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Dear Coaches,

Quote of the week:

"The triumph can't be had without the struggle."
~Wilma Rudolph

2015 Club Excellence Program

USA Swimming will launch the 2015 Club Excellence Program on September 1. All clubs will receive an info packet in next week's mail and a formal announcement will appear in next week's Coaches Connection.

2014 National Select Camp Staff Application Apply Now!

The 2014 National Select Camp Assistant Coach application is now live on our website! The camp will be held October 23-26, 2014 at the Colorado Springs Olympic Training Center. Three assistant coaches will be selected by an application process. Applicants must be the coach of an 18-Under athlete who qualified for this summer's meets in Irvine: Nationals or Junior Nationals.

[Apply here:](#)

The Chuck Wielgus Blog: Legends at the Pool

I've recently returned from Irvine, CA, site of the 2014 Phillips 66 USA Swimming National Championships. It was a spectacular event, with a great team of veterans and rookies assembled and now in Australia readying for the coming Pan Pacific Swimming Championships.

An event of this magnitude doesn't happen without an enormous commitment from the local organizers and the host swim team, in this case the Irvine Nova Aquatics. While there were approximately 500 volunteers working at the event, none worked harder or were more important than Kim Hoesterey. Kim chaired the local organizing committee and she seemingly lived at the pool for the entire two-week timeframe during which both the Junior Nationals and National Championships were held.

Television coverage for our major events is almost taken for granted now, but I wonder how many people noticed the Goodyear blimp that soared high above the venue and provided a whole new point of view to our television audience. That was pretty cool!

This was my first time back on a pool deck in almost a year, and it was great fun to see and talk to so many athletes, coaches and officials. Many of these people have become my good friends, and catching up on their lives was a special treat.

At events, I usually find a seat somewhere near the finish line. I'll squeeze into the media area, or perhaps sit with our National Team Director, Frank Busch, or USA Swimming President, Bruce Stratton. Being the National Championships, there was a daily parade of National Team alums in attendance, and it was especially nice to see athletes who have now moved on to the next phase of their lives.

I bumped into Gary Hall, Jr. on the pool deck. I was always a fan of Gary's, thinking he



Randy Julian

Sport Development
Consultant
Central Zone
USA Swimming
[719-866-3578](tel:719-866-3578) Direct
[719-440-2421](tel:719-440-2421) Cell
[719-866-4669](tel:719-866-4669) Fax
[719-866-4578](tel:719-866-4578) Office
1 Olympic Plaza
Colorado Spring, Colorado
80909
[email](#)

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brought a sense of mischief and fun to our sport. Even at times when he was frustrating the National Team staff, I sometimes had to catch myself from smiling too wide. It's hard to believe that Gary is now a father of two; one six and the other eight years old.

One of my all-time favorite Olympic moments was the 50 meter Freestyle finals at the 2000 Sydney Olympic Games when Gary and Anthony Ervin finished in a dead tie for the gold medal. And talking about Anthony Ervin, there he was winning the 50 Free at these National Championships a full 14 years after those Sydney Games. I bet he is eager for a return visit to Australia.

Hometown hero, Jason Lezak was at the Nationals. A four-time Olympian, who had one of the single greatest performances of all-time when he stormed to the finish to help the USA win the 4X100 Free Relay at the 2008 Beijing Olympic Games. Another local, Amanda Beard, was also at the meet. The 14-year-old prodigy with the teddy bear in Atlanta, Amanda is seemingly always drawn back to the pool. Like Gary Hall, Amanda also has two young children.

Ian Crocker appeared on deck one evening. A proud son of the state of Maine, I always marveled at the one-two powerhouse punch that Ian and Tom Malchow brought to the National Team. I can only imagine the fear Ian and Tom struck in opponents when the two of them stepped up onto the blocks together.

Arguably the greatest backstroker of all-time, Aaron Peirsol, appeared at my side one evening and we spoke for half-an-hour about the peace and tranquility he has found lifeguarding at the beach for the summer. Aaron and I always trade notes on what we're reading. When last together, it was comparing thoughts on Jack Kerouac; this time the conversation focused on John Steinbeck and his muse Ed Ricketts. Aaron is a true son of the sea and I won't be at all surprised to someday find that he's making his career in and around the water.

