



In this Newsletter

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Dear Coaches,

Quote of the week:

“Hard work spotlights the character of people. Some turn up their sleeves. Some turn up their noses, and some don’t turn up at all.”

~Sam Ewing

Nation’s Capital Swim Club Claims Second Consecutive USA Swimming Club Excellence Title

For the second year in a row Nation’s Capital Swim Club of the Washington, D.C., area, earned the top position in the USA Swimming Club Excellence program, recognizing the organization’s highest-performing clubs in the development of athletes 18 years and younger.

NCAP, whose top athletes include Olympian Katie Ledecky, National Team members Cassidy Bayer and Andrew Seliskar and seven Junior National team members, tallied 68,604 points, finishing 30,000 points ahead of second-place finisher SwimMAC Carolina. Lakeside Swim Team of Louisville, Kentucky, placed third and jumped up from number nine a year ago.

“This honor reflects the collective hard work of athletes and their coaches, along with the tremendous support of our team families and the club officers of Nation’s Capital Swim Club,” said Pete Morgan, head coach of Nation’s Capital Swim Club. “With less than eight months remaining before USA Swimming selects the 2016 Olympic Team, Nation’s Capital Swim Club is proud to be recognized for Olympic event performances.”

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

“Earning a Gold, Silver or Bronze ranking has become a highly coveted honor for our club teams. The competition to earn a Club Excellence ranking continues to be more and more challenging.” said Pat Hogan, USA Swimming’s Club Development Managing Director. “On behalf of USA Swimming, I want to congratulate each of 200 clubs that have earned a ranking in the 2016 program.”

The following clubs achieved the Gold Medal ranking for 2016, with Local Swimming Committee (LSC) designation. Fourteen different LSCs are represented in the Gold Medal level.

[See results here:](#)

Mutual of Omaha Duel in the Pool to be Broadcast Saturday

Team USA won the 2015 Mutual of Omaha Duel in the Pool

The 2015 Mutual of Omaha Duel in the Pool will be broadcast Saturday, Dec. 19, on Universal HD and NBC.



Day 1 coverage will run from 2 to 4 p.m. Eastern Time on Universal HD. Day 2 coverage will continue from 4 to 6 p.m. on NBC. Check your local listings for stations in your area.

Last weekend, the United States clinched its seventh consecutive Mutual of Omaha Duel in the Pool title over the European All-Stars, 155-107.

In all, American swimmers set two world records and 16 American records at the Indiana University Natatorium in Indianapolis. Watch all the action this weekend on Universal HD and NBC.

2016 Futures Championships

There will be four meets in 2016 at the following sites:

- University of Maryland at College Park
- Georgia Tech University
- University of Texas at Austin
- Stanford University

Partial meet information and the map showing LSC assignments can be [found here](#):

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Aquatic Education Event In Colorado Springs USA Swimming Coaches will receive a discount on the classes

Coaches and other aquatic professionals you have an opportunity to add to your aquatic tool box

A two day workshop will be held at the Little Fins Swim School in Colorado Springs. Aqua Stretch Foundation on the first day and COREssentials for Water Exercise on the second day will be

Presented by: Laurie Denomme, B. Kinesiology, Fellow of Applied Functional Science

[Click here to see flyer:](#)

[For more information and to register:](#)

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57 Inspirational Quotes From 'Star Wars' and George Lucas

This wisdom from a long time ago and a galaxy far, far away will inspire you to be thoughtful, brave, and successful!

By Kevin Daum, Inc. 500 entrepreneur and best-selling author, December 14, 2015

When I was 12 years old, I stood in line for three hours to see a new space adventure. I was so entranced I went back six times over the next several days to see it again. For the next 38 years, I, like many others, would quote Yoda, Obi-Wan, and Han Solo, among others.

George Lucas, one of the greatest entrepreneurs in this star system, did not simply create a fantasy empire or a business empire. He established a philosophy, one that has shaped our culture for decades. So much of what Lucas created in the series is applicable in business and in life.

The memorable moments of the Star Wars series are countless, and so are the

inspirational quotes from the characters, and of course their creator. Enjoy them below, use them in your journey, and let the Force be with you.

[Seek the force here:](#)

Read This Google Email About Time Management Strategy **A Google employee teaches his colleagues how to block out interruptions and set aside "make time."**

By Jeremiah Dillon, fastcompany.com, December 14, 2015

I recently wrote an email to our team that posed a simple challenge in time management. The response I got was unexpected, and I was urged to share it with more people—so here we are. Some of my fellow Googlers went so far as to make a video for those of us who appreciate a good visual aid. Otherwise, here's the original email (minus some inside jokes):

To: [REDACTED]

Subject: If you don't have time to read this . . . read it twice.

Stop. Breathe. Now, think about how you're managing your time.

Speaking for myself, I have some room for improvement. It's been said there are two paradigms to scheduling—the manager and the maker.

The manager's day is cut into 30-minute intervals, and they change what they're are doing every half hour. Sorta like Tetris—shifting blocks around and filling spaces.

The maker's day is different. They need to make, to create, to build. But, before that, they need to think. The most effective way for them to use time is in half-day or full-day blocks. Even a single 30-minute meeting in the middle of "Make Time" can be disruptive.

[Learn more here:](#)

Fighting the Inner Battle

By Eric Stefanski, www.lifesparq.com, December 12, 2015

A few weeks ago I tackled the concept of ways athletes can take what they do in practice to an entirely new level and make a habit from it for greater success. I called it the "Good to Great" series. I've been getting some great feedback on it from those who have joined the Triumph Everyday program recently, and thought I'd share the concept with you.

[Learn more here:](#)

Does Youth Sports Get the Math All Wrong?

By John O'Sullivan, [Changing The Game Project](#), December 15, 2015

"I did not know there would be math on this test," is something I say (jokingly) when I get a difficult question at my speaking engagements. Recently, I received an email from a frantic mom, and it got me thinking about math. Yes, math. When it comes to our current sporting environment, I think we often get the math all wrong. Here is the relevant passage from the email:

[Learn more here:](#)

More Leadership Lessons From the World's Greatest Christmas Movies

By Dave Ramsey, EntreLeadership Team, December 10, 2015

In the spirit of Christmas past—or at least this past year—we're celebrating the season and small businesses everywhere by sharing our favorite Yuletide leadership movies of all time, part II. Happy holidays!

[Learn more here:](#)

What's Your One Word?

By Jon Gordon, author , speaker, December 14 2015

Each year around this time I pick a word that will inspire me to be my best. I started this practice five years ago after my friends Dan Britton and Jimmy Page told me that for almost two decades they and their wives and children came up with a word each year that gave meaning and focus to their lives. Then they gathered on New Year's Eve and made paintings of their words that hung in their houses to remind them to live their word for the year.

I was inspired and did it with my family. It was catalytic and powerful. My wife's first word was INTENTIONAL. My daughter's word was MOTIVATION. A great word for her. She needed it back then. My son chose FOCUS to the delight of his teachers. I chose PURPOSE because I knew my purpose had to be greater than my challenges. It wasn't at the time and I was struggling. But once I remembered my purpose everything changed.

Each year since I have chosen a new word. SURRENDER. SERVE. PRAY. RISE. Each word has molded and shaped me to become a better person, father, husband, writer and communicator.

[Learn more here:](#)