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Dear Coaches,

Quote of the week:

"Humble enough to prepare, confident enough to perform."
~Tom Coughlin

Update Your SwimToday Information

Please look at your listing in SwimToday.org. We have noticed many teams do not have correct or current information on either SwimToday or USA Swimming. Please update that information with your LSC registration person.

You do not want to miss out on the possibilities of new children and families joining your team. You never know who might be the "NEXT" one!

Olympic Trials TV Schedule

NBC Sports will live stream the 2016 U.S. Olympic Swimming Trials beginning on June 26th and continuing through July 3rd. NBC's comprehensive live streaming from the Trials will include all of the prelims and finals sessions.

The road to Rio for U.S. swimmers will be available in spectacular high definition via NBC Sports online at NBCSports.com/Live, or through the NBC Sports app which is available on the iTunes App Store, Google Play, Windows Store, Roku Channel Store, Apple TV and Amazon Fire.

| Day | TV Time (EDT)* | Event | Network** |
|---------|----------------|-----------------------------------|-----------------|
| June 26 | 6:00 p.m. | Olympic Trials - Qualifying Heats | NBC Sports Net. |
| | 8:00 p.m. | Olympic Trials - Finals | NBC |
| June 27 | 6:30 p.m. | Olympic Trials - Qualifying Heats | NBC Sports Net. |
| | 8:00 p.m. | Olympic Trials - Finals | NBC |
| June 28 | 7:00 p.m. | Olympic Trials - Qualifying Heats | NBC Sports Net. |
| | 8:00 p.m. | Olympic Trials - Finals | NBC |
| June 29 | 7:00 p.m. | Olympic Trials - Qualifying Heats | NBC Sports Net. |
| | 8:00 p.m. | Olympic Trials - Finals | NBC |
| June 30 | 6:30 p.m. | Olympic Trials - Qualifying Heats | NBC Sports Net. |
| | 8:00 p.m. | Olympic Trials - Finals | NBC |
| July 1 | 6:00 p.m. | Olympic Trials - Qualifying Heats | NBC Sports Net. |
| | 8:00 p.m. | Olympic Trials - Finals | NBC |
| July 2 | 5:00 p.m. | Olympic Trials - Qualifying Heats | NBC Sports Net. |
| | 8:00 p.m. | Olympic Trials - Finals | NBC Sports Net. |
| July 3 | 8:00 p.m. | Olympic Trials - Finals | NBC |

*Times listed are Eastern Daylight Time only. Please check provider listings for time and channel in your area.





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Why The Olympic Trials are America's Greatest Sporting Event

By Mike Gustafson, USA Swimming Correspondent, June 15, 2016

Every four years, more than a thousand of America's fittest athletes step onto the blocks. A lifetime of training boils down to one race, one chance, one dive, one finish. These athletes practiced the same rotations of the hands, kicking motions with their feet, techniques, pacing, and strategies for roughly four hours every day, sometimes for decades. The mileage a swimmer trains could cross entire oceans. Yet, it comes down to seconds.

The Olympic Trials happens every four years, but for most athletes, Trials only happens once in a lifetime. Because to arrive at Trials — to wander the chlorinated pool decks of Omaha — demands a lifetime of preparation. When 350,000 competitive swimmers all try for 50 or so Olympic roster spots, which are only handed out every four years, the odds seem nearly impossible. Just to get here, though, requires a lifetime's dedication.

All sports are great in their own right, but competitive swimming's Olympic Trials are truly unique. Because

[Learn more here:](#)

USADA Update

Supplement 411 FAQ: Can USADA evaluate or certify my product for me?

[Learn more here:](#)

Coaches!

[5 Things to Remember Before Your Athletes Head to Competition:](#)

Why Helicopter Parents Produce Boomerang Kids

By Tim Elmore, Growing Leaders, June 14, 2016

I spent the last few days studying thirty years of student trends and patterns. While both K-12 and Higher Education have gone through transitions—the greatest shift in three decades of childhood is the parents.

Parents are doing their job differently than they did forty years ago.

We've all heard the term, "Helicopter Parent." It's a title we've affectionately bestowed upon moms and dads who hover over their children, believing that their child needs their attention, their help, their insight or their power to make it in life. These parents are all too happy to leverage that power to pave the way for their child.

Social scientists have noted the results of helicopter parenting between 1985 and 2015:

- When students reach college they are more immature, coddled by parents.
- They are a generation that grew up without ever skinning their knees.
- Few have felt the pain of real failure—hence, never developed resilience.
- Many got "stickers and ribbons" for everything; everyone is above average.
- It is common for parents to do a daily wake-up call for their child in college.
- These students want their college education to continue their "bubble life."

What Has This Done to Kids as Emerging Adults?

[Learn more here:](#)

Life Lessons from my “Old School” Sports Dad

By John O'Sullivan, Published in Parenting, June 14, 2016

I remember the conversation like it was yesterday.

I was a sophomore in high school, and I was mad. I was offended. I was aggrieved... I had been benched.

