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Dear Coaches,

Quote of the week:

“People often say that motivation doesn’t last. Well, neither does bathing - that’s why we recommend it daily.”

~Zig Ziglar

Regional Coach Clinics Registration Is Open

The Regional Coaching Clinic program brings affordable clinics directly to teams in their own LSCs. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

The clinic cost is \$75 per coach or \$200 for a coaching staff of 3 or more. Our clinics are priced to encourage participation by the entire coaching staff.

Syracuse, NY: April 15-17, 2016
Edwardsville, IL: April 15-17, 2016
Idaho Falls, ID: April 22-24, 2016
Louisville, KY: April 29-May 1, 2016

[Learn more here and Register:](#)



Be a Good Teammate This Championship Season By Lindsay Mintenko, USA Swimming National Team Managing Director

It’s championship season.

While many of us here at USA Swimming are thinking Rio, I know many of you out there are also thinking about Atlanta later this month. It is an exciting time to be a college swimmer. Representing your university at the NCAA Championships is one of the most rewarding times in your career. The best part about the NCAA Championships is that you compete as a team.

A lot of people do not view swimming as a team-oriented sport, but we all know differently. It is much easier to be at practice at 6 a.m. when you know your teammates are going to be there, too. Not many people understand what you do on a daily basis to be your best, but your teammates do. They understand the hard work and dedication that goes into being a swimmer because they do it right next to you every day.

To be a good teammate, here are a few tips:

- Support: It is hard to be successful on your own. By supporting your teammates, they will support you back.
- Encouragement: Cheer for your teammates and encourage them in practice. Trust me, it will help you, too.
- Guidance: Provide them with guidance when they need it. You are with your teammates more than anyone. You will know when they need it.
- Friendship: Be a good friend. These are the friends that will last a lifetime.

Remember John Wooden’s quote: “The main ingredient of stardom is the rest of the team.”



Randy Julian

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Recently, we have received a complaint from a recognized swimming author that LSCs and USA Swimming clubs are using copyrighted materials without authorization.

USA Swimming reminds all member organizations and coaches that you are responsible for complying with applicable copyright laws regarding publication and distribution of printed materials, including internet content. If you have any concerns about whether material you seek to reprint is covered by copyright law, we encourage you to contact the author and obtain permission or otherwise seek appropriate counsel regarding the use of the materials.

Thank you

Competing at a Distance: Nutrition Tips for Long Distance Travel

By Jill Castle, MS, RDN

It's that time of year when many swimmers will be traveling to compete. Long distance travel can wreak havoc on a swimmer's body and dampen his or her competitiveness. From the availability of less than healthy food options to cramped seats, the choices made during travel can ready the swimmer for athletic performance or it can undermine months of hard work. Focus on the following areas to be ready and able to compete when arriving at your destination:
Bring Along Food

No matter how far the swimmer travels, or the mode, taking nutritious food along will better ensure proper eating and prevention of hunger. Flight provisions, such as small servings of peanuts, pretzels or crackers, generally won't be adequate for the competitive swimmer. On the other hand, mindlessly grazing on food—even healthy food—throughout travel can result in overeating. Try to eat food at usual times and bring along activities to prevent boredom like a deck of cards, a book, movies, or music. Energy bars, trail mix, whole grain cookies, fruits, and veggies are all good options to bring along. Keep any food that requires refrigeration safe by storing it in a small igloo or lunch pack.

[Learn more here:](#)

The American Swimming Coaches Association Spring Clinic Schedule

The ASCA is pleased to notify you about our schedule of spring clinics for coaches. Links to each clinic are provided below. Registration is [available here](#) and you can ALWAYS register on site as well.

We're excited to present this fine lineup. See you There!

[Atlanta Age Group Coaches Conference](#)

April 1-3, 2016

[2016 Legends of Texas Clinic](#)

April 15-17, 2016

[Indiana Coaches Clinic – Fishers, IN](#)

April 23-24, 2016

[Advanced Breaststroke Clinic - Los Angeles](#)

May 7-8, 2016

USADA Update

There are safety issues that exist with supplements so it is very important to educate yourself.

Learn more at <http://www.Supplement411.org>

Questions about the effects of performance-enhancing drugs? Watch and read and learn [more here](#)

Download the Supplement 411 High Risk List App today from the App or Google play store.

[Google:](#)

Apple: go to app store and download supplement 411

Why Sports Matter

By John O'Sullivan, Changing The Game Project

In February 2016 I was speaking at an all day workshop in Montrose CO, and as I was finishing my morning setup the participants began arriving. It was the usual collection of coaches, parents, city recreation administrators, city officials and some younger kids decked out in the gear of their respective sports team. Then another group of teenagers walked in with a gentleman that I figured must be their coach, although something about this group made me pause.

They took a seat in the front of the room, and I went over and introduced myself, and had a great talk with a bunch of the kids and their coach Bryant. I asked if they were all on a team together, and they said no, we live together. It turned out that these boys were from the Robert A. Brown Center for Youth, a shelter, detention center and transitional living program for boys. Little did I know how much their presence that day would crystalize for me everything that the Changing the Game Project does to make youth sports a better environment for our kids.

We got to a point in the day where we had a group discussion about why kids quit sports, and one by one these boys stood up and told their stories. Every story began with a smile as they told about the sports they loved as a kid, but eventually led to a sadder place.

"I had a basketball coach that disrespected me and made me feel like I was worthless."

"I had a football coach that never put me in the game at 12 years old, and I could never understand why I came to every practice and tried my best but he did not care enough to let me play a single play."

"I used to love soccer, but some kids on my team made it miserable whenever I made a mistake. They made fun of me, and the coach did nothing- he just laughed with them."

Every one of them had quit sports by age 13.

[Learn more here:](#)

Are you As Tough As you Want Your Players to Be?

By Mike Neighbors from the University of Washington, Coachestoolbox.com

[Part 1](#)

[Part 2](#)

[Quotes](#)

It's All How You See It

By Jon Gordon, Author, Speaker, March 14, 2016

"It's a game of failure."

I kept hearing these words from baseball players and coaches while visiting with the Pirates, Padres and Dodgers last week for spring training.

After all, even a hall of fame player will fail to get a hit 2 out of 3 times. And most players will fail to get a hit 3 out of 4 times. A pitcher will give up hits and home runs and fielders will make errors.

Yes, baseball is a game where you fail often. But when talking to the teams I offered a different perspective.

I said, "I don't believe baseball is a game of failure. I believe it's a game of opportunity!"

[Learn more here:](#)

12 Thoughts Achievers Think

By John G. Miller, QBQ, Author, March 16, 2016

As the SunPraireFilms.com photographer—also the only QBQ! daughter-in-law, Casey Mae—prepared to snap the next shot of this author/speaker, she wryly said, "Okay, John, pretend you're thinking."

So I did.

While feigning the act of thought, I had one:

Henry Ford.

The famous inventor and businessman made a profound statement:

"Thinking is the hardest work there is, which is probably the reason why so few engage in it."

Love that.

Of course, any strength taken to an extreme becomes a weakness, so even thinking can be overdone. As we all know, it's called "paralysis by analysis."

[However, I would posit this:](#)