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## Dear Coaches,

### Quote of the week:

**"My parents taught me that I could do anything I wanted and I have always believed it to be true. Add a clear idea of what inspires you, dedicate your energies to its pursuit and there is no knowing what you can achieve, particularly if others are inspired by your dream and offer their help."**

**~Pete Goss (1961-) British Sailor and Entrepreneur (from his book 'Close to the Wind'. Goss successfully sailed around the world - alone.)**

## Katie Ledecky Leads 2015 USA Swimming Golden Goggle Awards Nominees

**Twelfth gala celebration set for Sunday, Nov. 22, in Los Angeles**

After winning five gold medals in August at the 2015 FINA World Championships, Katie Ledecky (Bethesda, Md.) leads the way with five nominations for the 2015 USA Swimming Golden Goggle Awards, set for **Sunday, Nov. 22**, at the JW Marriott Los Angeles L.A. LIVE.

The nation's top swimmers and coaches are nominated in eight categories for the 12th Golden Goggle Awards, the annual celebration honoring the sport's top performances of the year. This year's event will once again mix swimming stars with celebrities, business leaders and entertainment icons in the vibrant setting of downtown Los Angeles.

Full event details, including table and seat purchasing opportunities, can be found at [GoldenGoggles.com](http://GoldenGoggles.com).

Ledecky's five nominations include Female Athlete of the Year, Female Race of the Year for the 200-, 800- and 1500-meter freestyles at the FINA World Championships and Relay Performance of the Year for the women's 4x200m free relay in Kazan. Ledecky won Female Athlete of the Year honors in 2013 and 2014.

Earning three Golden Goggle nominations each were Missy Franklin (Centennial, Colo.), Ryan Lochte (Daytona Beach, Fla.), Michael Phelps (Baltimore, Md.) and Jordan Wilimovsky (Malibu, Calif.).

Golden Goggle Award nominations are based on the year's top accomplishments by U.S. swimmers, focusing primarily on the 2015 FINA World Championships. The Americans topped the medal table in Kazan with 26 medals across pool and open water competitions.

The complete list of 2015 Golden Goggle Award nominees by category is listed below.

Online fan voting

<http://usaswimming.org/DesktopDefault.aspx?TabId=2104&Alias=Rainbow&Lang=en> is now open and will continue through **Friday, Nov. 13**. A percentage of the fan vote will count towards the final ballot. Beginning later this week USA Swimming will highlight Golden Goggle Awards categories weekly on [usaswimming.org](http://usaswimming.org) and across its social media channels in the lead-up to the **Nov. 22** event.

Proceeds from the Golden Goggle Awards benefit the [USA Swimming Foundation](http://USA Swimming Foundation), which has the mission to save lives and build champions – in the pool and in life. In addition to its Make a Splash initiative, a national, child-focused water safety campaign that stresses the importance of learning to swim, the USA Swimming Foundation supports the U.S. National Team and its development efforts aim to establish an endowment to strengthen the future of USA Swimming's programs and services. The Foundation also serves as the





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**Randy Julian**

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**2015 Golden Goggle Awards Nominees****Breakout Performer of the Year**

Katie Meili  
Jordan Wilimovsky  
Kelsi Worrell

**Perseverance Award**

Kevin Cordes  
Connor Jaeger  
Allison Schmitt

**Coach of the Year**

Bob Bowman  
Bruce Gemmell  
Dave Kelsheimer  
David Marsh  
Catherine Vogt

**Relay Performance of the Year**

Women's 4x200m Free Relay – 2015 FINA World Championships  
Men's 4x100m Medley Relay – 2015 FINA World Championships  
Mixed 4x100m Free Relay – 2015 FINA World Championships

**Female Race of the Year**

Haley Anderson – 5K Open Water, 2015 FINA World Championships  
Katie Ledecky – 200m Free, 2015 FINA World Championships  
Katie Ledecky – 800m Free, 2015 FINA World Championships  
Katie Ledecky – 1500m Free, 2015 FINA World Championships

**Male Race of the Year**

Connor Jaeger – 1500m Free, 2015 FINA World Championships  
Ryan Lochte – 200m IM, 2015 FINA World Championships  
Michael Phelps – 100m Fly, 2015 Phillips 66 National Championships  
Michael Phelps – 200m Fly, 2015 Phillips 66 National Championships  
Jordan Wilimovsky – 10K Open Water, 2015 FINA World Championships