When I got home from school, I wanted someone to tell me how I was right, and the coach was wrong. I wanted someone to tell me that I was great, and my teammates who had replaced me were not. I wanted someone to validate my feelings..

Luckily for me, I had chosen to have my “woe is me” talk with my dad. He was an old school guy, born and raised in the Bronx. He had been forced to retire from his dream job — the NY City Fire Department — after destroying his back during a fire. Life had been good to him, and tough to him, and he certainly wasn't intending to make it easy on me.

His goal wasn't to make me feel better that day. His goal was to make me BE better.

“John,” he said, “regardless of whether you think your coach is right or wrong, regardless of whether you think you are better or worse than your teammates, that is really all beside the point.”

I sat quietly. You do not interrupt my dad.

“The question you have to ask yourself is ‘have I done everything in my control to earn a starting spot?’”

I thought about it. “Yes, I'm better than those guys,” I protested.

“That is not what I am talking about,” he said. “That's one man's opinion. Here are some things that are not. Do you show up early and do extra work? Do you stay after and work on your game, or even run laps and improve your fitness? Do you pick up the cones when training is done? Have you gotten up before school yet this season to do extra work on the track, or against the kick back wall?”

“No,” I answered, not liking where this was heading.

“Well, until you have done anything and everything you can do to show your coach and teammates beyond any doubt who deserves to be out there, you have nothing to complain about. I suggest you get back to work and leave your coach no choice but to put you in, because right now he clearly has a choice.”

Conversation: TERMINATED.

This was a defining moment for me as an athlete. Our relationship was not always rosy when it came to sports, There were certainly other things he said and did that did not affect me in a positive manner. For whatever reason, though, this lesson had the desired effect. From that day forward, as a high school, collegiate and professional player, I always believed that I had nothing to say until my actions spoke first. It was up to me to leave no doubt. In the words of inspirational former Cornell Lacrosse player George Boiardi, as told by Jon Gordon in his great book *The Hard Hat: 21 Ways to be a Great Teammate*, “Well done is better than well said.”

I get a lot of emails and inquiries about kids ‘playing out of position,’ about being ‘forced’ to play for a tough coach and struggling for playing time. Since the recent changes in US Soccer birth years, I have heard a ton about kids having difficulties adapting to new teammates and age groups. And I get it.

As a parent, I worry about my kids and how they will react to adversity. I get anxious when they encounter difficulty, when they are pushed extremely hard, and when they want to give up. I get frustrated when they struggle. I get scared that my December birthday daughter is at a disadvantage now in soccer due to her relative age. I don't like to see them fail, because deep down, every time they fail it feels like a part of me is failing, and that doesn't sit very well with me.

Yes, I want to intervene. I want to help them feel better, just like I wanted to feel better.

And then I catch myself. I think what would my dad say?

My parents were great supporters of my sporting journey, and in honor of Father's Day, I wanted to share a bit of my dad's wisdom that extended well beyond the soccer field, the wrestling mat, and the baseball diamond.

[Here are ten lessons my dad taught me in sports that have carried me through life:](#)

How to Be a Great Assistant Coach

These are some of the notes presented by Dean Lockwood at last spring's PGC/Glazier Basketball coaching Clinic in Chicago. Dean has been an assistant in the Tennessee Women's Program for 12 years. He was also an assistant in their men's program for 5 years. In between those stints at Tennessee, he has been the men's head coach at Saginaw Valley State, and Northwood University.

Know and Understand Yourself

Take some time to think about and write out answers to these questions:

- 1) Why did I get into coaching?
- 2) What do I love about coaching?
- 3) What do I dislike about coaching?
- 4) What are my present and future goals?
- 5) Why am I in coaching now?

Know This Profession:

[Learn more here:](#)

Should We Teach Civility to Our Athletes, Parents, Coaches and Officials?

In a recent visit to The Naval Academy Club Team, we learned that they are using The University of Missouri's Civility guidelines for their program -parents and athletes.

It's a great resource.

The University of Missouri is happy that they are using it as long as it is credited to the University.

[Take a look here:](#)

Three Words To Say When People Share Their Dreams

Posted by John G. Miller, QBQ, June 2016

Would you dump everything, including the kitchen sink [\(look at the picture carefully\)](#), into the world? Probably not.

Yet, without knowing it, many of us do litter by dumping verbal garbage into the minds of co-workers, friends, and family.

[Learn more here:](#)

It's Not Meant To Be Easy

By Richard Norris, Leadingmenonly.com, June 12, 2016

Life can be tough.

I'm sure we all agree on that one.

Success can be tough too.

There is not a person who is a success who has not had a challenge or two. More than likely, there have been a few failures along the way. Actually, one consoling thought is that if you have failed then it can be an indicator you're on the right track. Just think of Thomas Edison – 10,000 failures to get to the lightbulb.

Life is a journey.

That means it will have its ups, downs, detours, breakdowns and even crashes. There will be arguments, failures, broken promises, strained relationships. It won't be easy. It was never meant to be.

Life is a learning journey. The more you travel, the more experience you gain. The more experience, the wiser you should become.

If you've ever gone on a long car trip during the summer holidays you'll know that...

[Learn more here:](#)