



In this Newsletter

Volume 49 - 12/05/2014

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Dear Coaches,

Quote of the week:

“Nothing is more endangered in the modern world than the powerful combination of hard work toward meaningful goals joined with an exuberant embrace of the present moment.”
 ~Tom Morris

FINA Changes Breaststroke Ruling Effectively Immediately

Date: November 30, 2014

To: General Chairs Board of Directors, USA Swimming
 Officials Chairs USA Swimming Officials
 Rules & Regulations Committee USA Swimming Coach Members

From: Jay Thomas, Chair, Rules & Regulations Committee

Re: Breaststroke - Timing of Permissible Butterfly Kick After the Start and Turns.

1. On November 29, 2014, FINA convened an Extraordinary Congress in Doha, Qatar and adopted changes to FINA rules.
2. The Rules and Regulations Committee acting pursuant to the provisions of Rule 511.1, hereby amends the following rule to conform to the rules of FINA.
3. Rule 101.2.3 is amended – the underlined passage indicates the affected wording.

“101.2.3 Kick – After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.”

4. The rule, as amended, is effective immediately.
5. This memorandum specifically rescinds an earlier “Interpretation of Article 101.2.3 (Breaststroke)” – dated March 13, 2012.

Jay Thomas
 Chair, USA Swimming Rules & Regulations Committee

[Click here for Ruling:](#)



Important Safe Sport Survey

USA Swimming Safe Sport invites you to participate in a short survey about club culture. As new Safe Sport educational resources are on the horizon, it is important to understand how member coaches feel about certain aspects of the swim club environment. This information is intended to be used to inform future Safe Sport efforts, and the results will be made available to USA Swimming member coaches.

Thank you for your valuable input. The survey will be open now through December 12.



Please contact [Maggie Vail](#), USA Swimming Safe Sport Education Specialist, with any questions or concerns.

[719.866.3552](tel:719.866.3552) [719.866.3552](tel:719.866.3552)

[Athlete \(12 and older\) survey:](#)

[Coach survey:](#)

Randy Julian

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Sponsored by:

Shallow Water Blackout

Presented by: Bob Bowman, CEO/Head Coach, North Baltimore Aquatic Club

Even experienced athletes can become a victim of this tragic phenomenon where oxygen is deprived from a swimmer's system during practice which can lead to drowning. This insightful presentation will help to prepare even highly experienced coaches to provide a safer environment for their swimmers.

Dec. 10th from 10am-11am MDT.

[To Register:](#)

Splash Digital Online Now

November – December Issue

The Nov.-Dec. 2014 edition of Splash Digital is now available online and as a mobile app for your iPad and iPhone.

Here's a look at some of the stories you'll find in this issue:

The Greatest Team Ever

Since the advent of organized, competitive sport, about the year 1900, which team has been the most successful sports team in the world? Or, as Muhammad Ali might put it: Which team is the Greatest of All Time?

As Fast as Crocodiles

Football as war. It's an allusion coaches, players and writers can't resist. But the connection falls short in reality. The closest football has ever come to the front lines are makeshift games in rear areas. That's not the case at all with swimming. The link between the battlefield and swimming goes deep into antiquity.

Detroit Swims Over the last 50 years, Detroit has become an infamous city. The collapse of the automobile industry led to high unemployment rates, abandoned homes, urban decay, and over time, a large influx in crime. But hope and inspiration still lives here, and it can be found behind the walls of the Boll Family YMCA, where Nikole Constas, the Y team, and the Vanderkaay family are taking a stand for swimming education.

2014: What a Year it Was! A lot of things went well for USA Swimming in the pool this year. Here's a look back at the stories that shaped 2014.

Splash Digital Extra: Catch video highlights from the top moments of the year!

[For more click here:](#)

Board Presidents Newsletter

We are still looking to expand our list of board Presidents emails so we can send them a free

monthly newsletter (similar to this Coach Connection) with information on leading a board governed team. This education resource should indirectly benefit coaches as well.

If you would like to see the previous editions of this new publication, please [click here](#):

Regional Build a Pool Conference in San Diego

Are you planning on attending the Regional Build a Pool Conference in San Diego?

Now would be a good time to make your [hotel reservation](#) at the Town & Country Resort & Convention Center. Reservation cutoff date is January 15, 2015 - so make your reservations EARLY

Rates: \$167single/\$167double/\$187triple/\$207 quad occupancy

[Click on the link for more information and how to register.](#)

San Diego, CA - February 14-15, 2015

[Hotel Information](#) - hotel deadline

[Information and Registration](#)

For more information email [Sue Nelson](#)

Upcoming Webinars

By BoardSource

As a part of USA Swimming's ongoing efforts to provide leadership and skill-building resources that support and strengthen swim clubs and each of you as leaders, we are pleased to offer you a complimentary annual membership with BoardSource. This yearly membership normally would cost you \$99/year per person. This membership is recommended for both the Head Coach and all Board of Director members.

If you're not already familiar with BoardSource, it is widely recognized as the leading organization promoting exceptional nonprofit governance and board service. BoardSource membership is a year-round educational resource that helps to connect, engage, inform, guide, counsel, and support a community of thousands of nonprofit leaders from across the country.

Your complimentary BoardSource membership includes access to over 170 downloadable governance documents, a monthly newsletter and access to their free monthly webinars on important issues facing board leaders.

It's very simple to activate your membership! Just visit <http://www.BoardSource.org/usaswimming> and complete the membership registration form.

