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Dear Coaches,

Quote of the week:

“The future belongs to those who believe in the beauty of their dreams.” ~Eleanor Roosevelt

2015 Club Excellence Teams Announced

Nation’s Capital Swim Club Earns 2015 USA Swimming Club Excellence Title

Gold, Silver, Bronze recognition awarded to 200 clubs for performance excellence

COLORADO SPRINGS, Colo. – Nation’s Capital Swim Club, of Washington, DC, earned the top position in the 2015 USA Swimming Club Excellence program, http://usaswimming.org/DesktopDefault.aspx?TabId=1616&Alias=Rainbow&Lang=en recognizing the organization’s highest-performing clubs in the development of athletes 18 years and younger.

NCAP, whose top youth athletes include Katie Ledecky and Andrew Seliskar, tallied 52,942 points to edge three-time champion SwimMAC Carolina, which placed second in this year’s rankings.

“Nation’s Capital Swim Club is honored to be named as the winner of the Club Excellence program this year,” said Tom Ugast, Chief Executive Officer of Nation’s Capital Swim Club. “This is truly a team effort by our athletes, coaches and families to work hard throughout the year to achieve the highest level in our sport. This is the first time we have won this award because of all the great other teams throughout the country. We are all proud to carry this honor for the next 12 months.”

In its 14th year, the Club Excellence program identifies clubs that execute strong, well-rounded age group and senior swimming programs to produce elite 18-and-under athletes. The top 20 clubs earn Gold level and those ranked 21-100 are designated as Silver. The next 100 clubs are recognized as Bronze.

“Club Excellence is one of our most popular programs and earning a Gold, Silver or Bronze ranking is highly coveted by coaches and clubs,” said Pat Hogan, USA Swimming’s Club Development Managing Director. “Our clubs nationwide demonstrate incredible commitment to improve the performance of their athletes.”

The following clubs achieved the Gold Medal for 2015, with Local Swimming Committee (LSC) designation. Sixteen (16) different LSCs are represented in the Gold Medal level.

1. Nation’s Capital Swim Club (Potomac Valley) 52,942
2. SwimMAC Carolina (North Carolina) 40,540
3. Aquazot Swim Club (Southern California) 36,574
4. Dynamo Swim Club (Georgia) 33,504
5. Palo Alto Stanford Aquatics (Pacific) 32,819
6. North Baltimore Aquatic Club (Maryland) 29,513
7. SwimAtlanta (Georgia) 28,840
8. Lakeside Swim Team (Kentucky) 24,186
9. Nitro Swimming (South Texas) 23,392
10. Bolles School Sharks (Florida) 21,203
11. Santa Clara Swim Club (Pacific) 21,162
12. Carmel Swim Club (Indiana) 20,897
13. Sarasota YMCA Sharks (Florida) 20,102
14. NOVA Aquatics Inc. (Virginia) 18,858
15. Wilton Y Wahoos (Connecticut) 17,331
16. Y-Spartaquatic Swim Club (South Carolina) 16,460
17. York YMCA (Middle Atlantic) 14,319





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18. Davis Arden Racing Team (Sierra Nevada) 14,260
19. KING Aquatic Club (Pacific Northwest) 14,238
20. Gator Swim Club (Florida) 14,009

Davis Arden Racing Team and Gator Swim Club both achieved the Gold Medal level for the first time this year. NOVA saw the biggest jump from last year, moving 11 spots from number 25 and into the gold medal category. Since the inception of this program, 69 different clubs have earned the Gold-Medal ranking at least once.

Southern California Swimming led all LSCs with 15 clubs recognized, followed by Pacific Swimming at 12. Florida Swimming, Illinois Swimming and Middle Atlantic Swimming each had nine clubs represented.

In addition to recognizing high-performing teams, the program provides grant funding that enable clubs to expand and enhance the services already provided to athletes. A total of \$450,000 in grants will be distributed to the 100 Gold- and Silver-level clubs. Final grant awards will be announced by April 17, 2015.

[Click here](#) to view the complete 2015 Club Excellence Program results.

Top Nutrient-Rich Food Choices

By Chris Rosenbloom, PhD, RDN, CSSD

Recently a coach asked me what foods were the best sources of carbohydrate, protein and fat for swimmers. Nutritionists like to talk to athletes about nutrients, but swimmers eat foods, not nutrients. So, with that in mind, here are some nutrient-rich foods for each of the energy-producing nutrients of carbs, protein, and fat.

[Read more:](#)

Initial Observations of the Backstroke Ledge

By Matt Barbini, USA Swimming National Team High Performance Consultant

This month's Short Course World Championships was my first opportunity to see the new backstroke ledges used in live competition. In addition to increasing backstrokers comfort at the start, I expected that these devices might have a noticeable impact on kick counts, times to 15 meters, and underwater kick distance.

So far, my expectations have been incorrect. At this early stage, it seems the ledge changed very little from a race stats and performance perspective. On average, our backstrokers kicked out to the same distance and reached 15 meters in the same amount of time as they did without the ledge.

