



In this Newsletter

Volume 52 - 12/26/2014

1. health Care for Coaches and Officials
2. L'Equipe Honors Ledecy as "Champion of Champions"
3. 16 Breakfast Ideas for the Young Swimmer
4. How to Get More Than One-Word Answers
5. Deck Pass- True Sport Questions
6. 2014 Golden Goggles
7. Balance is a Faulty Metaphor
8. Do We Really Need The Trophies?
9. Stop Using These Words In Your Emails!
10. Positive Coaching Alliance: Free Resources

Dear Coaches,

Quote of the week:

**"My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is within you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement and forget about success."**  
 ~Helen Hayes (b. Brown) (1900-1993) American Stage/Film Actress

Health Care for Coaches and Officials

Coming soon!

Exciting news on a healthcare opportunity for USA Swimming Coaches and Officials in early January of 2015!

Due to numerous requests from our membership, a private healthcare exchange will be made available to all Coaches and Officials of USA Swimming.

Qualifying members and their families, like with the state and federal exchanges, may be eligible for a federal subsidy based on income.

The USA Swimming private healthcare exchange offers all of the same major medical plans with the same costs as the state and federal exchanges with these awesome benefits:

1. Protection from the Affordable Care Act law that requires all Americans to obtain health insurance or pay a penalty. The penalty will more than triple in 2015.
2. Red carpet concierge service from Licensed Benefits Advisors (LBA) who will provide the following:
  - Utilization of a subsidy calculator to assess if you or your family qualify for a government subsidy that will help pay for your health insurance
  - The LBA can hand walk each member through the confusing application process to explain and help them elect the best plan available for themselves and their families
3. The ability to enroll in additional benefits
4. Bilingual LBA's are available

We are excited to offer to all Coaches and Officials of USA Swimming the opportunity to take full advantage of the federal programs & potential subsidies prior to the 2/15/15 end for open enrollment.

Look for the USA Swimming private healthcare exchange in early January of 2015.



L'Equipe Honors Ledecy as "Champion of Champions"

Olympic gold medalist and world-record holder Katie Ledecy (Bethesda, Md.) was honored by the French newspaper L'Equipe on Friday as the women's international "Champion of Champions" for 2014 for her record-setting season.

Reacting to the award, Katie Ledecy stated " I am very honored to receive this award and international recognition from L'Equipe, and I'd like to thank its journalists for this prestigious accolade. I also would like to thank my family; my coach, Bruce Gemmell; my teammates on the Nation's Capital Swim Club and the USA National Team; and everyone at my high school, Stone Ridge School of the Sacred Heart, for all of their



### 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:

support in making this a wonderful year," Ledecky said. "I would also like to thank USA Swimming for all it does to make America's swim team the best swim team in the world."

[Read more:](#)

## 16 Breakfast Ideas for the Young Swimmer

By Jill Castle, MS, RDN

To eat, or not to eat, breakfast? This is the question young swimmers may struggle with as they scurry out the door to make morning practice or catch the bus and get to school on time.

For growing kids and teens, starting the day with breakfast has its benefits. Breakfast consumption has been linked to better nutrient intake, mental function and academic performance. Skipping breakfast has its drawbacks. A 2010 National Health and Nutrition Examination Survey (NHANES 1999-2006) survey of children aged 9-18 looked at self-reported breakfast eating patterns and the types of breakfast foods eaten. Researchers found that 20% of children and 35% of teens skipped breakfast, 36% children and 25% teens ate cereal, and the rest ate a variety of different breakfast foods. Interestingly, breakfast skippers had higher body mass indices (BMIs) and a higher prevalence of obesity, while cereal eaters had the most favorable nutrient intakes and weight scores.

We have less data for young athletes and their breakfast consumption patterns, particularly about what constitutes the perfect breakfast amount, and composition. However, it is known that carbohydrate-based foods are needed as fuel for athletic performance, and protein sources help build and repair muscle tissue. So it makes sense that young athletes may benefit from the healthy habit of a daily, balanced breakfast. To make getting breakfast on board for your young swimmer easier, check out these breakfast ideas categorized by preparation method:

[Read more:](#)

## How to Get More Than One-Word Answers

By David Benzel, Growing Champions for Life

If you go to our [Parent Excellence page on our website](#): there is a really short and great video on: How to Get More Than One-Word Answers from young people. (mid-way down the page under the webinar info).

## Deck Pass- True Sport Questions

USA Swimming would like to learn more about your experience with the 2014 Deck Pass-TrueSport program. Your feedback will help us make improvements to the program in 2015. The survey should only take five minutes, and your responses are confidential.

[Survey link:](#)

If you have any questions about the survey, please email [deckpass@usaswimming.org](mailto:deckpass@usaswimming.org)

We really appreciate your input!

## 2014 Golden Goggles

For those of you interested in checking out last month's Golden Goggle Awards from

---

New York, a playlist of the entire evening is now available on the [USA Swimming YouTube channel](#).

The videos are segmented by award presentation, and a great performance from STOMP is also posted.

---

## **Balance is a Faulty Metaphor**

**By Center for Creative Leadership, E-newsletter December 2014**

If Work/Life is a hot topic (or pressure point) for employees in your organization, resolve to change the conversation in 2015.

"Stop talking about balance," says CCL's Marian Ruderman. "Balance is a faulty metaphor, using a trade-off mentality to describe work and non-work time."

"Our research suggests that boundaries are more important than balance — and give us a more dynamic, realistic and personalized image to work with," Ruderman continues.

Many of us don't feel balanced, and the idea of balance just isn't helpful. We stress and struggle to live up to an image of doing it all and in just the right amounts. If we think about boundaries instead, more options open up — for individuals and for organizations.

[Read more:](#)

---

## **Do We Really Need The Trophies?**

**By Mike Sissel, KaleidoEye ,December 2, 2014**

Dear Mike,

We will be collecting \$10 from each family in order to purchase a participation trophy for each child on the team.

Thanks,

Coach

My daughter was 5 years old when I received the above email from her soccer coach. I'd heard a myriad of stories from other parents about the trophy culture of youth athletics, but could never quite understand it until this moment.

[Read more:](#)

Copyright © 2014 KaleidoEye

---

## **Stop Using These Words In Your Emails!**

**By Bernard Marr, Best-Selling Author, Keynote Speaker and Consultant in Strategy, Performance Management, December 8, 2014**

Do you know how you sound in emails?

Without the benefit of being able to hear people's vocal inflections or see their faces, it can be challenging to interpret how the person on the other end of an email is feeling. Emoticons and exclamation points can only take you so far (especially in a business email), and in fact, sometimes formal business language can start to sound, well, negative without context.

A Wall Street Journal article on enigmatic email tells the story of a consultant who sent a detailed project plan to her client by email and received only a one-word response: "Noted."

---

She feared he was angry or disappointed, when in fact, he was thrilled to be able to clear the issue from his inbox with so little effort.

So how can you ensure you get your message across without seeming negative?

[Read more:](#)

---

## **Positive Coaching Alliance: Free Resources**

Search thousands of sources to develop better athletes and better people.

[Learn more:](#)