Webinar 101:

Nonprofit Board Service: [A Meaningful Way to Develop Professionally and Personally](#)

Tuesday, December 2 | 2:00 – 3:00 pm ET

Board leadership is great way to develop both professionally and personally, but don't jump in without doing your homework. This webinar will provide a framework for developing some key assumptions and questions that will assist you in determining what organization you should commit to for your mutual best rate of return.

Webinar 201

[The Nuts and Bolts of Managing a Leadership Transition](#)

Tuesday, December 9 | 2:00 – 3:00 pm ET

Nonprofit organizations that are serious about their own sustainability will want to ensure smooth and thoughtful leadership succession. Change can be a potent, pivotal opportunity! In this webinar, we will examine a comprehensive strategy for managing the entire transition process from the current executive's departure to the new leader's successful launch.

The 5 Questions YOU Must Ask: The Job Interview

By Bernard Marr, Best-Selling Author, Keynote Speaker and Consultant in Strategy, Performance Management, Analytics, KPIs and Big Data

“So, what questions do you have for us?”

It's the inevitable question that comes at the end of nearly every job interview — and yet it's the one question job seekers rarely have prepared an answer to. And when people do think to prepare for this part of the interview, they often ask bland stock questions that aren't truly important to their job hunt.

People get so hung up on preparing for the question they might get asked that they often forget to answer important questions they should have and need answers to.

Unfortunately, in a down economy, job hunters tend to adopt a scarcity mindset. If you need work, you may not be able to afford to be picky about which offer you accept, but that doesn't mean you have to approach the interview from that frame of mind.

Rather, if you ask questions as though you are weighing the offer of this job against other offers (whether you are or not) you'll be in a better position to know if the job is a good fit for you and how you can best succeed with the company.

Remember: The power in these situations is with the listener, so you can end on a powerful note by asking thoughtful, insightful questions that not only make the interviewer think, but give you answers you need to make a choice about whether or not to accept the job.

[Here are my top five:](#)

The Power of Attitude

By Mac Anderson and BJ Gallagher, Simple Truths

One of the conclusions I've reached as I've grown older and, I hope, wiser is that...less is usually more. In other words, when given the opportunity to simplify your life...take it.

I compare it to pruning a tree. By removing the excess branches the tree has more energy to bear beautiful blossoms and healthy fruit. Your life is no different. When you continually prune the areas not bearing fruit, you will be able to focus your energy on what matters most.

Granted, “simplifying your life” means many things to different people. It can mean more time, less stress, less clutter, fewer bills, and greater peace of mind. Your personal quest for simplicity may include one or all of these attributes. However, I can only share with you what has worked for me, and I hope you can relate. Consider these suggestions:

Say goodbye to “the Joneses”—Chasing symbols of success can be an all-consuming, hollow existence. Your focus on living in a larger house, driving a more luxurious car, joining the right clubs, and updating your wardrobe will bear no fruit when it comes to peace of mind. Before you make your next purchase, ask yourself these simple questions: Is this something I really need? Can I do without it? Will it make a positive difference in my life?

Live by the 80/20 Rule—In business, there's a rule of thumb that twenty percent of the sales people will generate eighty percent of the business, and that twenty percent of your customers will create eighty percent of your problems. I've found both to be true. I'm suggesting that you apply the rule to your personal life. First, identify the twenty percent of problems that create eighty percent of your stress in life. Then, focus on resolving that twenty percent. You'll be amazed at how much better you'll feel by making progress on these major issues. I also predict you'll get a boost in attitude from just making the list.

Unload your emotional baggage—Hate, anger, and resentment can lower an invisible ceiling on your future. Repeat to yourself the words of William Ward, “Forgiveness is the key that unlocks the handcuffs of hate.”

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Alphabet Of Parenting

By Ann Landers

Dear Ann Landers: My husband and I have three children, ages 23,17 and 15, who are decent and successful. Many relatives and friends have commented on what great kids we have. With so many young parents without extended families, perhaps our alphabet of child-raising ideas can help. Please share it with your readers if you feel it is worth printing. -Jo Frisbie von Tiehl in Pasadena, CA

Dear Jo: With pleasure. Thanks for a unique contribution.

A is for accountability. Hold your children accountable for their behavior. **B** is for boundaries. Set specific limits and make clear the repercussions if they're exceeded. **C** is for consistency. Hold to the same principles and practices. **D** is for discipline. Never discipline in anger. **E** is for example. Set a good one. **F** is for forgiveness. Teach the importance of it. **G** is for giving. Teach the joy of it. **H** is for sense of humor. Promote laughter with your children. **I** is for imagination. Be creative, and play with your children. **J** is for justice. Be fair. **K** is for knowing your children's friends and their parents as well as their teachers. **L** is for listening. Listen to your children. It will teach them how to listen to others. **M** is for morals. Be sure your own standard of conduct is sound. **N** is for no. Use it and mean it. **O** is for outdoors. Provide as much outdoor activity as possible. **P** is for pressure. Reduce the pressure on your children, but insist they maintain high standards. **Q** is for questions. Pay close attention to theirs. **R** is for respect. Show it, teach it and earn it. **S** is for source of strength. Share your own faith or beliefs with your children. **T** is for togetherness. Have special, designated times to be together-but know when to let go. **U** is for uniqueness. Let the child be who he or she is. **V** is for voice. Tone of voice can convey more than words spoken. **W** is for words. Keep your word. **X** is for examine. Examine constantly, and be aware. **Y** is for you. Take care of yourself. A happy parent helps a child to be happy. **Z** is for zowie! Who would have thought they would grow up so quickly?

