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Dear Coaches,

Quote of the week:

"I find that it is not the circumstances in which we are placed, but the spirit in which we face them, that constitutes our comfort."

~Elizabeth T. King

2014 Zone Select Camp Assistant Coach/Manager Application Deadline March 1

The 2014 Zone Select Camps will be held in May and the assistant coach and assistant manager positions are filled through an online application process. Applicants for these positions must complete the online application form by March 1, 2014. Applicants are to apply for the camp in their own Zone. If you are interested in one of these positions, please click on the correct link below and complete the form by 3/1/14. If you have any

questions, please contact [Bill Krumm](#) or call 719-866-3582 719-866-3582.

[Eastern Zone Select Camp Assistant Application Form](#)

[Central Zone Select Camp Assistant Application Form](#)

[Southern Zone Select Camp Assistant Application Form](#)

[Western Zone Select Camp Assistant Application Form](#)

For more information on the 2014 Zone Select Camps, [click here](#).

Men's 100m Breaststroke: The Middle 30 Meters

By Matt Barbini, USA Swimming National Team High Performance Consultant

Since the beginning of 2010, five international athletes have topped the best American time in the men's 100 meter breaststroke. One of the defining points in these races may be the middle 30 meters, from the 35 to 65 meter marks. The top five male 100 breaststrokers in the world (in terms of time) have completed the final 15 meters of the first 50 by an average of 0.31 seconds faster than the top eight Americans. The world's top five have also had significantly longer pullouts on the second 50 than the top eight American performers, with an average distance of 10 meters versus 9.56 meters. Importantly, they are achieving this breakout distance without sacrificing speed. The average second 50 breakout time for the top five is 5.46 seconds while the top Americans average a very similar 5.41 seconds without traveling as far.

[See more here:](#)

Rose Bowl Aquatics Breaks All-Time Swim-a-Thon™ Fundraising Record

The USA Swimming Foundation congratulates Rose Bowl Aquatics (Pasadena, Calif.) for



Randy Julian

Sport Development
Consultant
Central Zone
USA Swimming

719-866-3578 719-
866-3578 Direct

719-440-2421 719-
440-2421 Cell
719-866-4669 Fax

719-866-4578 719-
866-4578 Office
1 Olympic Plaza
Colorado Spring, Colorado
80909
[email](#)

Sponsored by:

breaking the all-time fundraising club record by raising over \$118,000 as a result of their May 17, 2013 Swim-a-Thon™ event.

“Rose Bowl Aquatics is very proud of its team effort to achieve the highest Swim-a-Thon™ fundraising totals the past three years running,” said Rose Bowl Head Coach, Jeff Julian. “This success exemplifies our philosophy that, in order for good things to happen, swimmers, parents and coaches must work and bond together as a team.”

In addition to the accomplishments of Rose Bowl Aquatics, the USA Swimming Foundation proudly recognizes Shadow Seals Swim Club (Seattle, Wash.) for earning the top spot with the “highest average dollar raised per athlete”. An incredible \$665 per athlete was raised with just 12 swimmers participating in their March 2013 Swim-a-Thon™.

Furthermore, the USA Swimming Foundation is honored to recognize the top ten Swim-a-Thon™ teams earning the highest gross revenue in 2013.

1. Rosebowl Aquatics \$118,943
2. Katy Aquatics \$76,235
3. Mt. Hood Aquatics \$70,861.41
4. Nova of Virginia Aquatics Inc. \$69,835
5. Mission Viejo Nadadores \$68,829
6. SwimMac \$66,779
7. King Aquatic Club \$64,005
8. Kansas City Blazers \$59,279
9. Clayton Shaw Park Tideriders \$55,976
10. Crawfish Aquatics \$54,000

[For a list of the top ten Swim-a-Thon™ teams since 2003.](#)

Check out how fun and easy it is to host your own successful USA Swimming Foundation Swim-a-Thon™ fundraiser this year by visiting www.usaswimmingfoundation.org/SAT today!