**Female Athlete of the Year**

Haley Anderson  
Missy Franklin  
Katie Ledecky

**Male Athlete of the Year**

Ryan Lochte  
Michael Phelps  
Jordan Wilimovsky

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**Vitamin C and Colds**

**By Chris Rosenbloom, Contributor**

A few years ago, I talked with an athlete who complained of nausea, diarrhea and intestinal cramping. His doctor had performed tests for the usual suspects: irritable bowel, Crohn's disease, ulcer, and food poisoning but found no medical reason for his symptoms. A detailed diet history did not show any food culprits (like an allergy, very high fiber or sugar alcohol intake) but he did take supplements of vitamin C to "prevent" colds. He was taking 10 grams a day. To put that in perspective, the Recommended Dietary Allowance (RDA) for a teen age male is 75 milligrams a day and he was taking 10,000 milligrams a day or a whopping 13,333% of what is needed for good health. I bet you can guess a side effect of excess vitamin C; yes, it is gastro-intestinal problems.

[Learn more here:](#)

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## How Mentally Tough Are You?

By Dr. Alan Goldberg, [Competitiveedge.com](http://Competitiveedge.com)

Athletes, how mentally tough are you? I have a quiz to help you get to know yourself better, just going through the short questions and answering them is, in itself, a great step towards flexing your mental muscle and moving towards growth and progress.

[Take the test here:](#)

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## Children with Challenges Workshop

**New Educational Course – ASCA Certified Coaches: receive 15 ASCA credits**

Children With Challenges™ was created through collaboration between USA Swimming – USA Swimming Foundation – Starfish Aquatic Institute & Aquatic Therapy & Rehab Institute

Certificate Program for Swim Coaches and Swim Instructors – This is your opportunity to be one of the first to earn a Certificate of Training in working with children with challenges in an aquatic setting.

Please click to learn more about the workshop being held at the Chatham County Aquatic Center in Savannah, Georgia  
On Friday November 13, 2015.

Information is posted :

[Flyer:](#)

[Facilities:](#)

[Disability:](#)

[Coaches:](#)

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## Release Your Child to the Game!

By John O'Sullivan, **Changing the Game Project, September 28, 2015**

"I don't know where to turn," an exasperated dad recently told me after a speaking event. "My son is fast, and he is skilled. We do lots of extra practice, we go to a private skills coach, we are doing everything it takes to get to the next level, but something is not right. He is not doing as well as he should. He seems to have lost his motivation. What should we do?"

"We?" I asked the dad. "You keep using the word 'we.' Whose experience is this; his, or yours?"

The dad paused for a second, looked at me, and said with a defeated look, "Wow, I never thought of it like that. It's not we; it's he. Oh man."

Thankfully, that dad had a revelation that evening, realizing for the first time that he had claimed his son's youth sports experience for himself. He loved his son. He wanted only the best, and saw in him great potential. Sadly, he was not loving his son in a helpful way.

He had made his son's experience his own. In the process, he was stealing one thing his young son could never get back: ownership of a positive youth sports experience. At least this dad realized it was never too late to change.

[Learn more here:](#)

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## Stop Wasting Time With Your Ego

By Louis Carter, CEO and founder Best Practice Institute, September 4, 2015

As a CEO, Director, Administrator, boss, head honcho, or whatever your title, there are certain things that you might do at meetings that are, well, inappropriate!

No, I am not talking about the company Christmas party. Sometimes the CEO position can wreak havoc on our emotions and cause us to act rather oddly.

Take for example the boss that puts his ego ahead of the organization, or the employees. This is a strict taboo. A boss must carefully focus on getting the job done. When a coast guard swimmer is deployed into hurricane force winds to save an overboard crew, she introduces herself and then adheres to life saving procedures as her only emotional focus. Why should you be any different when leading a meeting?

[Learn more here:](#)

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## Seven Ways Helicopter Parents Can Avoid Ruining Their Children's Careers

By Dawn Rosenberg McKay, Career Planning Expert, About.com, September 2015

How to Stop Hovering and Let Your Kids Find Their Own Way

It is often said roots and wings are two of the most valuable things parents can give their children—roots to know where home is and wings to fly off on their own. There are some moms and dads who have done quite well with the first part of that directive but have had great difficulty with the second. We know them as helicopter parents, a term given to people who micromanage their children's lives, even as they enter their twenties.

