



## In this Newsletter Volume 41 - 10/08/2016

1. Club Excellence Deadline
2. National Select Camp Assistant Coach Application
3. A Deep Dive into Nuts and Seeds for Swimmers
4. Underwater Pull Progression - Step 4
5. WADA publishes 2017 Prohibited List
6. Swimming Stars to Descend on Times Square on Monday, Nov 21st for the 2016 Golden Goggle Awards in New York City
7. Backstroke Rate
8. New TrueSport Nutrition Guide
9. Board Learning is Mission Critical
10. 17 Navy SEAL Principles That Every Salesperson Should Practice

## Dear Coaches,

### Quote of the Week

### Club Excellence Deadline

\*\*\*REMINDER\*\*\*

The application deadline for the 2017 Club Excellence program is Friday, 10/14/2016.

[Here is the link to the application.](#)

### National Select Camp Assistant Coach Application

**Deadline October 10th**

The National Select Camp assistant coach application <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1823&Alias=Rainbow&Lang=en> is now open!

The 2016 camp will be held from January 19-22, 2017 at the Olympic Training Center in Colorado Springs, CO.

This camp brings 68 of the top USA Swimming member athletes in the nation together for a once-in-a-lifetime camp experience. Swimmers are selected from the SWIMS database of top times. During the camp, these swimmers will learn about post-race recovery, drug and supplement rules, psychological training skills, nutrition, race strategy and more.

The deadline [to apply](#) is October 10th!

[Learn more here:](#)

### A Deep Dive into Nuts and Seeds for Swimmers

By Chris Rosenbloom, PhD, RDN, CSSD, September 23, 2016

There are many reasons why swimmers should include nuts and seeds as part of their performance plan. Nut and seeds may all look and taste different but they have some commonalities that make them winners. They:

- Provide energy (calories) to power you through a workout; nuts and seeds are nutrient-dense, meaning that in a small portion they provide calories, protein, fat, and vitamins and minerals.
- Are a good source of dietary fiber, a nutrient in short supply in the diet of many athletes.
- Contain plant compounds, called phytonutrients, that are tied to many health outcomes.
- Help keep your heart healthy; your heart is a muscle and without a healthy heart your swimming will suffer.
- Are part of a plant-based diet and many swimmers are interested in eating less meat and more plant foods.
- Are portable and convenient; no refrigeration needed
- Taste great and are versatile; can be used as snack, as a topping, and as an





ingredient in almost every dish.

Learn more here:

## Underwater Pull Progression - Step 4

### Go Swim Video of the Week

The most resistive position in all of swimming is the recovery of the arms and legs during the breaststroke underwater pull.

IF done without the proper timing, you can count on slowing down, or stopping... or even the dreaded GOING BACKWARDS!. Recovering the arms and legs at the exact same time will lead to most of not all of these problems.

To practice the proper timing, go through all the steps, to the pull down.

Now, recover the arms back to streamline WITHOUT KICKING.

There will be much instinct in this with your legs, so fight the feeling of kicking too soon.

Check the bottom to make sure you're still moving forward after you extend the hands back out front.

While learning, pausing in each step before you move to the next one, allows you to think about what just happened, and what's about to happen. However, when polishing this to a competitive skill, remember that pausing too long in any position will cause you to slow down a bit.

[Set up your free account to get a new video everyday](#)

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## WADA publishes 2017 Prohibited List

[See the list here:](#)

## Swimming Stars to Descend on Times Square on Monday, Nov 21st for the 2016 Golden Goggle Awards in New York City

Please join us as the United States Olympic Swim Team is honored during the 13th annual Golden Goggle Awards on the evening of Monday, November 21st at the iconic New York Marriott Marquis in Times Square.

The annual Golden Goggle Awards not only honors and celebrates our U.S. National Swim Team, it serves as an important fundraiser for the USA Swimming Foundation. Proceeds from this event benefit the USA Swimming Foundation's mission to save lives and build champions—in the pool and in life.

What: Golden Goggle Awards & Silent Auction

Where: New York Marriott Marquis, Grand Ballroom

When: Monday, November 21, 2016

Time: Cocktail Reception & Silent Auction begins at 5:30 pm. Program begins at 6:30 pm.

