



In this Newsletter

Volume 45 - 11/07/2013

1. Car Rental Deal For All Members
2. 10 Ways Swimmers Can Get More Sleep
3. Top Tips for Sneaking in Fruits and Veggies
4. Butterfly Kicking: A Visual Aid
5. 10 Important Reasons to Start Making Time for Silence, Rest and Solitude
6. What To Do About A Stressed-out Teen
7. Swim-a-Thon™ is a great fundraising platform to earn money for your club!
8. USA Swimming and ASCA Regional Coach Clinics for 2015
9. Everyday Leadership
10. Working for a Bigger Purpose



Dear Coaches,

Quote of the week:

“Everything can be taken from a man, but one thing, the last of the human freedoms - to choose one's attitude to any given set of circumstances, to choose one's way.”

~Viktor Frankl, Nazi concentration camp survivor

Car Rental Deal for All Members

In an effort to maintain a high level of benefits and service to member clubs, USA Swimming is extending its negotiated rental car, van and SUV pricing with National Car Rental and Enterprise Rent-A-Car to all USA Swimming Member Clubs. This discounted rate is valid during USA Swimming sanctioned events, meets, practices or approved social events. Not only does this deal include a very good rental rate, but this negotiated pricing also includes full insurance

[Click here for more details.](#)

10 Ways Swimmers Can Get More Sleep

By Mike Gustafson, USA Swimming Correspondent

If dogs are man's best friend, then sleep is a swimmer's best friend. Perhaps because we want what we can't have. Early morning practices. Early Saturday preliminaries. Holidays spent at the pool, slogging up and down mile after mile inside a concrete grave while the rest of your non-swimming friends sleep in. Swimmers are constantly chasing sleep. We crave it, we need it, we demand it.

And yet, I've never met a swimmer who has ever said, "I get too much sleep." Never happened. And perhaps that sentence has never been uttered by a swimmer, ever, in human history. I would believe it.

How can swimmers get more sleep? More of this necessary component to recovery that this very website said Asleep in a book (medium) was one of the most important "supplements" and vital for fast swimming?

[Here are 10 ways swimmers can get more sleep:](#)

Top Tips for Sneaking in Fruits and Veggies

By Chris Rosenbloom, PhD, RDN, CSSD

We all know we should eat more fruits and vegetables, yet the average American eats about 1 serving of fruit and 1.5 servings of vegetables each day. The minimum amount we should be eating is 5 servings a day (with the goal of eating 9 servings!). So, here are some sneaky ways to get more fruits and veggies without sacrificing taste:

[Read more:](#)



Randy Julian

Sport Development
Consultant
Central Zone
USA Swimming

[719-866-3578](tel:719-866-3578) [719-866-3578](tel:719-866-3578) Direct

[719-440-2421](tel:719-440-2421) [719-440-2421](tel:719-440-2421) Cell
[719-866-4669](tel:719-866-4669) Fax

[719-866-4578](tel:719-866-4578) [719-866-4578](tel:719-866-4578) Office
1 Olympic Plaza
Colorado Spring, Colorado
80909
[email](#)

Sponsored by:

Butterfly Kicking: A Visual Aid

By Katie Arnold, USA Swimming National Team High Performance Consultant

As I've admitted here before, I am the epitome of a visual learner. Most of the time, I have to create visuals that illustrate certain ideas before I truly understand them. For this week's High Performance Tip, I wanted to explore something that has come up a lot during my recent club visits: butterfly kicking. As discussed in a previous article, it is very important to have two kicks of equal size and strength, which are set up by a significant knee bend. Seems simple enough, but in reality, a lot of butterflyers have a noticeable difference between the entry kick and the exit kick. So how do you identify this imbalance?

[Look at the pictures here:](#)

Swim-a-Thon™ Is A Great Fundraising Platform To Earn Money For Your Club!

Did you know?

In the last ten years, \$38,412,839 Swim-a-Thon fundraising dollars have been raised by over a thousand different clubs across the country! This is money clubs and their swimmers have risen to pay vital operating expenses such as:

- Training equipment
- Coach education
- Lanelines
- Team travel
- Video equipment
- And more!