From a technical perspective however, a few things did stand out. Since not every meet will have the ledges available, here are a few things to keep in mind for when you do have a chance to use one.

[Read more:](#)

Did You Miss This?

Did you miss the live webinar with Bob Bowman, CEO/Head Coach of North Baltimore Aquatic Club? Be sure to view the popular recording as he discusses the very serious topic of Shallow Water Blackout. 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.

[This life saving presentation is one you don't want to miss!](#)

USA Swimming Unveils 2015 Futures Championships Schedule

To provide more up-and-coming swimmers with season-ending championship racing opportunities, USA Swimming today announced the dates and locations for the 2015 USA Swimming Futures Championships.

Set for July 30-Aug. 2, 2015, the USA Swimming Futures Championships will be contested in:

- Greensboro, N.C. (Greensboro Aquatic Center)
- Mt. Hood, Ore. (Mt. Hood Aquatic Center)
- West Lafayette, Ind. (Boilermaker Aquatic Center, Purdue University)

“Over the last 10 years, USA Swimming membership has dramatically increased by more than 40 percent for athletes ages 13 and over,” said USA Swimming Club Development Managing Director Pat Hogan. “With Junior Nationals times rapidly approaching those of the Senior Nationals, the Futures series will deliver meaningful and motivating season-ending long course championship meets to bridge the gap between Speedo Sectionals and Junior Nationals.”

The Futures Championships will be held the same weekend as the 2015 USA Swimming Speedo Junior National Championships in San Antonio, Texas. This timing allows for a season-ending championship meet competition for swimmers who have not met the time standards for Speedo Junior Nationals or the 2015 Phillips 66 National Championships.

Athletes with a Phillips 66 Nationals qualifying cut may not participate in the Futures Championships.

Based on geographical location, each USA Swimming LSC is assigned to one of the three Futures Championships events. Clubs will not be able to choose which meet they attend. The boundary map for LSC assignment and [full meet information can be found here.](#)

The Futures Championships were presented and approved as the Legends Series at the September 2014 United States Aquatic Sports Convention before being renamed.

A Plea to Parents of Young Athletes: Simmer Down

By Ted Spiker, Time Magazine, Nov. 25, 2014

Ted Spiker (@ProfSpiker), the interim chair of the department of journalism at the University of Florida, is the author of DOWN SIZE: 12 Truths for Turning Pants-Splitting Frustration into Pants-Fitting Success.

Eight things we can do to improve the youth-sports environment

Like most parents who watch their kids play sports, I keep an in-brain highlight reel of my favorite moments involving my two boys. Some of them involve skill, but many of them center around effort or teamwork. More and more, though, I also have witnessed incidents that make me wonder why there's more gamesmanship and less sportsmanship. Just last weekend, I saw the following from other squads: a player-to-ref middle finger, four flags in one game for excessive taunting, and a frustrated fling of a stick into the stands.

Any of us who have been involved in youth sports have our own stories of do-it-the-wrong-way people. In my decade or so of coaching and spectating the half-dozen different sports my boys have played, I've seen kids be punks. Coaches be punks. Parents be punks.

[Read more:](#)

One Bad Tweet Can Be Costly to a Student Athlete

By Jeff DiVeronica, Staff writer, Democrat & Chronicle, September 2014

Three years ago, Scott Fitch couldn't believe what he was hearing. A college coach recruiting two of his Fairport High School boys basketball players called to say how much he liked what he saw after watching them play an AAU game, and that he thought both were good enough to see court time on his team as freshmen.

"But we're going to stop recruiting one of them," the college coach said.

Stunned, Fitch asked why?

[Read more:](#)

FINA News

From the WSCA News

IOC passes Olympic Agenda 2020

MONACO--The International Olympic Committee (IOC) unanimously passed a strategic plan for the future of the Olympics: Olympic Agenda 2020. The plan involves 40 recommended changes to IOC operations and the Olympics themselves, which are targeted to be in place by 2020. The IOC stated this weekend that they would begin implementing some of the recommendations as early as possible, and would offer the changes to the 2018 Winter and 2020 Summer Olympic hosts to decide if they would like to try to implement items earlier.

Some reports following the passing of the agenda have implied that the sports with the larger numbers of events and athletes at a Summer Olympics (Aquatics was mentioned, along with Athletics and Gymnastics), would be approached to cede athlete and/or event spots to other sports.

This is tied to the recommendations removing the sport-cap on the Olympics, leaving a cap on total participants and number of events.

The passed recommendations tied to this are #9 and #10, which deal with:

- capping the overall number of accredited individuals at a Games (including athletes and coaches),
- capping the total number of sport events at a Games, and
- switching review of inclusion in the Games from sports (Aquatics, Athletics, Gymnastics, etc.) to events (men's 100 free, women's high jump, etc.).

These recommendations appear tied to efforts by the IOC to reign-in the growing size of the Olympics. (e.g. The event cap is 310 events for a Summer Olympics; 2012 had 302, 2016 will have 306.)