Chronic Lack of Sleep is Associated With Increased Sports Injuries in Adolescent Athletes

By Milewski, Matthew D. MD*; Skaggs, David L. MD, MMM†; Bishop, Gregory A. MS‡; Pace, J. Lee MD†; Ibrahim, David A. MD†; Wren, Tishya A.L. PhD†; Barzdukas, Audrius MEd‡
In the Journal of Pediatric Orthopaedics

More than 38 million children and adolescents participate in sports in the United States, and more than 3.5 million children receive medical treatment for sports-related injuries each year.¹ Increased specialization among young athletes and increased participation in year-round sports have been proposed as reasons for a high incidence of injury in this population.^{2,3} Previous studies have shown increased injury rates based on number of sports played, number of exposures, and playing year-round.^{4–9} Cuff et al⁶ found that, even when controlling for increased exposure rate, playing year-round was an independent risk factor for injury.

Little is known about the role that sleep deprivation plays in the risk of injuries in adolescent athletes. Modest sleep loss has been associated with impairment of psychomotor performance in adults¹⁰; however, little is known about the effects in children. Athletic performance generally has been shown to be affected by sleep patterns,^{11–14} and sleep deprivation is known to dampen reaction times and affect mood and cognitive functions, which could increase the risk of injury in adolescent athletes.^{15,16}

[Read more:](#)

How Do Coaches Choose A Swimmer's Events

by Beau Caldwell, Assistant Swim Coach, First Colony Swim Team

"Believe it or not, there is a significant amount of thought process that goes into selecting a swimmer's events. When a coach selects events for a swimmer, they're going through the entry process with an individual plan in mind for each swimmer.

Each swimmer has their own past, present and future with swimming; therefore, each swimmer's event choices are unique to them based on several variables. Variable aspects for each swimmer include: age, birthday, recent achievement, past & future meet entries, past meet experiences, relative practice attendance & performance, and future goals. Additionally, many meet goals will revolve around the current focus and training of their respective practice group."

[For the complete article click here:](#)

Celebrate Success

By Jon Gordon, Author

Each night before my children go to bed I ask them what their success of the day is. The idea came from a story I read about the Olympic gymnast, Bart Connor. Turns out 9 months before the 1984 Olympics he tore his bicep muscle. They said he would never make it back in time to compete in the Olympics. But not only did he make it back, he won two gold medals.

When Charlie Jones, the television broadcaster, was interviewing him, he asked Bart how he did it. Bart thanked his parents. Charlie Jones said, "Come on Bart, everyone thanks their parents when they win a gold medal." Bart told Charlie that this was different. He said, "Every night before bed my parents would ask me what my success was. So I went to bed a success every night of my life. I woke up every morning a success. When I was injured before the Olympics, I knew I was going to make it back because I was a success every day of my life." Talk about a confidence booster.

Since engaging in this practice with my children I can attest it works. I also know it works because I share this story in my keynotes and hear great stories from people all the time who are doing this with their children.

I also know it works for adults in businesses, schools, and organizations because when we focus on what people are doing right, they do more things right. It's the simple, powerful message in the classic book *The One Minute Manager* and it's an important part of the work I do with organizations.

Teams and organizations that focus on and celebrate success create more success. Success becomes ingrained in the culture and people naturally look for it, focus on it and expect it. That's why certain football coaches and business leaders are always successful. They implement systems and principles that create a culture that celebrates and expects success and this drives behavior and habits that create successful outcomes.

So how do we put this into practice? The ideas are endless but here are few: If you are in sales have a sales meeting each week (in person or by phone) and share success stories. If you are in management recognize people and their success throughout the year. Not just during annual meetings. Celebrate the small wins as much as the big wins. Celebrate successful projects and implementations. As a leader you'll want to praise people and reinforce successes that shine a spotlight on important goals and growth initiatives. For your own personal growth, keep a daily and weekly success journal. Write down your success of the day. Do this for 30 days and you'll see amazing results.

What we focus on shows up more in our life. If we look for and celebrate success we'll see more of it. [Tweet That]
It works for Olympic athletes, children and us.

