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Dear Coaches,

Quote of the week:

"Each action you take is a reflection of you."

~Unknown

2016 Rule Book

The 2016 rulebook has been posted to the [Rules & Regulations page on our website:](#)

Thoughts for a Richer Life

By Harvey MacKay, CEO HK University, Public Speaker Author

I've had this little gem tucked away for many years, and I refer to it from time to time to remind myself of what's really important. I've searched for the source, which I haven't been able to find, because I'd like to thank the author for these wonderful lessons.

Here are the original thoughts, followed by my impressions.

- The most destructive habit: Worry.
- The greatest joy: Giving.
- The greatest loss: Loss of self-respect.
- The most satisfying work: Helping others.
- The ugliest personality trait: Selfishness.
- The most endangered species: Dedicated leaders.
- Our greatest natural resource: Our youth.
- The greatest "shot in the arm": Encouragement.
- The greatest problem to overcome: Fear.
- The most effective sleeping pill: Peace of mind.
- The most crippling disease: Excuses.
- The most powerful force in life: Love.
- The most incredible computer: The brain.
- The worst thing to be without: Hope.
- The deadliest weapon: The tongue.
- The two most power-filled words: I can.
- The greatest asset: Faith.
- The most worthless emotion: Self-pity.
- The most beautiful attire: A smile.
- The most prized possession: Integrity.
- The most contagious spirit: Enthusiasm.

First, let's talk about worry. Did you know this word is derived from an Anglo-Saxon word that means to strangle or to choke? People do literally worry themselves to death . . . or heart disease, high blood pressure, ulcers, nervous disorders and all sorts of other nasty conditions. Worry can destroy your peace of mind. The best remedy? Remember that tomorrow is a new day, full of promise.

Giving/Helping others – These two go hand in hand. You are always in a position to give,



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
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80909

[email](#)

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just as you can always help someone. Never pass up an opportunity to share what you have. Dedicated leaders understand that they have tremendous power to help those they lead by setting a solid example and demonstrating the highest standards.

Selfishness – President Harry Truman summed it up so well: “It is amazing what you can accomplish if you don't care who gets the credit.” An offshoot of selfishness is self-pity, which no one should waste time on anyway. Perhaps the worst effect is loss of self-respect. Self-respect is what motivates you to be the best you can be. And in turn, you can motivate others to be their best.

Encouragement is oxygen to the soul. People appreciate recognition, encouragement and praise. Offering encouragement based on a person’s character or actions inspires them to perform in such a manner that invites additional praise. Be careful not to let the tongue undo the positive effects of encouragement. Use it for good.

Fear – Every crisis we face is multiplied when we act out of fear. When we fear something, we empower it. If we refuse to concede to our fear, there is nothing to fear.

Excuses – We all make excuses from time to time. However, the day you stop making them is the day you will move up in the world.

Hope is what gets many of us through our worst days. Hope is believing that every cloud has a silver lining, and when that cloud rains, it makes things grow. A perfect partner is faith, for without faith, hope is meaningless. Love completes this trio. Real power comes through when you love someone or something, whether it’s a career or a cause.

A smile improves your looks. I learned years ago that one of the most powerful things you can do to have influence over others is to smile at them. It should be standard equipment for all people.

Integrity: either you have it or you don't. If you have integrity, nothing else matters. If you don't have integrity, nothing else matters. Doing the right thing is never the wrong thing to do.

Enthusiasm is the spark that ignites our lives. It's one of the most important attributes to success. It also leads to an attitude of I can, which provides the confidence required for achievement.

Pass as much encouragement as possible to our youth, the people who will inherit this world. I am constantly encouraged by the dreams and aspirations of the young people I mentor, and I want them to pass their experiences to future generations.

Finally, the brain. What a gift we have with our brain. Unlike your computer, it may not perform rapid-fire complex calculations. But attached to the heart, it can make better decisions and produce infinitely better results.

Mackay’s Moral: If you want life’s best, see to it that life gets your best.

The Secret Ingredient of Great Coaching

By John, O’Sullivan, Changing the Game Project, November 2015

“I just can’t figure it out,” an exasperated coach said to me recently. “One day we are flying around the field, and the next it looks like we’ve never played together before. Why does this happen?”

“Do you think your players lost all their skill?” I asked? “Do you think they forgot how to play?”

“Of course not,” said the coach.

“Too many coaches think that performance is all about X’s and O’s,” I responded. “It’s much more than that.”

Many coaches think that coaching is an X’s and O’s business, but in reality it is a relationship business. The secret to great coaching and a successful performance by

one's team isn't simply technique, or tactics, or fitness.