Attire: Black Tie Optional

Table and Seat Opportunities:

Gold Level Table: \$25,000 includes:

- Recognition in event program
- Reserved table for eight (8) guests
- Preferred seating and athlete assignment
- Four invitations to Swimming Through the Decades VIP Event

Silver Level Table: \$15,000 includes:

- Reserved table for eight (8) guests
- Preferred seating
- Two invitations to Swimming Through the Decades VIP Event

Bronze Level Table: \$10,000 includes:

- Reserved table to eight (8) guests

Individual Seats: \$1,250 each

To purchase your table or seat(s), please call a USA Swimming Foundation representative at [719-866-3587](tel:719-866-3587).

Bob Costas to Emcee Golden Goggle Awards

Bob Costas who has earned widespread fame and numerous awards for his coverage of the Olympics and major American sports leagues will serve as Emcee for the 13th Annual Golden Goggle Awards and Silent Auction.

This will be the fourth Golden Goggle Olympic year in which Mr. Costas has emceed the annual celebration gala honoring the accomplishments of the U.S. Olympic Swim Team.

## Backstroke Rate

### By GoSwim, Video of the Week

Helping young swimmers understand that backstroke requires RATE can be tricky. We don't want to always have them sprinting, but we can't slow them down so much that they can't race.

Why do it:

This already takes into consideration the swimmer already has a solid pull pattern, so don't rush this rushing.

How to do it:

1 - While many swimmers focus on slicing the hand into the water with no splash, too much of this can take away the attack the swimmer will need to swim fast.

2 - Start by having the swimmer MAKE CONTACT with the surface. Have them FEEL the hand hitting the surface. This can help maintain momentum of the recovering arm into the catch.

3 - To really get the hands moving, RIP the hands out at the back of the stroke. The instant the hand is finishing, GET IT OUT and into the recovery.

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

Don't worry about being smooth, or having a clean entry, great backstroke takes rate, and maintaining that rate will take some attack at some point in the stroke.

Always remember, your body is rolling during the recovery and pull of backstroke, slowing for a clean entry can cause that roll to slow or pause. Make the transition from one side to the other SNAP with more rate.

If you think this swimmer's head position is a bit high, we thought so too. Click this link to watch how we worked with him to become more aware of that.

<http://gosw.im/2dwXluj>

[Get your free account today](#), and get a new video delivered to you everyday!

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## New TrueSport Nutrition Guide

Sifting through nutritional information is frustrating. Is the resource trusted? Is there research backing the claims? Is this just a gimmick diet or a ploy to sell useless supplements? Fortunately, USADA has partnered with TrueSport and Registered Dietitians to create Nutrition Guide. This very useful, [interactive tool is located online](#) and provides nutritional guidelines for athletes, as well as recommendations for hydration and links to additional resources. Click through and get in-depth advice on what to eat before, during and after exercise as well as calculation tools to help determine the right quantity for you. Nutrition Guide is free and provided by USADA, the national anti-doping organization (NADO) in the United States for Olympic, Paralympic, Pan American, and Parapan American sport.

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## Board Learning is Mission Critical

**By Phillip Henderson, President, Surdna Foundation, BoardSource 2016**

Board learning is mission-critical. It's one of the most important components to a high functioning organization that is often overlooked and underappreciated. At Surdna, especially given that we are a family foundation whose board members are not professionals in the fields we fund, board learning is essential to ensuring that board members have the information they need in order to govern the foundation effectively.

[Read the full post from the Surdna Foundation here.](#)

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## 17 Navy SEAL Principles That Every Salesperson Should Practice

**By Gregg Swanson, Contributing Writer, BizJournal, October 5, 2016**

There's probably no tougher military training than the U.S. Navy SEAL program. I say this despite the fact that my son served in the U.S. Army 10th Mountain Division.

Even if you don't plan on parachuting out of a plane into battle or busting through the doors of an enemy compound anytime soon, there's a lot you can learn from these elite warriors.

[Learn more here:](#)