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Dear Coaches,

Quote of the week:

"We can have discipline and be demanding without being demeaning."

~Don Meyer

The Chuck Wielgus Blog: Consistency and Performance

It's not too often that you'll see a story about a high school swim team on an early evening network news show, but that's just what happened recently as I sat at my kitchen counter and watched the 6:00 p.m. national news.

The Carmel (IN) High School girls' swim team had just won its 30th consecutive state championship, making it the longest-running state championship streak of any sport in any state in U.S. sports history.

The news story of this extraordinary accomplishment got me thinking about the relationship between consistency and high-level sports performance. Most American sports fans will be expecting the U.S. Olympic Swim Team to go to Rio this summer and continue the success that our swimmers have maintained over the past 4-5 Olympic Games.

Great athletes are usually fanatical creatures of habit. Some might call some of their actions superstitions, but doing the same thing over and over in the same way every time is really all about establishing consistent performance. Talk with any accomplished athlete about their performance success and they'll likely bring up the importance of how practice routines lead to winning competition results.

[Learn more here:](#)

Sleep More and Prevent Injuries

By Dan McCarthy, USA Swimming High Performance Consultant

Sleep is not a new topic on the High Performance Tips web page. The [importance of sleep as a recovery tool](#), [napping](#), and most recently how sleep is more important than almost every other [recovery modality](#) have all been featured articles. Add to the list the growing stack of evidence that the hours of sleep an athlete gets at night is a significant predictor of injury.

The Journal of Pediatric Orthopedics published the results of a survey completed by 112 athletes (grades 7-12) in which they found athletes that slept less than eight hours per night were 1.7 times more likely to have been injured playing sports than athletes that slept more than eight hours per night. Surprisingly many variables usually associated with injuries (hours of participation per week, number of sports, strength training) were not found to be significant variables for injuries. There have been previous studies that tied professional athletes' success to how sleepy they were during the day. The less sleepy were more likely to have longer careers. This study emphasizes the importance of sleep for the developing athlete between 7th and 12th grades.

For the curious, the second most important variable was grade in school. Putting these two variables together would be harmful, but unfortunately likely. A junior in high school is probably more apt to get less than eight hours of sleep than a 7th grader and apparently already at a higher risk based on grade in school alone. According to the study for every additional year in school the athletes were 1.4 times more likely to have been injured.



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As we press towards the coming championships season and the Olympic Trials (which are less than 130 days away) the most simple and effective recovery tool and injury-preventing technique that athletes can implement is getting eight or more hours of sleep every night.

Registration Now Open - Spring 2016 Regional Coach Clinics

The Regional Coaching Clinic program brings affordable clinics directly to teams in their own LSCs. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

Clinics are priced to encourage coaching staffs to attend the clinic together. \$75 per coach or \$200 for a coaching staff of 3 or more.

Syracuse, NY: April 15-17, 2016
Edwardsville, IL: April 15-17, 2016
Idaho Falls, ID: April 22-24, 2016
Louisville, KY: April 29-May 1, 2016

[Spring 2016 registration links](#) are now open.

2016 Regional Build A Pool & Program Conference/Workshop

[Check out our website](#) for the 2016 Regional Build A Pool & Program Conference/Workshop

Don't forget to check out the mini - BAP workshop on July 3rd at the Olympic Trials with Myrtha Pools and another special BAP we will be offering a special day 2 afternoon session on pool operations with Counsilman Hunsaker at the ASCA and World Aquatic Health Conference Build A Pool Conference

New Announcement for 2017 – to participate in 2017 you can reserve your date now: GET YOUR LSC INVOLVED IN THE FUTURE!
2017 LSC Build& Program a Pool Conference/Workshop

THE WHAT: 2017 LSC BAP Workshop:
Day one – 7:30 AM to 5:30 PM - Registration fee includes continental breakfast and lunch.
If the LSC wants to conduct a social after the 1st day, that is up to them to organize and budget.

Day two – 8 AM to finish - Includes continental breakfast. We try to be finished by 12:30 PM
with the normal version and 3:30 with the extended "operations discussion" version.

