges.
- I believe that being positive not only makes me better, it makes my students better.
- So today and every day I will be positive and strive to make a positive impact on my students, school and the world!

Download, Print and Share The Positive Teacher [Pledge Here](#).

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