[In fact, it comes down to a simple formula:](#)

Regional Build and Program a Pool Conference

**Being held in conjunction with The NorCal Swim Shop:
Pacific Swim Coaches Clinic January 7th & 8th, 2016**

Cost: \$69 for one person / Group \$69 for first person and \$39 each for the next 4
Meals: are included

Due to the holidays the Build A Pool Conference will close on December 30, 2015
Conferences is filling up fast – register today!!

- Each attendee will receive
 - o a flash drive at registration with all of the information in electronic form
 - o a portfolio for taking notes
 - o a power point for developing your mission

Day one: This conference format covers programming, basis business planning, and cost to build, cost to operate, and three actual examples of different sized facilities. New industry products and methods are also presented along with ideas for expanding and renovating.

Day two will cover the Enterprise Plan for new projects. The conference feature the most up-to-date information in an easy to understand entertaining presentation.

[Click here to register:](#)

Three Words Every Athlete Needs to Hear

By James Leath, Changing The Game Project, December 2015

“STOP LOOKING AT YOUR PHONE!” yells Tasha, a point guard on the 6th grade YMCA basketball team I was coaching.

Immediately, I smile and start to explain to her that I forgot my watch and I needed to make sure we were on schedule. Tasha rolled her eyes, clearly unimpressed with my response.

“No big deal,” I had thought to myself on the way to practice when I realized I forgot my watch, “I’ll use my phone.” Fifteen minutes into practice, I had pulled out my phone to make sure we were on schedule. Big mistake.

“Can you believe the nerve of that girl?” I thought. “Here I am, the volunteer head coach, staying up late watching videos on drills and strategy, planning practices on my lunch break, staying late for players who parents are delayed picking up their child...and now some kid is telling me to put my phone away when all I am doing is making sure practice is on schedule?”

Reflecting back on that practice later that night, though, I asked myself what did Tasha really want? What was she really asking for?

I realized that she was looking for the one thing kids crave more than anything else. She wanted me to be there, in that moment, in that drill, watching her and her teammates. She wanted my attention.

She didn't simply want me to care for her, or love her, or teach her how to play the game. She wanted more.

She wanted me to see her!

[Learn more here:](#)

Sports: The Road to Somewhere - Just Not Where You Thought

By Amy Pazahanick, Guest Contributor Winners Connection, Growing Champions for Life

Parents, coaches, and players each have very specific roles in how the development of a student/athlete will progress. However, here are some facts from the world of tennis, as an example, that we should all keep in mind.

- Odds of becoming pro tennis player: 2 in 10,000 or 0.0002.
- Break even for a pro ranked #150 in the world: approx. \$160K year.
- 4-8 years to reach top 200, at a cost of \$160K year, equaling between \$640K to \$1,28M.
- Cost to train per year: approx. \$12K. By age 15, you've spent roughly \$60K in 5-6 yrs.
- Only 7% of the top world 100 juniors will be professional tennis players, and only 1% will be in the top 20. (Posted 4/26/2014 by Javier Palenque)

Other sports have similarly small odds of going pro. When one looks at the cold facts, there is absolutely no reason what-so-ever to aspire to be a professional athlete. The cost and investment of time is just mind blowing. Add to this list the randomness of injuries, bad coaching, and mental factors; these variables and experiences combined with the real facts make the decision to pursue a pro career delusional. But none of those discouraging stats are why I encourage kids to play sports, and to play it extremely well.

I want kids to play the sport of their choice because it will prepare them for life. Needing to practice every day, compete every other weekend, win and lose, laugh and cry, become part of a team, make friends, exercise daily and learn proper nutrition - that's what life is all about! When young athletes devote their daily life to improving their skills, knowing full well that there are many other players better than them, they have gained a huge advantage for handling life through their adult journey of family, work, and community.

Through sports, we can teach kids the principles needed to succeed in life: independence, self-reliance, decision making, hard work, balance, determination, standing up after a big fall, disappointment and joy. They will experience the cost of winning and the sacrifices needed to get there. They will learn from losing and to get back up from it, understanding that losing is only feedback. In essence, they will be properly trained to succeed in their lives. This is priceless.

When administered properly, sports can make our kids better citizens, better sons and daughters, better fathers and mothers, and better people all around. While it would be great to get an athletic scholarship to a great school, we need to make sure that is not the end goal. In my tennis experience, with those horrible odds, there is simply no other way I would have chosen to spend time together with those kids. It prepares them for when they leave the nest to be able to fly for themselves, and be champions in their own life.

If you really want to be involved in sports, invest in sport organizations where you see a program that focuses on developing your child into a champion person.

