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## Dear Coaches,

### Quote of the week:

**"When you doubt yourself, you defeat yourself."**  
~unknown

## Raising the Bar in Youth Sports

By John O'Sullivan, Changing The Game Project, January 2016

"Have I ever told you about the defining moment of my coaching career?" long time University of Portland baseball coach Chris Sperry asked me the other day over lunch. "It is a speech that changed everything for me at the 1996 American Baseball Coaches Association convention."

"No, please tell," I said between bites, and so began an amazing tale about a legendary coach named John Scolinos, and a life changing moment for Chris, which he has written about here on his amazing blog Baseball/Life. He gave me permission to share it with you here today.

"In 1996, Coach John Scolinos was 78 years old and five years retired from a college coaching career that began in 1948. He shuffled to the stage to an impressive standing ovation, wearing dark polyester pants, a light blue shirt, and a string around his neck from which home plate hung — a full-sized, stark-white home plate.

Seriously, I wondered, who in the hell is this guy?

After speaking for twenty-five minutes, not once mentioning the prop hanging around his neck, Coach Scolinos appeared to notice the snickering among some of the coaches. Even those who knew Coach Scolinos had to wonder exactly where he was going with this, or if he had simply forgotten about home plate since he'd gotten on stage. Then, finally ...

[Learn more here:](#)

## Safe Sport Education Assistance

Meets are a great opportunity to reach swimmers and their parents with the Safe Sport message. By incorporating Safe Sport meet announcements into your event and using posters and heat sheet ads, you are able to demonstrate your commitment to maintaining a safe and positive environment in a very simple way. Set up an informational table near the concessions to provide parents with some reading material and point of contact with Safe Sport for while they are in the stands.

Visit [www.usaswimming.org/toolkit](http://www.usaswimming.org/toolkit) to find:

- Heat sheet ads
- Meet announcement script
- Informational table kit, including parent information cards
- Pre-meet risk assessment
- Posters to raise awareness

Questions or ideas on how to promote Safe Sport at meets? Contact [Maggie Vail](#), Safe Sport Education Specialist



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## Have Your BEST Year Ever? Or Have a GREAT Year?

By Jeff Gitomer, Sales Caffeine Newsletter, January 2016

I'm challenging you NOT to have your BEST year ever. Rather, have a GREAT year. A great family year. A great achievement year. A great money year. A great health year.

The secret of "great" is NOT to start with "it." The secret of "great" is to start with "you." "IT" is I'm gonna buy a new house this year, and "YOU" is I'm gonna study the science of asking questions. "IT" is I'm gonna get something material, and "YOU" is I'm gonna improve myself. To HAVE great, first you must BE great, and DO great.

[Start here:](#)

## Accountability: 13 New Year's Questions For Personal Growth

Posted by John G. Miller, January 2016

Here are 13 questions that challenge me to think hard, which can lead to learning, growth, and change. Each laced with an underlying QBQ! book message of PERSONAL ACCOUNTABILITY, these questions can help to make 2016 outstanding!

1. In 2015, what did I learn about myself that helped me mature?
2. What relationship did I make better and what relationship must I strive to improve?
3. How good am I at helping others feel special and who needs more of this from me?
4. When do I let victim thinking into my life and what are the consequences?
5. In what way have I become entitled, believing that I "deserve" something?

[Learn more here:](#)

## The Common Thread Among All Hall of Famers: Podcast #34

By Tim Elmore, Growing Leaders, December 30, 2015

Today, I am honored to share with you a conversation I recently had with Jeff Idelson, president of the National Baseball Hall of Fame and Museum. We discussed the criteria to become a member of the Hall of Fame, what it means to be successful, and much more. Below are some highlights from our discussion, but I encourage you to listen to the full conversation.

Tim Elmore: If you don't mind Jeff, I'd like to start with your story. Would you mind telling your story, because I think listeners might be intrigued by how it all worked out?

Jeff Idelson: I was fortunate to get an internship with the Red Sox five days after graduating from college. When my internship ended, I couldn't find anything full-time so I was waiting tables, but also producing Red Sox radio broadcasts because that is where my passion was. This gentleman would come into lunch often and one day he asked me if I had any interest in managing his takeout restaurant. I would have been his second employee. He offered me significantly more money than I was making working for the Red Sox, but I was infinitely happier at Fenway Park. So I thanked the gentleman and told him my plan was actually to work in baseball. **Two years later**, I got a full-time job in baseball and never looked back. The funny thing is, had I taken that opportunity, I actually would have been the second employee at Boston Market! But I never look back, because I don't feel like I've worked a day in my life.

[Learn more at:](#)

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## TrueSport 2016

A new year means brand new goals to achieve, records to set and redefining personal bests. To start 2016 off right, we are teaming up with our TrueSport ambassadors to support you in your resolutions. We want you to share your 2016 goals by tagging your photos, videos and stories with #AchieveIn2016 throughout January.

Tell your friends and followers what you or your kids are striving to achieve this year. Whether it's winning a championship game, breaking your school's track record, being more supportive at your kids games, or hitting a home run, 2016 is going to be YOUR year!

Through our email digest newsletter, we will continue to provide you with information, materials, and stories that will help equip you to inspire a positive youth sports culture in your community. Check in with TrueSport on social media every day in January for goal-setting tips, weekly motivation, New Year's Resolutions from our ambassadors and stories from other youth athletes about their goals.

As a reminder, please take our [TrueSport survey](#) so we can better understand our audience. Surveys must be completed by January 15, 2016. Your feedback would be greatly appreciated!

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## The Day I Stopped Asking Students The Wrong Questions

By Tim Elmore, Growing Leaders, January 2016

I want to make a confession. For years, I have spoken at high school and university commencements and made the classic remarks others have made to students:

- "Find your passion and pursue it."
- "Go after your dreams, and don't let anyone deny you."
- "Trust your heart and fulfill your purpose."

These clichés were what I really believed at the time. I wanted to help students figure out what they were supposed to do with their life through self-diagnosis. If they would only look inside, they could discover their calling in life.

It's a sort of self-determination I felt I should encourage in students; I wanted them to be ambitious, and I thought this was the right mindset to go after it.

Today—I no longer believe this.

Why This is Bad Advice

[Learn more here:](#)

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## The 26 Best Websites to Learn Incredibly Useful New Skills

Use these amazing websites to pick up profitable new skills this year.  
By Ryan Robinson, Entrepreneurs Expert, [about.com](#), January 4 2016

Online education tools are completely changing the way we learn.

With little more than an internet connection needed, these websites are empowering millions of people from around the world, to build their skills, launch businesses, and create meaningful changes in their lives.

Here are my top picks for the best websites to learn powerful new skills, [right now](#).

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## **College Swimming Guide**

**By Florida Swim Network**

Here is a good guide for parents and athletes to use in the process.

[Learn more here:](#)

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## **Three Unexpected Gifts from Hardship**

**By The Center For Creative Leadership, December 15, 2015**

Pain touches everyone. No one is exempt from hardship. If you are lucky, the toughest times in your life will be fleeting.

Hardships, of course, are not asked for and are usually not welcomed. They are not something you would plan into your development in the coming year. Yet, hardships are among the most powerful teachers. They can be mined for leadership lessons that stay with you forever.

CCL has a long history of studying the leadership lessons people learn and how they learn them. The body of work — called the Lessons of Experience research — has been conducted over 4 decades across 40 countries.

[In the research, most hardships fall into 4 categories:](#)