



CLUB DEVELOPMENT

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Dear Coach,

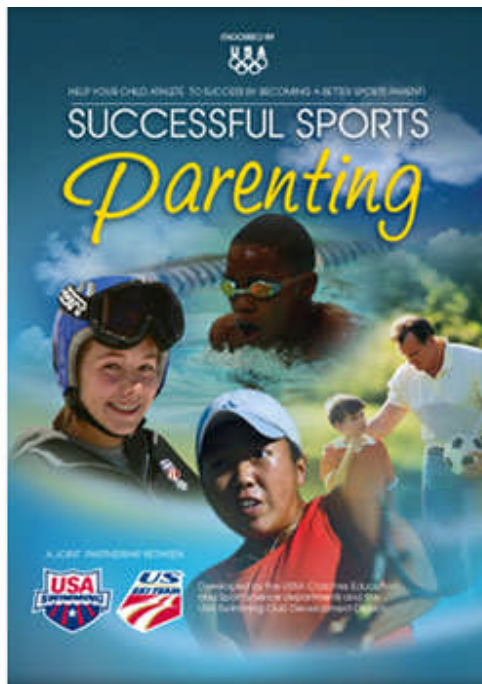
1. Parent education material for you to put on your team newsletter
2. What does a board need to know about insurance
3. Michael Lohberg Fundraiser
4. Erin Popovich and Lantz Lamback USOC Athletes awards for September
5. Mental Toughness
6. Video clip of Aaron Piersol starting the Lowes Race this past weekend

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It's time to gear up for a new season and that means that all teams need to start lining up volunteers. Maybe you are the person in charge of finding the volunteers. Don't reinvent the wheel. Here is a survey your club can use to start filling those all important positions on the team. You'll never know what skills and interests are out there in your parent corp. until you ask!

[Volunteer Survey](#)

For more club administration documents, check out the [Successful Sport Parenting CD](#) in the club administrator section.



A Board Members Guide to Insurance from our friends at Blue Avocado: Blue Avocado is formerly Board Café a great resource for boards.

<http://www.blueavocado.org/node/237>

The families of the Coral Springs Swim Club are hosting a "Fun Run, Walk, Stroll" on November 16, 2008. This event will raise money for the Lohberg family to defray the costs of medical bills incurred by his battle with Aplastic Anemia. The event is purely sponsored by the families and businesses to raise the maximum possible for Michael's family.

See attached flyer with a pertinent information.

If you have any questions or require additional information, please do not hesitate to contact me via email or at 954-752-7256.

Thank you in advance for your support and consideration,

Holly Wiesenhahn
Coach Michael's Fights Sponsor Committee
Coral Springs Swim Club

Paralympians Erin Popovich and Jeremy Campbell along with Women's Wheelchair Basketball Team Honored by the U.S. Olympic Committee for Performances in September

COLORADO SPRINGS, Colo. - The U.S. Olympic Committee announced that Paralympians Erin Popovich and Jeremy Campbell as its September Athletes of the Month for their accomplishments at the 2008 Paralympic Games in Beijing, China, while the U.S. Women's Wheelchair Basketball Team received Team of the Month honors for its gold-medal performance.

During the 2008 Paralympic Games in Beijing, China, Popovich (Fort Collins, Colo.) won six medals in her six individual events, finishing with four gold medals and two silver medals. Her gold medal performances came in the S7 women's classification in the 100 meter and 400m freestyles, 100m breaststroke, and 200m individual medley. Her silver medal performances included the 50m freestyle and 50m butterfly.

In Beijing, Popovich set a total of 20 new records - two world, six Paralympic Games, five Parapan American and seven American. Her world-record performances were the 200m IM and 100m breaststroke. Popovich's performances were so dominating that during both the 100m breaststroke and 400m freestyle events, her intermediate splits (50m breaststroke and 200m freestyle respectively) set new American records.

Campbell (Chula Vista, Calif.) made a statement in his Paralympic Games debut last month. At just 21 years old, Campbell won a gold medal in the P44 pentathlon, one of track & field's most grueling events (long jump, shot put, 100 meters, discus and 400m), setting the world record in the process. He finished with a score of 4,662 points, far surpassing the old mark of 4,444.