And, did you know?

The USA Swimming Foundation collects 5% of the gross proceeds from each registered Swim-a-Thon to support the Swim-a-Thon program and to help fund its mission to save lives and build champions—in the pool and in life.

If you ever considered hosting a Swim-a-Thon, NOW is the time to jump in to earn some extra cash before the year comes to a close. Get Swim-a-Thon info and details by visiting our website at www.usaswimmingfoundation.org/SAT

USA Swimming and ASCA Regional Coach Clinics for 2015

The Regional Coaching Clinic program brings affordable clinics directly to teams in their own LSCs. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

The clinic cost is \$75 per coach or \$200 for a coaching staff of 3 or more. These clinics are priced to encourage participation by the entire coaching staff.

Location, Dates and Clinic Location:

Atlanta, GA
April 10-12, 2015
Marriott Atlanta Peachtree Corners

Seattle, WA
April 10-12, 2015
Seattle Marriott Bellevue

Billerica, MA (outside Boston)
April 24-26, 2015
Courtyard by Marriott Billerica

Elkhart, IN
April 24-26, 2015
Concord High School

Spring 2015 Regional Coach Clinic registration will open on February 9, 2015.

Clinics are open to all swimming coaches regardless of their USA Swimming membership. We encourage all coaches, both USA Swimming members and non-members, to attend.

If you have any other questions, please visit our [clinics page](#):

10 Important Reasons to Start Making Time for Silence, Rest and Solitude

By Thai Nguyen, Spiritual Teacher, International Kickboxer, 5-Star Chef, TheUtopianLife.com

It's amazing how tuned out we become to the motor of the air-conditioner and refrigerator -- the sudden silence is a startling reprieve. Likewise, we become numb to the buzz of our technology saturated world.

Smartphone users check their device every 6.5 minutes, which works out to around 150 times a day. Silence is replaced with a cacophony of communication, and solitude is replaced with social media.

Indeed they're an endangered species: silence and solitude; yet great revelations and benefits are found in them.

[Here are ten:](#)

What To Do About A Stressed-out Teen

By Tim Elmore, Growing Leaders, November 4, 2014

A new report was just released, unveiling a study of adolescents and stress. It's eye-opening. I realize I've written on this topic already, but I continue to be stunned by the number of high school and college students I meet who are paralyzed by stress. I asked myself, Is it just me? Am I the only one meeting kids full of angst?

Turns out, I'm not.

According to the Anxiety and Depression Association of America, one in eight children suffers from an anxiety disorder. The problem is so severe for 10 percent of teens that it disrupts their lives. By the time they reach college, almost half say their anxiety makes it difficult to function. Life is not supposed to be this way for kids.

What teens say

I just interviewed Dr. Jean Twenge, author and psychology professor at San Diego State University, and she said teens are now demonstrating more psychosomatic symptoms of anxiety and depression, such as trouble sleeping or remembering, than ever before. High school students at the Newport Academy, a behavioral treatment center, revealed what it's like to feel overwhelmed by the stress from parents, friends and school:

"I didn't see any other people in my life struggling with anxiety, so I constantly felt like there was something wrong with me," one teen said.

Another student admitted, "I feel so far behind everyone else, and I can't keep up. So I start thinking about how it would be better if I wasn't even here."

Some teens complain that social media has complicated their lives, forcing them to pretend they're outgoing and having fun when the reality is much different. One report states that 33 percent admitted to doing something just so they could brag about it on

Facebook. Many said their parents added to their anxiety by constantly hovering, arranging after-school activities and pressuring them to do well in class.

Two big causes

I have observed two gigantic realities that have led to this “stress” dilemma:

1. Teens have never been more pressured by adults to make the grade, make the team, make the cut and make a difference. They feel like losers if they’re not the best.
2. Teens have never been more devoid of coping skills to handle adversity. This is due to adults over-connecting, over-protecting, over-serving and overwhelming them. Consider this: The very same adult (perhaps parent) who shelters a student from any failure may also be the one who’s pressuring them to push forward in tough times. It’s very hard to face hardships if you’ve never been introduced to it — and in fact, have been sheltered from it — your whole life.