THE HOW: To discuss dates and location, please call or email [Sue Nelson 719-866-3594](tel:719-866-3594)

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When we agree on the dates we will post the LSC BAP workshop/conference on our website. All registration is through that site.
Fee is \$69 per person with some special discounts for multiple people representing same club. The workshop will be open for anyone to attend but it will aggressively be promoted within the LSC. USA Swimming will supply all materials for the presentations including a flash drive for each participant with materials relating to the presentation and project planning.

Testimonial from Coach Mark Rauterkus

"I went to the Build A Pool Seminar hosted by USA Swimming and directed by Mick and Sue Nelson. It was a FANTASTIC two days, and I knew it would be. The insights and resources can save your effort years in terms of time and research. The role they play is in the "dream phase." They work with coach, clubs, institutions and friends of swimming to put the concepts into a reality check and can help to drive the discussion to a more confident business plan. These efforts make an approach to what they call an "Enterprise Plan" -- and that may or may not include the phase where capital funds are beginning to be raised. The next step is a formal "Feasibility Study." That takes professional architects and builders. Without a doubt, I would suggest that you send a team to their next BAP (build a pool) Conference."

MORE INFORMATION: Contact [Sue Nelson](#)

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](#).

National Open Water Select Camp Assistant Coach/Manager

Application Closes on Monday February 29th

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:](#)

My Son Didn't Start Today

By Chris Fore, Wordpress, February 2, 2016

My son is 9. His name is Nate. He LOVES sports.

In football this year, he led the team in touchdowns and tackles. In baseball, he was the starting short stop, and hit the ball further than anyone in the whole league. In soccer, nobody on his team scored more goals last Spring. He's an athletic kid.

Nate has played 4 seasons of basketball, 1 season of baseball, 1 season of soccer, and 3 seasons of flag football. And because he's the biggest kid on the team (every single

season, not one teammate has been taller on any of those 9 teams), he's usually been one of the best kids.

It doesn't hurt that he was at a high school football game the fifth day he was alive; I was a Head Football Coach at the high school level at the time, 2006. He's grown up around the fields and gyms as I've been a high school Athletic Director for 6 of his 9 years.

They've had two basketball practices this year, today was their first game. I've been to both practices. I told my wife after the first one, "well this is going to be an interesting season for Nate. He's not the best player on the team this year." I've got a very realistic view of my kid's talent. I know that most of his success so far has been because of his size.

[Learn more here:](#)

A Different Voice

By Cory Dobbs, Ed.D., The Academy for Sport Leadership

I believe that as coaches, we can have high expectations, push and challenge athletes, hold athletes accountable, confront when necessary, and be intense, without being disrespectful to athletes.

[Click the link to see that from an athlete's viewpoint:](#)

The Science of Happiness: Why Complaining is Literally Killing You

By Steven Parton, From CuriousApes.com

Sometimes in life, all the experience and knowledge simmering around in that ol' consciousness of ours combines itself in a way that suddenly causes the cerebral clockwork to click into place, and in this fluid flow of thought we find an epiphany rising to the surface.

One such point for me came in my junior year at University. It changed the way I viewed the world forever as it catapulted me out of the last of my angst, melancholic youth and onto a path of ever-increasing bliss. Sounds like I'm verging on feeding you some new-agey, mumbo-jumbo, doesn't it? Well, bear with me, because I assure you the point here is to add some logical evidence to the ol' clichés, to give you what I would consider my Science of Happiness.

[Learn more here:](#)

A Respectful Gesture

By The Leadership Coach®, Peter Burwash, SportTravelMagazine, February 2016

I had never watched a soccer game in its entirety before the U.S. played Japan in the final of the FIFA Women's World Cup. But it wasn't the early hat trick by Carli Lloyd that got my attention.

Television cameras often scan the players during the National Anthem at most sporting events. So often players are bouncing back and forth, chewing gum, looking uninterested. In some cases, they appear disrespectful.

As the camera was on each player at this game, however, I saw something I had never seen before at a major sporting event. Every player had her hand over her heart, and everyone was singing the anthem. It doesn't matter whether this was at the suggestion or command of a coach or captain. What matters is that this sign of respect was shown.

Broadcaster Ahmad Rashad once told me that Minnesota Vikings Coach Bud Grant would take time out of practice sessions before games to line up on the sidelines for the anthem.

The U.S. women's soccer team sang as a unit and played as a unit. I wonder if there was a subtle connection. Regardless, it was a moment that I have shared with many people since then when discussing the importance of respect.

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.