He also picked up a second gold medal in the F44 discus to complete his first Paralympic Games as a double gold medalist.

The U.S. Women's Wheelchair Basketball Team won their second straight Paralympic gold medal at the Beijing Paralympic Games in September. The team finished the tournament with a perfect 7-0 record including two wins against the silver medalist (Germany) and two wins against the bronze medalist (Australia). The game results were: USA 42, Germany 38; USA 61, Australia 42; USA 56, Great Britain 31; USA 68, Brazil 38; USA 75, China 31 (quarterfinals); USA 60, Australia 47 (semifinals), USA 50, Germany 38 (Gold Medal).

The USA was the top defensive team (37.8 points per game) and was the top offensive team (58.9 ppg). Winning the gold medal was a total team effort with 12 players averaging over 10 minutes per game. The team had only one player average over 10 points per game.

In the seven games, three different players led the team in scoring, three different players led the team in rebounds and three different players led the team in assists.

Wheelchair racer Jessica Galli (Savoy, Ill.), runner up to Popvich in the balloting, won five medals at the 2008 Paralympic Games in Beijing, China. Galli won gold in the 400-meters; silver in the 100m, 200m and 800m; and a bronze in the 4x100m relay. The five medal haul earned Galli the distinction of winning the most medals on the U.S. Paralympic Track & Field Team at the 2008 Games. Another one of the highlights of her competition included a new world record mark in the women's 400m with a time of 54.88.

Cyclist Amber Neben (Irvine, Calif.) finished third in the voting. She earned a world title in the elite women's time trial at the 2008 UCI Road World Championships in September. Long regarded as one of the top American cyclists of her generation, Neben eclipsed her sport's pinnacle with the World gold medal. After twice cracking the top five at the World Championships (4th in 2007 and 5th in 2005), Neben outpaced silver medalist Christiane Soeder (AUT) by seven seconds, bronze medalist Judith Arndt (GER) by 21 seconds and Olympic gold medalist and favorite Kristin Armstrong (Boise, Idaho) by 25 seconds to add a world title to an already impressive list of career accomplishments.

Paralympic swimmer Lantz Lamback (Augusta, Ga.) finished second on the men's side. At the Paralympic Games in Beijing, Lamback won four medals in individual events, finishing with a gold and three silver. During the Games, Lamback set a total of 19 new records - two world, two Paralympic, seven Parapan American and eight American. His records include the 50 meter backstroke (leadoff of the 200m medley relay) which was a new American record, the men's S7 classification 50m butterfly was American and Parapan American and the 200m freestyle (split during 400m freestyle event) which was also a new American record. Lamback's gold-medal performance came in the men's S7 100m backstroke where he set new American, Parapan American, Paralympic Games and world records both in the preliminaries and again in the finals of the event. Lamback earned silver medals in the 50m, 100m and 400m freestyle events, finishing all in both American and Parapan American record times.

Third place on the men's side went to Paralympic cyclist Oz Sanchez (San Diego, Calif.) who was the first to cross the finish line in the men's time trial at the 2008 Paralympic Games, winning the gold with a final posted time of 20:16.52. Sanchez finished: 20 seconds before the second place winner, but not far behind was Alejandro Albor (Elk Grove, Calif.) who posted a time of 20:59.49, good enough for the bronze. Sanchez also won a bronze medal in the road race two days later.

The U.S. Paralympic Rugby Team finished second in the team voting. Over the past four years, the U.S. Paralympic Rugby Team has gone 31-1 in tournament play, including a 5-0 performance at the 2008 Paralympic Games in Beijing, China. The team recaptured the gold medal after finishing third at the Athens Games. The team during this quadrennial quest also captured a World Championship, a World Wheelchair Games Championship, a North American Cup Championship and two Canada Cup Championships.

