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Dear Coaches,

Quote of the week:

"The actions you take a year or more in advance can have as much impact on the outcome as what you do the day before."

~Tom Coughlin

Olympic Team Trials Qualifiers - Updated Statistics

By USA Swimming Stats Team, April 18, 2016

The U.S. Olympic Team Trials get underway in 65 days in Omaha. There are currently [1660 qualified swimmers](#) in what will be the fastest meet on U.S. soil since 2012. Entries continue through June 20th.

[This graphic](#) tells displays more information about those that have qualified for the Olympic Trials.

Three Tips for Combatting Cortisol

By Dan McCarthy, USA Swimming High Performance Consultant, April 16, 2016

In a discussion with some National Team athletes at last weekend's Arena Pro Swim Series at Mesa, the topic of stress was ever-present.

Stress for a small population of athletes is a very real thing as we sit 10 weeks out from Olympic Trials. No athlete has a guaranteed spot on the USA Olympic roster, but some have a better chance than others at grabbing one of the two individual spots in each event.

[Learn more here:](#)

Top Myths About Sugar Substitutes

By Chris Rosenbloom, PhD, RDN, CSSD, April 18, 2016

Andrew (not his real name) is a 15-year-old swimmer who was diagnosed with Type 1 diabetes when he was 6. He controls his diabetes with insulin shots, monitors his blood sugar, and eats a healthy diet. At swim practice he was drinking a diet soft drink and was told by another swimmer's mom that he was "killing himself" by drinking diet soda because the artificial sweetener in the drink was "toxic."

[Learn more here:](#)

GoSwim Video: Freestyle – PASA Push-offs

By Glen Mills, GoSwim, April 2016

[Click here](#) to watch the new GoSwim video. Looking for more technique videos? [Look here:](#)

Push-offs may seem like a no-brainer, but check out the more than [50 videos](#) that focus on them:

While visiting Palo Alto Swim Association, Coach Tisha showed us many cool techniques



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in her teaching. Here's a very simple one.

Why do it:

When working with developing swimmers, sometimes you need to get the point across of WHAT NOT TO DO. When teaching streamline, if the swimmers aren't getting it, show them the opposite of what you want.

How to do it (these are pretty self-explanatory... Create resistance):

- 1 - Push off in the "Y"
- 2 - Push off in the "T"
- 3 - Push off in the "A"
- 4 - Push off in the "X"
- 5 - Get back to the "I"

How to do it really well (the fine points):

This is the standard OVER-TEACHING used very often by teachers. Show them the extremes of the little mistakes they're making, like hands apart, or feet apart during the streamline.

Have them check how far they go each time to further make the point of the proper streamline being THE WAY to leave the wall.

Five Ways to Inspire Your Team

By Ken Sterling, Incentivemag.com, April 15, 2016

Every great team needs a leader who can get high-level work done on his or her own -- that's you, right? But when the success of a large project is at stake, everyone in the group needs to pull their weight. While workers should have their own motivations, you won't get the absolute best out of them without compelling them to go above and beyond what might typically be expected.

[Learn more here:](#)

How Adults Take the Joy Out of Sports (And How We Can Fix It)

By John O'Sullivan, [Changing the game project](#), April 18, 2016 Published in [Coaching, High School Sports, Parenting, Youth Sports](#)

(Editor's note: While talking with a coach this week, the coach was talking about the discussions in the ride home and while the coach was talking... This parent of two had tears welling up as they were talking. Profound long term affects.)

We have all seen it.

I was recently watching a 12-year-old boys soccer game, and I saw it again. Like a deer in the headlights, the left defender on the blue team was seemingly stranded on the field and unsure where to go or what to do. He turned to one sideline, where his coach is urging him to "step up, get tight on your man, don't let him get the ball and turn."

He turned to the other sideline, and there is his dad, telling him to "drop off, that player is faster than you, don't let them play it in behind you!"

[Learn more:](#)

Building Your Self-Motivation Muscles

Are they sculpted or flabby?

By Liz Wendling, [Business Coach](#), February 1, 2016

It happened again. On Monday, you wrote out a to-list for the week but procrastination

took over and won again. You got fired up to start a project but you were unable to keep the fire burning. Most likely you chalked it up to a lack of willpower. You hit another motivational slump. It's time to start building your self-motivation muscles.

Motivation is the desire to do something. Shockingly simple! It's not some magical ingredient that gives us the power to do whatever we want; it's simply the desire to want to do it. Motivation is there, or it's not.

[Learn more here:](#)

Unleashing The Learning Machine

By Trevor Reagan, TrainUgly.com, April 2016

There is a TON of information out there about growth mindset. We talk a lot about what it is and why it matters. But exactly how to build one, have one, and teach one does NOT get enough love. From our travels we've discovered that this is really the missing piece of the puzzle. It's easy to teach growth mindset and show why it's so important...

[Learn more here:](#)

The Leadership Gap: What You Need, And Still Don't Have, When It Comes To Leadership Talent

By Jean Leslie, Director Strategic Initiatives, The Center For Creative Leadership

The Leadership Gap: What You Need, And Still Don't Have, When It Comes To Leadership Talent

Over a decade has passed since we were first introduced to concerns regarding a shortage of leaders. Who can forget the countless surveys that indicated a significant decline in the confidence in leadership bench strength. Or the reports that leadership skills gaps were a top concern among talent management professionals and CEOs alike.

Common causes leading up to leadership shortage concerns included recruiting wars for talent, the retirement of large numbers of baby boomers, changes in the nature of work, and poor organizational practices identifying, selecting, and developing talent.

[Learn more here:](#)

A Stanford Dean on Adult Skills Every 18-year-old Should Have

By Julie Lythcott-Haims, Author of NYT bestseller, Quartz.com, April 13, 2016

This question originally appeared on Quora: What are the skills every 18 year old needs? Answer by Julie Lythcott-Haims, Author of NYT bestseller How to Raise an Adult; former Stanford dean; podcast host.

1. An 18-year-old must be able to talk to strangers

Faculty, deans, advisers, landlords, store clerks, human resource managers, coworkers, bank tellers, health care providers, bus drivers, mechanics—in the real world.

The crutch: We teach kids not to talk to strangers instead of teaching the more nuanced skill of how to discern the few bad strangers from the mostly good ones. Thus, kids end up not knowing how to approach strangers—respectfully and with eye contact—for the help, guidance, and direction they will need out in the world.

[Learn more here:](#)