Five Tips for Parents

1. Treat your child the same way whether he or she wins or loses. If you buy them an ice cream cone after they win a match, you had better buy them an ice cream cone after they lose a match, or the message is loud and clear, "I get more approval or love, when I win than when I lose." Make the focus always on effort and attitude, never outcome.
2. Let the coach do the coaching. Don't try to take the coach's job away. Be the parent.
3. Don't think of your child's sport as an investment for which you expect a financial return.
4. Don't compare your child's progress with that of other children.
5. Look relaxed, calm, and positive on the sidelines. Your attitude will help your child perform better.

Amy Pazahanick is the Director of Tennis at White Columns Country Club in north metro Atlanta. She serves as a Growing Champions for Life Athlete Advisor for tennis and golf. Learn more at agape-ventures.com or contact Amy at: amypazahanick@hotmail.com

Six Reasons Mikaela Shiffrin Is So Fast

By Peggy Shinn, USOC, December 3 2015

Last weekend, Mikaela Shiffrin swept both slalom races at the alpine skiing world cup in Aspen, Colorado. And she won the first slalom by 3.07 seconds — the largest margin of victory ever in women's slalom.

With these two wins, plus her second-place finish in the Soelden world cup giant slalom race in October, the 20-year-old alpine skiing phenom now holds the overall world cup lead.

This week, she is heading to Lake Louise, Alberta, for her first world cup speed race — a super-G. It's a whole new world, she joked after the Aspen races.

"Welcome to your 20s!" she said.

So what makes Shiffrin so fast? And how is she likely to fare in the super-G? She talked about it in Aspen after her slalom wins.

[Learn more here:](#)

East Germany's Forgotten Olympic Doping Victims Tell of Illness, Infertility and Changing Sex

By Jeremy Armstrong, Mirror, December 3, 2015

The athletes say the terrible lifelong problems they suffered after being fed steroids by the communist state are a warning to any sportsman who is tempted to cheat.

Should Lord Coe want any reminder of the high price of tainted track and field glory, he need only talk to the forgotten victims of East Germany's state-sponsored doping.

Before the fall of the Berlin Wall, promising kids as young as eight were pumped full of steroids in a win-at-all-costs quest for victory.

It brought more than 500 summer and winter Olympic medals between 1968 and 1988 — but at a terrible price.

The stars of yesterday suffered severe depression, heart conditions, degenerative bone disease and infertility. Some even changed sex because of the drugs. Many spiralled into drink and drug addictions, unable to find work.

Olympic legend Coe, 59, now head of the athletics world governing body the IAAF, was called to account this week in the wake of the Russian doping scandal. He told MPs on the Culture, Media and Sport committee: "I have the support of the sport. Have there been failures? Yes. Will I fix them? Yes."

Maybe he will. But the sport has failed for years to stamp out cheating.

And for East German athletes, the vast majority duped into taking drugs, that has meant ruined lives. GDR weightlifter Roland Schmidt was pumped so full of steroids, he grew 36DD breasts.

He had to have them surgically removed as his body had stopped producing testosterone.

[Learn more here:](#)

Impressions. Best Impressions. Manners.

By Jennifer Gluckow, Sales in a New York Minute, December 2015

When you meet someone new, you immediately make a judgment about who you THINK

they are, and whether or not you want to continue conversation with them.

WAKE UP! The other person is making that same judgment about you.

That judgment, also known as a “first impression,” is based on whether or not you perceive them to be OK or safe.

As the conversation continues, you begin to investigate and judge the characteristics of the other person. Are they honest, trustworthy, intelligent, likeable, confident, happy? Are they negative or positive?

Are they someone you want to continue to listen to and/or confide in? Are they someone you would be excited to introduce to others? Are they someone you want to help or someone who can help you? Are they someone you seem to like?

[Learn more here:](#)

The Art of Not Swearing

By The Leadership Coach, Peter Burwash, Sport Travel Magazine, Oct. /Nov. 2015

In my early days as a businessman, I spent a lot of time meeting with leaders of various companies. I came away with a number of observations. But one thing that amazed me the most was how often they would swear.

I grew up playing the sport of ice hockey, where every third word in the locker room was a four-letter word, so I wasn't naïve about it. It seemed strange to me that men (and it was only men whom I observed swearing in those business situations) felt the need to swear. And, they would do so even in front of people they had just met.

One day when I was in my early 20's, I read an article that said that people swear when they are insecure or do not have anything better to say. That one statement was the end of swearing for me.

Now when I do leadership training for business executives, I try to explain the issue in simple terms: If you swear, some people will be offended; if you do not swear, nobody will be offended. In addition, avoiding swear words will enhance the leader's message. Good leaders can have powerful communication without swearing.

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 and his books are available through the SportsTravel Bookstore.