How do you and your team celebrate success?

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

There is nothing that will tighten your muscles up faster than anger and strong emotions. As your anger rises, your muscles tense up to the point that they begin to seriously sabotage your performance. Tight muscles make you less flexible, mess up your timing and rhythm, slow your reaction time and speed, and absolutely destroy your mechanics. While there's no question that emotion can sometimes ...

[Read more:](#)

A SEAL's Perspective: 5 Ways to Be a Better Leader

By Jeff Boss, Entrepreneur.com, February 13, 2014

Entrepreneurs aren't average people. The average person doesn't hedge their bets against the odds and zig while the rest of the flock chooses to zag. But having the courage and audacity to enter into an unknown market, create a brand new product or meet with new partners is exactly what leads to entrepreneurial success for the simple fact that an entrepreneur's purpose defines them.

The desire to improve, learn and grow is intrinsic for the entrepreneur because they have found a purpose that suits their life's mission. But remaining competitive is a daily sport, and if you fail to live up to your purpose as a leader then you run the risk of failing to lead.

After spending 13 years in the SEAL Teams, there are five lessons I want to share that can make you a better business leader (after all, sharing knowledge is power, right?).

[Read more:](#)

Eight Ways to Avoid Burnout in Your Small Business

By Alyssa Gregory, About.com, February 19, 2014

Burnout happens to all of us, especially when we're trying to accomplish a lot in a short period of time. And who isn't?

Often the solution is as simple as taking a break, but by that time, the damage has already been done. The trick is to take action now to head off any signs up burnout before it strikes. And while the process can be very specific to each person, and his or her personality and work preferences, there are certain things you can do to head off burnout right now.

Today's feature article shares eight tips for beating burnout and reducing stress in your small business.

[Read more:](#)

“Young Man, Please Step Away From The Wall!”

By John G. Miller, QBQ

The college-age employee turned, looked at me, and then—beaming slightly—stepped back from his work.

Aiming my iPhone camera, I asked ...

“So, did you know that along with making Venti, 8 pump, single shot, nonfat, extra caramel, extra hot, upside down caramel machiattos—you'd also be cleaning urinals?” Brightly, he said, “Yes, sir! My sister worked here before me. I knew exactly what I'd be

doing.”

Excellent attitude, I thought. No griping, whining, complaining, or bemoaning. He’s no victim. He’s happy to be employed.

When I finished (taking [the picture](#), that is), he went back to scrubbing.

No, wait, he wasn't scrubbing, he was ... polishing.

Yes, he was polishing the pipes!

This all took place a couple of weeks ago in the men’s room at the Starbucks of Dumont, Colorado, nestled in the Rocky mountains. I was in awe, but not just of the scenery outside.

I was in awe of this young man.

For those of us old enough to remember car phones (yes, I said car, not cell) who are convinced the work-mentality of young people today is more like “What do you mean I can’t take a two-week European vacation 90 days after starting here!?” than the attitude I saw in this fella, here’s the good news:

Pride still lives.

Pride—truly a multiple-meaning word. It can be negative, as in “pride goeth before a fall.” It can be humbling, as in “swallowing my pride.” And, written vertically, it can be instructive!

Personal
Responsibility
In
Doing
Excellence

Ha ha, I like that ... and not just because it fits the acrostic!
Doing Excellence.

People today often talk about “doing life.” That’s cool, but how about doing life in an excellent way?

Food for thought:

- Am I taking personal responsibility for the quality of my work?
- Am I going the extra mile, giving 110%?
- Am I modeling excellence for my kids, staff, colleagues, and/or customers?

I visited the Dumont Starbucks again this week. I didn’t need to use the bathroom, but I went into it anyway.

I wanted to see the urinal.

I was not disappointed.

I could see myself in the gleaming pipes!

And, I must admit I felt a twinge of pride because I’d met the person responsible for the excellent work in front of me—the work of a person who cares enough to polish the plumbing.

I want to be more like that.

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