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## Dear Coaches,

### Quote of the week:

“The thing that makes you say, 'I want to do something' -- that is the beginning of talent.”

~Stella Adler, actress and teacher

## 2016 Registration Information

From our Director of Risk Management and our in-house Legal Counsel

When completing the annual club application form, clubs and organizations must list any and all of the legal entities and business names associated with the club and all facilities used by the club in order to ensure timely processing and resolution of insurance claims. Satellite clubs that operate with a different legal name than the parent club must be listed on the parent club's application form. If our insurance company receives a claim from an entity or facility that is not listed on the USA Swimming club application form, the claim may be denied. Questions about insurance coverage should be directed to [George Ward](#).

Thank you.

## MEMORANDUM: NCAA Division I Competition Scoring Rules\*

In regards to Club Swimmers competing in meets with college swimmers  
FROM: Lindsay Mintenko, USA Swimming National Team Managing Director,  
February 3, 2016

USA Swimming athletes are often swimming against college teams in competitions through the U.S. Please see the rule below regarding scoring of these events. Separate scoring of these events need to be taken into consideration during the academic year, at any level competition where universities are participating.

Any student-athlete participating on the outside team must adhere to the provisions of NCAA Division I Bylaw 17.31.1.7 [Competition as Individual/Not Representing Institution] if the competition will occur during the academic year. If 17.31.1.7 is being used, scoring does not have to be separate, as the student-athlete is not representing his /her institution in competition.

Secondly, the level of competition (e.g., national or lower level) does not affect the analysis. Division I Bylaw 13.11.1.3 is concerned with the age on the individuals competing. If the individuals are prospect-aged (i.e., ninth grade and above), institutions must be aware of NCAA recruiting concerns.

### Representing the Institution:

If the student-athlete (SA) is representing the institution (e.g., receiving expenses to participate, competing with the varsity team, wearing the uniform, etc.) the SA's participation against prospective student-athletes (PSAs) is governed by Bylaw 13.11.1.3. NCAA legislation considers swimming and diving to be an individual sport. Per the rule, an institution's varsity team may compete in the same open event against PSAs provided the event does not keep team scoring or team scoring separates the varsity team and the team including PSAs.

13.11.1.3 - Competition Against Prospective Student-Athletes -- Sports Other Than Football.





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In sports other than football, an institution's varsity intercollegiate team may compete against a two-year college team but may not compete against a high school or preparatory school team. An institution's varsity team may not participate in a contest against an outside team (e.g., non- scholastic team) that includes high school prospective student-athletes except for permissible contests while on a foreign tour, exempted contests against a foreign team in the United States and the U.S. national team. In individual sports, it is permissible for an institution's varsity team and an outside team that includes prospective student-athletes to participate in the same open event, provided the event either involves no team scoring or the event uses team scoring such that the institution's varsity team and the outside team are in separate scoring categories. Sub-varsity teams are not bound by this prohibition. [D] (Revised: 8/5/04, 1/9/06 effective 8/1/06, 2/26/07, 9/18/07, 1/16/10 effective 8/1/10, 4/29/10 effective 8/1/10; a contract signed before 8/14/09 may be honored)

**Not Representing the Institution (Competing Unattached):**

If the SA is competing in an open event unattached, the SA can use Bylaw 17.31.1.7 to compete during the institution's academic year; however, the SA may not represent the institution in any way (see above). Under this analysis, the SA may compete against PSAs without being subject to impermissible recruiting implications.

17.31.1.7 - Competition as Individual/Not Representing Institution.  
It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete's sport, as long as the student-athlete represents only himself or herself in the competition and does not engage in such competition as a member of or receive expenses from an outside team.

\*The views presented in this memorandum are those of the author and do not necessarily represent those of the NCAA. USA Swimming accepts no liability for the content of this memorandum or for the consequences of any actions taken on the basis of the information provided. Questions, concerns or requests for additional information should be directed to the NCAA.

**GoSwim Video: Freestyle – Bama Balance & Connection**

[Click here](#) to watch the new Freestyle GoSwim video. Looking for more technique videos? [Visit here.](#)

While visiting the University of Alabama this week, Coach Jonty Skinner shared a method for building better balance and connectivity in freestyle.

Why do it:  
In the ever changing environment of water, the internal knowledge of how to adjust your body to achieve constant connection and balance, sometimes takes putting strain on the connection in order to understand how the arms are connected to the legs.

- How to do it:
- 1 - Take a sponge and a paddle. Start by overloading the opposing ends by putting a paddle on one hand, and connecting the sponge to the opposite foot. The drag of the sponge will highlight the connection between the two.
  - 2 - Have the swimmer swim a few lengths of freestyle, focusing on the skating/gliding position, extending and gliding, while maintaining their balance and a constant kick. Switch the paddle and sponge for the next round.
  - 3 – Lose the sponge and move on to swimming freestyle with paddles on both hands. Continue to focus on skating/gliding and the depth of the hand as the swimmer rides their propulsion while holding their balance and line in the water. The longer the delay between impulses, the more pressure will be placed on the connection, balance and line on the body in motion.
  - 4 - Drop the paddles, and swim a length focusing on skating, and then move to a smooth swimming rhythm.