The 2008 16U National Baseball Team finished third. At the COPABE (Confederation of Pan Am Baseball) 16U Pan Am Championships played from Sept. 12-21 in Veracruz, Mexico, the team went 8-0 for the gold medal, which qualified the Americans for next year's World Championships in Taiwan. The U.S. outscored opponents 98-12 in the tournament and recorded the lowest ERA (1.11) in the program's history. The team also threw a no-hitter vs. Brazil. Bryce Harper (Las Vegas, Nev.), who had 16 hits, 16 runs and 16 RBIs, was named the Most Valuable Player of the tournament. The program currently has a 23 game winning streak over the past three years, resulting in three gold medals.

Female

- 1. Erin Popovich, Paralympic Swimming**
2. Jessica Galli, Paralympic Track & Field
3. Amber Neben, Cycling

Male

1. Jeremy Campbell, Paralympic Track & Field
- 2. Lantz Lamback, Paralympic Swimming**
3. Oz Sanchez, Paralympic Cycling

Team

1. Women's Wheelchair Basketball Team
2. U.S. Paralympic Rugby Team
3. 16U National Baseball Team

For more information, please contact the USOC Communications Division at 719-866-4529.

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<http://www.swimmingworldmagazine.com/lane9/news/19134.asp?q=Coaching%20and%20Recruiting%20the%20Habit%20of%20Mental%20Toughness>

or read it below

Coaching and Recruiting the Habit of Mental Toughness -- October 8, 2008

By Rick Paine and James Robinson

LINCOLN, Nebraska, October 8. ALTHOUGH mental toughness is spoken of quite loosely among coaches, it goes mostly undefined, is frequently misunderstood and seldom viewed as a habit. A recent survey revealed little consistency with how coaches define mental toughness. The more frequent answer was, "I know it when I see it".

While it is true that many of us may recognize mental toughness when we see it, the more important

questions are perhaps-can it be recruited, coached, and developed into a habit?

We find that indeed mental toughness can be recruited and developed. It remains, however; an inside-out, self-leadership, principle driven, developmental process for athletes.

"Every day, I read in the newspaper about children being born, but it never mentions one being born mentally tough. In the same paper, I also read about "mentally tough" and accomplished athletes passing away. So my guess is that someplace between birth and death, athletes became mentally tough." James Robertson

What is mental toughness?

Amanda is a college swimmer. A consistent comment from Amanda's coaches throughout high school and college is that when observing her behavior after a race, you can rarely tell whether the race was good or bad.

"You will never see her throw her goggles after a bad race or see her doing cartwheels down the deck after a good race."

Amanda consistently keeps herself in the meet. She is always ready to swim one race at a time.

John is a high school and club swimmer who is working toward achieving Junior Nationals standards. If you watch John's races or workouts, you will notice that he always gives 100 percent and never gives up.

"John is not the most talented or gifted swimmer. But when it comes to training, he is one of the most consistent and intelligent swimmers you will ever see," said his club coach.

What mental factors do Amanda and John share that help them remain mentally tough? What mental factors can be recruited and can also be developed?

Remaining in control.

Mental toughness for both of these swimmers started out with self-awareness, with an understanding that they could control their thoughts, emotions, and thus their behavior. Swimmers lacking self-awareness and self-control rarely exhibit mental toughness.

How many swimmers have you known whose entire three or four day swim meet is dictated by the results of their first event?

Deciding in the "Gap".

There is a small gap of time between the stimulus they receive and their response. Between each stimulus, such as the conclusion of a race, the human brain has a moment of time to create its response; the Gap. The decisions swimmers make in that moment of time either enhance or tear down mental toughness.

We have all seen the self-absorbed swimmer who after a bad race throws his goggles and storms off the pool deck. Do you think this swimmer learned anything from the race that would help him improve? Do you think "goggle throwing" is a genetic trait that he is destined to live with?

Decisions become habits.

All swimmers are capable of deciding what their thoughts, emotions, and behaviors will be in the Gap.

Human beings have the power of choice. Why Amanda and John choose to remain positive, stay in the meet mentally, and continue making their best effort regardless of the circumstances, is beyond the scope of this short article. The point is that they do and that other swimmers have the same opportunity to choose.