Helicopter parents, although they are in most cases well-meaning, can do significant harm to their children as they become adults and begin their careers. Children who have always had their parents decide things for them, frequently find it difficult to move forward on their own without mom and dad's oversight. They lack confidence and may not have the critical thinking skills they need to make decisions and solve problems.

Parents who do not instill in their children the confidence to fly are doing them a great disservice—one that can stall their progress into independent adulthood.

[Learn more here:](#)

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## Leadership At Whole Foods

By Peter Burwash, The Leadership Coach™, SportTravelMagazine, August 2015

About a year ago, I found a great veggie burger at our local Safeway store, and I started buying a few packages every week. Then Safeway discontinued it. I went to three different employees to see if they could special order 36 burgers at a time. Each time the answer was no. They told me company policy does not allow a discontinued item to be ordered.

So I went to Whole Foods and talked to an employee named Brandon. He said, "sure, let me look up where we can get it." And now, every few weeks, I buy a case. Whole Foods hasn't benefitted only from the \$1000.00 plus that I have spent on veggie burgers. I also bought other items because I was in the store regularly to pick up my special order.

How does this tie into leadership? A company's culture should allow for flexibility and an avenue for employees to recommend solutions rather than spew out "company policy." And Brandon personifies what an employee should be like as a leader. He didn't see himself as an employee, but rather as a leader helping a customer. I am just one customer whose purchases do not seriously affect the bottom line, but such actions certainly have a ripple effect.

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*The Leadership Coach provides inspirational thoughts on leadership in sports and business. The Leadership Coach is Peter Burwash, president of Peter Burwash International, a company that manages tennis instruction programs at top resorts in more than 30 countries around the world. The Leadership Coach can be reached at [LeadershipCoach@SchneiderPublishing.com](mailto:LeadershipCoach@SchneiderPublishing.com) and his books are available through the SportsTravel Bookstore.*

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## **When Should Your Young Athlete Specialize?**

**By Dr. Jim Taylor, PrimeSports, September, 2015**

This question torments every parent who wants to support their children's efforts as they pursue their own personal greatness in a sport. It is also one of the most frequently asked questions I get from parents of young athletes. This question isn't just one of professional interest to me. Rather, it's personal for two reasons. First, in my youth, I achieved an international ranking as a ski racer (though I wasn't even close to being truly world-class) while not specializing until I was 13 years old. Second, I have two daughters (ages 10 and 8) who are aspiring ski racers (perhaps following in their dad's footsteps?; that is a topic best saved for another time) and want to give them every opportunity to achieve their goals. Unfortunately, there is no clear answer to this question, but there is some emerging research and the opinions of experts (you'll get mine later in this article) that should help you in finding an answer that works best for your young athletes and your family.

[Read more here:](#)

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## **Playing Youth Sports Takes A Lot More Green Than It Used To**

**By Patti Neighmond, NPR, September 07, 2015**

You could say 36-year-old Matt Ray works in paradise — on a barrier island off the Florida's southern coast. As athletic director of the Anna Maria Island Community Center, Ray is doing what he loves.

"I grew up playing sports," he says. "I actually played two years of college basketball. So sports have pretty much been my entire life."

The community center where Ray works offers members the chance to join a variety of teams, including basketball, football, soccer, volleyball and kickball — "pretty much any sport an adult or child would want to play," he says.

Ten-year-old Jake Herrera and his Los Angeles team run around the diamond as a warmup for baseball practice.

### **Benefits Of Sports To A Child's Mind And Heart All Part Of The Game**

There's a membership fee to join the center, and other league-related costs. Because Ray works at the center, he and his kids play for free. But without that financial help, he says, he couldn't afford to be as physically active as he is, and couldn't afford the \$120 fee per eight-game season for each child.

"Most of my money goes to bills and rent," he says. "It just wouldn't be doable."

All across the U.S., many parents are feeling the same pinch.

In a poll NPR recently conducted in conjunction with the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health, only 15 percent of lower-income adults say they play sports. That's compared to 37 percent of higher-income adults who say they play sports.

[Learn more here:](#)