Another change passed is to move the Youth Olympics to odd years, so that they are not in the same years as an Olympics. This shift is to begin with moving the 2022 Youth Olympics to 2023.

[A listing of all 40 recommendations can be found on the IOC website here:](#)

[A summary report on the changes can be found online here:](#)

DOHA, QATAR--The Royal Spanish Swimming Federation, Real Federación Española de Natación (RFEN), last week posted the new Swimming rules approved at the FINA Extraordinary Congress in Doha at the end of November. RFEN's summary posting of the rule changes is in Spanish; however, a linked pdf includes what appears to be the original English-language wording as well as a Spanish translation of the rule changes. [That pdf can be found online here:](#)

[RFEN's summary post can be found online \[in Spanish\] here:](#)

The changes in the Swimming rules include:

- False start must be observed by both the starter and referee for a disqualification to occur.
- The start end has been added as a possible location for the lap counters for distance events.
- Wording added to allow for the backstroke ledge to be used. Toes must connect to the wall/touch pad. Toes cannot curl over the top of a touchpad (in addition to the gutter). Officials shall install and remove the ledge, when used.
- The dolphin kick during a breaststroke pulldown can now happen any time prior to the first breaststroke kick.

Note: Additional changes were also made outside of Swimming that are not included in this listing.

FINA appears to have finalized the 2015 10K series calendar. Since preliminarily posting 8 race dates back in October, 3 additional races have been added. The additional races are in Hungary, New Caledonia and the United Arab Emirates. [Updated schedule can be found below and on the FINA website here:](#)

--2015 FINA 10K series--

- February 7 - Patagonies-Viedma (Argentina)
- March 13 - Abu Dhabi (UAE) -- to be confirmed
- April 18 - New Caledonia (France)
- May 2 - Cancun (Mexico)
- June 20 - Balatonfured (Hungary)
- June 27 - Setubal (Portugal)
- July 31 - Lake Saint Jean (Canada)
- July 31 - Magog (Canada)
- August 8 - Lake Megantic (Canada)
- October 12 - Chun'an (China)
- October 17 - Hong Kong

Three Habits to Help Create Your Best Year Ever

By Jon Gordon, Author, December 2014

1. Create a BFG. A Big Fun Goal. A BFG could be anything you want to experience or accomplish in 2015. It should be a BIG goal because it's important to dream and think big. And it should also be FUN in that you have fun going after it and enjoy the process of trying to make it happen. I have found that we too often get so serious about our goals that we don't have fun pursuing them. But this year can be different. Whether your BFG is to get a promotion, climb Mount Everest, write a book, visit Europe, move to America, learn to play the guitar, start a new business, win a championship, go on a mission trip to Haiti, start a charity, win a big account, learn to paint with water colors, or something else, you can have FUN while you make your BIG goal come alive! So over the next few weeks think about the possibilities for your BFG. Ask your team (work team and family team) to do the same.
2. Choose One Word. Instead of creating a New Year's resolution that 87 percent of adults fail to keep choose one word to be your inspiration and focus for the year. I have been doing this for the past four years with my family and clients and it's one of the most significant activities I have ever done. Once you choose a word, or it chooses you, make a painting or visit www.getoneword.com to [make a poster](#) and put it somewhere as a reminder to live your word for the year. You can watch my segment on [The Today Show](#) last year for more ideas and to understand how it works or read [One Word that will Change Your Life](#) for tons of ideas on how schools, businesses and sports teams have benefited from this habit. My words (Purpose, Surrender, Serve, Pray) have shaped me in many ways the past 4 years and I'm excited about my word for 2015: RISE. What will your one word be in 2015? I love hearing people's words and hope you will share it with me. Just post it on our [blog](#), [Facebook page](#), or tag me on [Twitter](#).
3. Do This One Thing. I've been doing it for 11 years and it's changed my life. Each day I take

a walk of gratitude I call a "Thank you walk". While walking I practice gratitude and pray. The research shows you can't be stressed and thankful at the same time. So when I'm feeling blessed I'm not stressed. Each walk also fills my body and brain with positive emotions and endorphins that uplift me rather than the stress hormones that drain and slowly kill me. By the end of my walk I have created a fertile mind that appreciates what I have and is ready for great things to happen. If you do this walk just one day you won't experience a huge benefit. But if you do it daily you'll notice incredible benefits and major life change. Think of your mind as a garden. One day of weeding and feeding the garden doesn't make a huge difference. But if you weed and feed each day, each week, each year the garden of your mind will become magnificent.

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All That Glitters Is Not Effective

By John G. Miller, Author, December 2014

As we wind down this year and look toward the next, let's keep in mind this thought from the QBQ! book:

The old stuff is the good stuff.

I had a colleague years ago who often said this:

"That idea worked so well I stopped using it."

It was his tongue-in-cheek way of chastising himself for letting good ideas, practices, and habits fall out of his life. Essentially, he was asking this question:
"What causes a person to get away from employing what works?"

Answer: Because a human is no different than a raccoon—nature's masked bandit—who loves shiny objects.
And shiny objects are often new, cool, and different!

But not always better.

[Read more:](#)