It's always a treat to see Peter Vanderkaay, a company man from a wonderful swimming family. My wife and daughters spent a fun afternoon taking cooking lessons during the 2009 World Championships in Rome with Peter's mom and several other parents. After the competition was over we all found ourselves together in the same restaurant that was the host location for the cooking classes and a great meal was had by all. Peter's brother Alex is getting married next month, just one more indicator that the march of time never stops ... marriages, children, and careers outside the pool, etc.

I saw many other alums at this year's National Championships, and I was reminded once again just how extraordinary swimmers are. There's something about the sport that it helps forge young athletes into thoughtful adults who have so much to contribute to society. Whenever I have the opportunity to meet and talk with our great alums, I always come away with a good feeling about our country, our sport and the future always looks a little brighter to me.

[Chuck Wielgus](#) All of his blogs are archived at www.usaswimming.org: click on "News" and then click on "Org News & Blogs"

IM Xtreme Games for 2014-15

ALL LSC'S & USA SWIMMING MEMBERS MAY ATTEND ANY OF THESE SITES OR DATES

The IM Xtreme Games promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to enable long term success in swimming.IMX

QUALIFICATION STANDARD & QUALIFYING PERIOD

- Follow IMX program guidelines (Qualifying standards are the same for SCY & LCM)
- Qualifying standard will be minimum of 1500 pts for all locations, ages & genders
- Qualifying Period: Sept 1, 2013 up to entry deadline

Any swimmer that is 11-16 yrs. old is eligible for the meet who has achieved the minimum qualifying score in any age during the qualifying period (i.e. A swimmer who has achieved a minimum qualifying score as a 10 yr. old and ages up to 11 prior to the start of the meet

will be eligible to enter the meet). A 12 yr. old who has achieved the minimum qualifying score but ages up to 13 prior to the start of the meet will be eligible to enter the meet and compete as a 13 yr. old.

Questions about the IM Xtreme Games can be directed to [Bill Marlin](#).

[2014-2015 IMX Games Sites](#)

Recovery Snacks for Swimmers with Food Allergies

By Chris Rosenbloom, PhD, RDN, CSSD

A mom recently contacted USA Swimming for help in planning recovery snacks for young swimmers with peanut, tree nut, milk and egg allergies. As she so rightly pointed out, we often tout the protein quality of eggs and milk, and suggest nuts as a healthful snack. So when those foods are off-limits, what can a young swimmer eat to get high-quality protein and healthful nutrients?

It is estimated that about 4% of children have food allergies, and the vast majority of food allergies are caused by peanuts, tree nuts (cashews, pistachios, almonds, walnuts, hazel nuts, macadamia nuts, Brazil nuts and pecans), milk, eggs, fish and shellfish. The common denominator in this list is protein, so here are the top tips for protein-rich recovery snacks for swimmer with food allergies.

[Read more:](#)

Clubs Hosting USA Swimming Foundation Swim-a-Thons™ are Raising More Money Than Ever Before!

Nearly 300 clubs have hosted a USA Swimming Foundation Swim-a-Thon in 2014 and are raising an average of \$14,772 per fundraiser! Many clubs are also exceeding their fundraising goals by huge percentages. For example, Swim Tulsa busted their Swim-a-Thon goal by an amazing 78%. Shadow Seals surpassed their goal by 58% and Fox Swim Club, an impressive 42%. Let us help you raise critical funds for your club too! When you host a USA Swimming Foundation Swim-a-Thon, your athletes will have fun, earn cool prizes and possibly win a club visit from Olympic medalist, Conor Dwyer! The added bonus is that you and your athletes can feel good knowing that 5% of every dollar raised goes back to support the sport we all love - swimming! From learn-to-swim to the Olympic podium, the USA Swimming Foundation uses these dollars to save lives and build champions—in the pool and in life.

Don't wait! Register your 2014 USA Swimming Foundation Swim-a-Thon™ today and find out just how easy and fun it is to raise money! www.usaswimmingfoundation/SAT

Perfectionism: The Athlete's Achilles' Heel

By Dr. Alan Goldberg, Sport Psychologist, Competitive Advantage, October 2008

Perfectionism: The need to be perfect /a strong intolerance for anything short of perfection is not always the athlete's friend as it appears to be. On the surface, striving for perfection or to be the best seems like a pretty positive trait to have. It helps you set big goals and then motivates you to go after them. The drive to be perfect also motivates you to look for imperfections in your technique and performance, thus helping you to actually get better. The perfectionist athlete is never satisfied with his performance and therefore constantly looks for ways to improve. On the surface, this seems like a pretty good trait to have if you have big dreams that you want to turn into a reality.