At some point in their life experiences, Amanda and John, when faced with adversity, chose to work through it. They made the choice once, then they made it again and before long their choices became habit. Each choice was like a small thread of steel. With each decision to compete rather than fold, another small thread of steel was added and before long the habit of mental toughness became like a steel cable, strong enough to support them in any situation.

The typical club/high school swimmer will take approximately 23,000 freestyle strokes per week during training. Do you have any doubt that doing anything 23,000 times a week becomes a habit? The question is, "is it a good habit or a bad habit?"

Life Skill.

Amanda and John have learned that mental toughness is a life skill and not one merely reserved for swimming. Other swimmers make the mistake of thinking they can decide one way in their school work, home life, social lives, and character choices, and another way in the swimming pool. It does not work that way. As swimmers learn to use the Gap and control their thoughts, emotions, and behavior throughout their lives, the habit of choice spreads through their entire lives.

Hitting The Wall.

Mental toughness is reinforced or negated in moments of fatigue, struggle, extreme challenge and at times with what individuals perceive to be failure. In most races longer than 50 meters, swimmers will experience hitting the Wall. When their lungs are burning, their arms ache and their legs are numb they will have a decision to make, "do I slow down or do I work through it."

When swimmers hit the wall how, why, and how quickly they respond, and whether they are proactive or reactive is an ultimate test of mental toughness. Do they proactively and instantly work through the challenge, the commitment from within, and learn from the experience or do they fold their tents and take the easy way out?

Why does one swimmer choose to accelerate into the last turn, stay streamlined and take 8 fly kicks off the last wall of a 200 back while the swimmer next to her chooses to slow down going into the turn and pop for air at the backstroke flags? Is this a God-given talent or a habit developed by consistent practice?

How do your swimmers or recruits respond when they hit the wall in a race or in practice?

For practice, pick out the face of one swimmer. Visualize them facing adversity in practice and competition, and briefly describe how that swimmer responds.

An Expression of Mental Toughness

Some years ago we met Dr. Loehr, author of *Mental Toughness Training for Sports*, and his description of *Why Do I Run* left an impression on us. His story also serves as an example for coaches and athletes who are still questioning if and how mental toughness can be developed. Here is our edition of Jim's story.

I am talking about myself when I ask the question, "Why Do I Run?"

Those who don't run cannot understand.

I've been running for many years, so is running any easier now? Not really, it still always seems easier not to run for just one day. That's what I tell myself almost every day as I lace up my running shoes, "You really don't need to run, but just for today. Don't push so hard, just today." This is how my brain attempts to trick and deceive me, one small decision at a time. My brain knows that when I give in once, the next decision to cave in gets easier and is just around the corner. Steel cables are torn apart the same way they are created, one small strand at a time.

The only thing that has gotten easier about running is covering greater distances in shorter periods of time.

My struggle is always the same and I understand it always will be. Some days I dread running, yet in a sense I crave it.

So why do I still run? To stay in condition, to maintain my health, to feel better in the long run—all partial reasons I suppose. The real reason is confirmation—confirmation that I am expanding my control, my commitment within, my ability to control my thoughts, emotions, and behavior. .

Each day I must make a conscious choice—a choice to run or not to run. A choice to work toward a higher goal or to give into my mind and body's urgings to something more comforting and pleasurable...at least for the moment.

Who is in control? Which path do I choose to follow? I make myself feel guilty when I don't run—when my weak will wins out over character. I still think running is a test of my resolve, my long term commitment to myself, not of just my physical strength, but of my mental strength as well. Running is a challenge of my will, character, and resolve; of mind over matter. Running is me against myself. It's a challenge of being proactive to my character or being reactive to short term pleasure or relief.

Each run is a small success, the richest and most deeply satisfying success. Running remains strangely but unmistakably tied to my self-discipline, self-confidence, self-control, self-realization--all terms that my coach used, but that I never really understood the meaning of until now.

In a world where I often feel controlled and put upon, running helps revive my sense of strength, my control and influence, and my personal conviction that I do make a difference; that I am being responsible for myself.