In a recent focus group, I was appalled by the kinds of challenges that paralyzed students. By the way, the participants in the focus group were great students: smart, savvy, good-looking, and many of them quite popular. But they were challenged by relatively minor difficulties, like a C- on a paper or a breakup with a boyfriend. I remained silent and listened, but inside, I was thinking: Wow. Count your blessings. In ten years, these will be the least of your worries!

A balanced approach

It’s importance to stay balanced on this issue. It’s easy for us, as adults, to forget the angst of being a teenager. We forget the stress we felt over relatively small problems in the midst of raging hormones, peer bullies and tough teachers. Here are some keys to responding to and equipping a stressed-filled student:

1. Perception: Keep your antennas up. Look for signs of angst, including extreme silence and withdrawal, hiding their habits, or covering things up as a coping mechanism.
2. Origins: Help them discover the source of their anxiety. Trace their feelings to specific situations or experiences they’ve had. Understanding origins informs action.
3. Outlook: Help them understand these feelings are a natural part of adolescence. Their body and brain are changing. It’s normal to feel overwhelmed in this season.
4. Responsibility: Enable them to see what is in their control, what is out of their control, and what is within their influence. These three require different responses.
5. Priorities: Stress can arise from attempting to please too many people or do too many things. Help them choose what’s most important and what can be discarded.

Our young people are far too valuable — and their future is far too important — to allow stress to dictate these years they spend preparing for adulthood.

[©All Rights Reserved. Tim Elmore](#)

Everyday Leadership

By Drew Dudley, TedTalk, August 15, 2013

We have all changed someone's life -- usually without even realizing it. In this funny talk, Drew Dudley calls on all of us to celebrate leadership as the everyday act of improving each other's lives.

[Watch TedTalk:](#)

Working for a Bigger Purpose

By Jon Gordon, Author

This was a newsletter I wrote a few years ago that inspired me to write *The Seed*. I think it's such an important message and we have so many new readers I wanted to share it again.

What if work wasn't just work? What if work was a vehicle to live and share a bigger purpose?

I believe there's a flawed perception in our society that in order to live a life of purpose we have to leave our jobs and go solve world hunger, feed the homeless, move to Africa or start a charity.

While these are all noble causes and many are called to do these very things, for many of us our bigger purpose can be found in the here and now, in the jobs we have, right under our noses. And when we find and live this purpose it will provide the ultimate fuel for a meaningful life.

You may not build libraries around the world but you can find the bigger purpose in reading to your children. You may not feed the homeless every day but you can nourish your employees and customers with a smile, kind word and care. And while you may not start your own non-profit organization you can begin a charity initiative at work. After all, "charity" means "love in action." You can make a difference every day and touch the lives of everyone you meet.

While these people may not be starving because of a lack of food, you can provide them with a different kind of nourishment that will feed their souls and feed your own in the process.

I heard of a janitor who worked at NASA and even though he was sweeping floors he felt his bigger purpose was contributing to put a man on the moon.

I met a bus driver who knows his purpose is to help kids stay off drugs.

I met an administrative assistant who has become the Chief Energy Officer of her company.

I received an email from a woman in the mortgage business who sees her job as a way to help couples save their marriages by keeping their homes.

I know a Popeye's Chicken employee named Edith in the Atlanta Airport who makes thousands of air traveler's smile each day. The list goes on...

Ordinary people with an extra-ordinary purpose.

In any job our purpose waits for us to find it and live it.

I can't tell you what your purpose should be but I can tell you that every one of us can find a bigger purpose in the job we have.

I can tell you that every job, no matter how glorious or boring it may seem, will get mundane if we let it.

Purpose keeps it fresh and when we are filled with purpose, we tap into an endless supply of energy.

Don't wait until you go to Africa to start living with a mission. Don't wait until the weekend to feed people who are hungry. Bring your mission to work, start working for a bigger purpose and nourish others in the process.

© [All Rights Reserved Jon Gordon](#)