[Read more:](#)

To Be a Better Leader, Become a Better Listener

By Nidhi Kapoor, Business Partner at SamarthJobs Consultants, LinkedIn August 11, 2014

Here's how to improve your listening skills for more effective conversations with employees and customers.

Why hire talented people and not fully utilize them?

When you start a business, you don't need to know how to do absolutely everything. For example, if you are opening an event planning company, you don't freak out because you don't know graphic design. You just need to know what looks good and then hire a talented specialist to design all of your invitations. Your role as the boss is to oversee a bunch of specialists who are the best in their niche.

And one of the most crucial ways of getting the most out of your specialists is by listening to them. After all, they're the ones in the trenches day in and day out. Your job is to let them do their best work by giving them the support they need. You can't do that unless you know what they are dealing with.

Great listeners make the best leaders for a variety of reasons. CEOs who listen to their staff are [able to](#):

Why I've Quit as a Leader

By Bill Aronson, Director/Senior Manager/ Business Excellence, LinkedIn August 11, 2014

Since I was a teenager I thought my destiny was to be a leader. I remember standing up and speaking at the school debating society when I was 14. All the other speakers were 17 or 18 so I was absolutely petrified. It wasn't that I had anything particular to say. Mostly I mumbled and squeaked. I was just practicing public speaking, knowing that one day it would be a useful skill.

When I was 15 I used to hitchhike alone from London to Yugoslavia. The journey would take about 4-5 days. That's similar to hitch hiking from Sydney to Perth or from the East Coast to the West Coast of the United States. God knows what my parents were thinking.

Today there are hundreds of leadership courses so how come we don't have astonishing leaders? There are standout individuals in every sector but overall our leadership is pretty average and there are plenty of examples of leadership which is stark raving bonkers.

As an example in the political arena we reward those leaders who can savage the other side most effectively. The more nasty the better apparently. To agree that your opponent has come up with a good idea is suicide.

Reflecting on my own journey I see two issues which have had a profound impact. I guess it doesn't help that there is no commonly agreed definition of leadership and as many styles as personality types.

The first is that leadership is if anything a role, not who I am. When I get identified with a role and think it is who I am then I do and say things to protect my leadership identity. I become fake. Do you agree that a mark of a leader is that they are genuinely authentic and have integrity as distinct from having a leadership ego?

The second is that I separate myself from those who I define as "followers". After all who aspires to be a follower? Where are the training courses in how to follow? Where are the award nights for most outstanding follower? When did you last get a pay rise for being such a great follower? We have leadership but not followership. The word does not even exist in the English language. However we dress it up that we just want to help, we aspire to be leaders for personal gain, for wealth, power and prestige. To test this try not being a leader and see how it makes you feel.

[Read more:](#)

The Leadership Coach®

By Peter Burwash

Integrity Revisited

Virtually every day there are media stories about people landing in deep trouble for decisions that involved a lack of integrity. Last spring, the airways were flooded with the Donald Sterling saga. Sterling's opinions on race, secretly recorded, were especially reprehensible, but the episode also offers broader lessons.

In today's high-tech era, everybody is under scrutiny, and leaders in particular have to be extra careful about what they say and how they say it. There is an upside and a downside to this new era where cameras and recorders are rolling constantly. Leaders must be more measured in all communications because they never know when their words might end up on some social media platform. On the other hand, leaders are desperately need to discuss and reflect their decisions, so they also must have a sounding board. Ideally, this should be someone with whom they can share their thoughts without having to worry about the consequences.

The biggest challenge for leaders these days may be finding that much needed sanctuary of confidentiality and reflection. And integrity must always remain in the forefront of their decision-making process.

The Leadership Coach provides inspirational thoughts on leadership in sports and business. The Leadership Coach is Peter Burwash, president of Peter Burwash International, a company that manages tennis instruction programs at top resorts in more than 30 countries around the world. The Leadership Coach can be reached at LeadershipCoach@SchneiderPublishing.com and his books are available through the SportsTravel Bookstore.