An addiction or choice you ask? And the question is a fair one. There is always the danger of losing perspective, or losing balance in my life. So long as I choose for the right reasons, the value in running remains true and real. So long as I control running and it does not control me, the balance remains. Positive addiction or not, the value is in deciding. When the choice is gone, I become controlled and victimized again. When the choice is gone, running is just one more thing in my life that tells me that I am not in control, that I am at the mercy of fate, the moment, emotions, others, or to circumstance. I run as a choice, not out of necessity, or its real value is gone for me.

Why do I run? I run for balance and as a life skill. The contest is me against myself.

Why do your swimmers "swim"?

Picture the same swimmer as in the previous question. When they swim do they exhibit traits of mental toughness? How tough are they on themselves in their strength and dryland training,

technique and stroke work, and with their commitment to practice and competition?

Myth

Born Tough.

It is a myth that mental toughness is a trait, meaning that swimmers are either born with or without it. While it is true that certain traits support mental toughness, the habit of mental toughness can be developed and fostered within any individual. It remains however; largely an inside-out, self-leadership, principle driven, developmental process, which is where our article started.

I can motivate swimmers.

Long term, it is a myth that we can motivate swimmers and create mental toughness. Mentally tough swimmers are more internally, or what we refer to as intrinsically motivated than externally or extrinsically driven. Swimming through the Wall demands strength that comes from a person's own will, conviction, and motivation, not from the external wishes, demands, and rewards and threats of others. Motivation and mental toughness are both inside-out jobs. When asked about his role in motivating players, Coach Wooden (John Wooden, Hall of Fame UCLA Basketball Coach) told us that his job was not in motivating players. That was the player's job. His job included recruiting highly motivated players, with the talent and skills to fit within the UCLA system, and providing an environment where they could flourish. Coach Wooden drew a very definite line between being able to teach and inspire players versus motivating them.

"The term motivation comes from God within," I recall him saying. "Their teammates have more influence over them than we do."

All athletes need to know that their coaches believe in them, but their true motivation comes from within. We as coaches can create an environment that promotes mental toughness and present opportunities in practice that reveal it.

Summary

Coaching Mental Toughness

- Promote self-awareness among all of your swimmers.
- Reinforce that mental toughness is a life choice, not simply a swimming choice.
- Insist that swimmers choose to control their thoughts, emotions, and behaviors;
- Create consequences for unacceptable displays of emotion and behaviors; and,
- Coach swimmers on making a mental choice in the "Gap", that small amount of time between stimulus and response.
- Remind them that habits are like small strands that become cables of steel, and that...
- Habits are formed by skills, knowledge, attitude, repetition and execution; and
- that their habits soon define them.
- And finally,
- Support swimmers in working through, and being strengthened by adversity.
- Recruit highly motivated athletes with the talent and skills to fit within your system and provide an environment where they can flourish.

Recruiting Mental Toughness

Self Awareness.

When talking with swimmers, estimate their level of self-awareness. We are not talking about maturity. Are they aware of their actions and choices in and out of the pool and their impact on performance?

Life Skill.

In addition to talking with a swimmer's coach in reference to mental toughness and self-control, talk with their parents and high school counselor about the same issue. "How does Jerry/Susan react to pressure at home (classroom, etc.)?"

Learning from Feedback.

Ask yourself this question while observing their practice or races; "When they make mistakes, do they process the feedback and learn from it? Or, do they react negatively, stop short of process appropriate feedback, and fail to learn from the experience?" Ask teachers, parents, counselors how the prospect receives feedback, especially when it is negative.

Look for Patterns.

Always look for patterns in how recruits think, feel, and behave.

Rick Paine is the Director of Swimming at the American College Connection, found at ACCRecruits.com. James Robertson is a PGA Tour Instructor and Head of Golf Instruction at the American College Connection.

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Aaron Piersol gives the starting command for the Bank of America 500 this past weekend....

<http://www.youtube.com/watch?v=fKdZP6l2ZSo>

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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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