



CLUB DEVELOPMENT

usaswimming.org

Dear Coach,

1. IMX feedback needed.
2. Safety Training for swim coaches changes...New requirements..
3. Foundations of Coaching changes...New resource for all coaches.
4. Michael Lohberg article.
5. Us News and World report on Olympic Training.

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To all USA Swimming Coaches:

In an effort to plan for the needs of the Age Group level of our sport, the Age Group Development Committee has created a questionnaire to be filled out by all coaches in an effort to generate, evaluate and communicate feedback and ideas, in reference to USA Swimming's I.M. Xtreme Challenge program.

The IMX Challenge is a motivational program where swimmers are scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming.

The information compiled from this survey will be used to share how programs have implemented this program into their training, meets and season long plans as well as researching what development and incentive programs have been created by teams and LSC's utilizing the I.M. Xtreme Challenge.

In the survey you will see reference to the IM Xtreme Games. This is an Age Group National Championship meet that builds upon the USA Swimming's IMX Challenge supporting the philosophy to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. This **regional** meet format was introduced at the 2007 USAS Convention to all LSC Age Group Chairs and will be discussed again at this year's Age Group Chair's workshops at the USAS Convention in Atlanta.

This survey is short and will take only a few minutes to fill out. Please click the link below to complete the survey by September 1, 2008.

IM Xtreme Questionnaire for Coaches:
<http://vovici.com/wsb.dll/s/83aeg35997>

Please contact me with any questions you may have on the questionnaire or the Age Group Development Committee

Thank you for your commitment to Age Group Swimming,

Tony Young
Chair – Age Group Development Committee
Indiana Swimming, Inc.
(O) 317-237-5780
(C) 317-441-8323
(F) 317-237-5783
tony@inswimming.org

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Changes to Safety Training for Swim Coaches Requirement for 2009 Registration Year

Information has been sent to LSC Registration Chairs about the updated Safety Training for Swim Coaches requirement.

These changes take effect for the 2009 registration year which begins in September. **The main change is that all coaches must successfully complete the online (25 questions) Safety Training for Swim Coaches written test.**

There are several options for completing the rest of the certification process:

1. "Challenge" the course.
 1. Take the online test and then demonstrate the required water skills to a certified Red Cross instructor who will issue a Safety Training for Swim Coaches card.
2. Present a valid and current lifeguarding card (Red Cross, American Lifeguard Association, Ellis and Associates, YMCA Lifeguarding, or StarGuard) along with email confirmation of the online Safety Training Test to your LSC Registration person.
3. Take a full Red Cross Safety Training for Swim Coaches 8 hour course. This includes the written test.

The options are explained more fully on the coaches' page of the USA Swimming website.

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Changes to Foundations of Coaching Test Resources for 2009 Registration Year

As of September 1, 2008, the Foundations of Coaching online test will be based on the *Foundations of Coaching* DVD.

Test questions are taken from:

- A. *The Foundations of Coaching* DVD,
- B. The downloadable documents accessible from *The Foundations of Coaching* DVD and
- C. The USA Swimming Rules & Regulations

Note: The *Foundations of Coaching* DVD is available for \$25.00 on the USA Swimming online store. The DVD and accompanying documents make a great start to a coaching library and it is highly recommended that a coach purchase the materials prior to taking the test. Every coach will automatically be sent a free copy of the USA Swimming Rules & Regulations, which should arrive within 3 months of your registration.

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Headline: Amid turmoil, Torres" coach faces life-threatening diagnosis

<http://www.nbcolympics.com/swimming/news/newsid=155763.html>

Hello Team,

For those of you who know Coach Lohberg and of the sad news that has recently come out, a page has been created on Facebook where information about his condition and anything pertinent will be posted on an ongoing basis. If you already have a Facebook account, search for the "Coach Lohberg" group. If you do not have one, you will need to create an account, then search for the group to join. All you need is an email address. Please forward along this information to anyone you know who would be interested. Thanks

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US News and world Report on Olympic training.

<http://health.usnews.com/articles/health/living-well-usn/2008/07/23/meet-11-olympic-contenders-and-their-favorite-workouts.html>

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The material in this e-mail is provided for educational and informational purposes only and does not constitute a recommendation or endorsement with respect to any company or product. One of the objectives of the USA Swimming Coach's Blast e-mails is to make coaches aware of potential resources available.

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Peter C. Clark

Sport Development Consultant

USA Swimming

719-866-3561 (direct line)

719-330-0743 (cell)

Check out USA Swimming's new Club Recognition program. Follow the blueprint to develop a strong, stable, financially sound and athletically productive organization. See www.usaswimming.org/ClubRecognition