How to do it really well (the fine points):  
Balance; head position; hand extension, direction and depth; constant kick; managing the anchor positions; feeling the extension equally to both sides; just begins digging into the details of this exercise. Consistency of rhythm and a gradual path to maintaining the feeling of balanced flow into swimming also encourage the swimmer to think, and focus on the details. Keep it slow and smooth, and don't power through the pull or kick... but

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focus on continuous flow even with the sponge putting a strain on the left to right connection on one side.

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## **2016 Zone Select Camps Assistant Coach and Assistant Manager Position**

**Application Closes March 1st**

The 2016 Zone Select Camps will be held in May/June and the assistant coach and assistant manager positions are filled through an online application process. Applicants for these positions must complete the online application form by March 1, 2016. Applicants are to apply for the camp in their own Zone. If you are interested in one of these positions, please click on the correct link below and complete the form by 3/1/16. If

you have any questions, please contact [Bill Krumm](#) or call [719-866-3582](tel:719-866-3582) [719-866-3582](tel:719-866-3582).

Eastern Zone Select Camp Assistant [Application Form](#)

Central Zone Select Camp Assistant [Application Form](#)

Southern Zone Select Camp Assistant [Application Form](#)

Western Zone Select Camp Assistant [Application Form](#)

For more information on the 2016 Zone Select Camps, [click here](#).

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## **National Open Water Select Camp Assistant Coach/Manager**

**Application Closes on Monday February 29<sup>th</sup>**

National Open Water Select Camp Assistant Coach/Manager

USA Swimming offers 24 of the country's best distance swimmers the opportunity for a unique motivational and educational experience. The National Open Water Camp is an integral step for athletes to move from the pool to Open Water and then to the international scene.

[Apply here:](#)

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## **Surf Omaha Adds Exciting New Wave to 2016 Aqua Zone at U.S. Olympic Trials - Swimming**

USA Swimming is bringing a new signature attraction to highlight the Aqua Zone at the U.S. Olympic Trials – Swimming, with the addition of Surf Omaha, a portable indoor surfing ride. The ocean waves will come to the Aqua Zone, where attendees will enjoy testing their skills by surfing or boogie boarding their way through the waves while friends and family watch from the observation deck.

[Learn more here:](#)

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## **What Swimmers Can Learn From Sprint Runners**

**By Russell Mark, USA Swimming National Team High Performance Consultant**

The act of running and racing each other has existed as long as mankind. Compared to swimming, running has been studied and perfected more because of that innate nature,

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and it's easier to measure the interaction between the body and the ground as opposed to the body and water moving all around us.

The idea of learning from our land-based sister sport isn't a new one, but I've personally never explored it. Track & Field's Olympic tradition in the U.S. is just as rich and successful as swimming. In October 2015, I set out to learn from the best at a USATF Sprint & Hurdles Summit. The summit was attended by the best sprint coaches in the country, and while I wanted to learn about training methodology, I was very surprised to be enlightened about technique.

Here are some basic principles of biomechanics for track sprinters that I found relatable to swimming:

[Learn more here:](#)

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## Omaha to Host A Free Mini Build a Pool Workshop

The USA Swimming Facilities Department and Myrtha Pools will host a Mini Build and Program (your) Pool workshop to be held at Olympic Trials July 3rd, 2016 from 1:00pm to 3:00pm.

Topics will include programming precedes design update, pool project size and importance of equipment selection. After the Q & A there will be a behind the scenes tour by Myrtha Pools to see the Olympic Pool's structure.

No charge for workshop if you preregister by June 15. Please email [Sue Nelson](#)

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## What Does A Supplement Label Really Mean?

By USADA

[Click here](#) for definition and clarification:

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## The Rocky Road of Excellence

By John O'Sullivan, Changing The Game Project, February 10, 2016

"How many of you want to be a college athlete?" I asked this question to 3,000 middle school students in Southern California recently. In all, about 1,000 kids raised their hands.

"What about an artist? A singer? What about a musician?" Maybe 500 students raised their hands.

"What about running a business? Raise your hand if you want to someday own your own business." 1,500 future entrepreneurs put their hand up.

"How many of you want to go to college?" Almost every hand went up.

"Simple questions, right?" They nod. I continued, "Many people ask themselves 'what do I want to do in life?' But I want to let you in on a secret. Many people never end up following their passion, or working in a field they truly love, or achieving excellence in sport or academics. Most people are unfulfilled because they ask themselves the wrong essential question. They ask 'what do I want to do?'"

"What do I want to do' is not very helpful question to ask." I pause and make eye contact with a few students. "Why? Because it elicits answers such as 'I want to go to college' or 'I want to be a college athlete' or 'I want to have a great job.' But everybody wants those things. That question doesn't make you any different from the 99%."

What was I getting at here?

[Learn more here:](#)

