



CLUB DEVELOPMENT

usaswimming.org

Dear Coach,

1. Junior National Numbers
2. Parent education
3. Doping Control Update
4. Michael Phelps named Sports Illustrated Sportsman of the year.
5. Students, lie cheat and steal, but yet they are still good people. AP story.
6. NBC to re-air Paralympic special.

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Please find attached a first round psych sheet and roster for the Speedo SCY Junior National Championships next week in the great town of Austin, Texas.

The numbers for this meet:

192 teams
671 athletes
2192 splashes

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Q: My daughter is in 7th grade and plays soccer and basketball, swims, and runs track. One of our friends has suggested that she just focus only on soccer and not waste her time playing these other sports, as it will help her get the edge and might even lead to a college scholarship. Should she specialize in one sport?

A: Welcome to the world of youth sports in the new millennium. More and more children are specializing in one single sport and training year round in the hopes of gaining a competitive edge. In fact, many people feel that the notion of an all-around athlete is dying. The question of early sport specialization and year round training is a controversial one.

The question of [Sport Specialization](#) answered by Dr. Dan Gould of the [Institute for the Study of Youth Sports](#) at Michigan State University.

For more information on sport parenting, consult the [Successful Sport Parenting CD](#).

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Doping Control Update:

Supplements: Read this VERY IMPORTANT article carefully about a supplement containing a prohibited diuretic. [Company recalls supplement at center of NFL drug probe - USATODAY.com.](#)
Prohibited Substances in Over the Counter Medications: All athletes should check the status of EVERY medication they consume (**both over the counter and prescription**) at the US Anti-Doping Agency's (USADA) Drug Reference On-line (www.usantidoping.org/dro) or via phone at 1-800-233-0393.

This should be done immediately and prior to consuming any medications. **There are medications sold over the counter that contain prohibited substances that may not be in the athlete's system at the time of a drug test.**

Some medications that are sold over the counter include diuretics which are prohibited both in and out-of-competition. The following are examples of these medications:

Maximum Strength Midol PMS
Midol Pre-Menstrual Syndrome
Midol Teen Formula
Women's Tylenol Multi-Symptom Menstrual Relief
Fem-1
Painaid PMF Premenstrual Formula
Pamprin
Lurline PMS
Premsyn PMS

Medications that are stimulants available over the counter and prohibited only in competition are:

Epinephrine

Ephedrine

MicroNefrin (solution for inhalation)
Nephron (solution for inhalation)
S 2-(solution for inhalation)
Epinephrine mist (aerosol)
Primatene mist (aerosol)

Mini Two-Way Action tablets
Primatene tablets
DynaFed Asthma Relief tablets
Bronkaid Dual Action tablets
Ephedrine Sulfate (tablets/capsules)
Pretz-D nasal spray

Also, Please note that Vicks Vapor Inhaler contains a stimulant that is prohibited in-competition and the stimulants (such as Ritalin or Adderall) used to treat ADD/ADHD are prohibited in-competition.

If a substance is prohibited in-competition, use must be discontinued in sufficient time in front of the competition to allow the drug to fully clear from the body (including urine).

Let me know if you have any questions.
Stacy

Stacy Michael-Miller
Athlete Services Manager
USA Swimming
One Olympic Plaza
Colorado Springs, CO 80909
719-866-4962 (o)
719-866-4257 (f)
smichael@usaswimming.org

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USA Swimming Executive Director Chuck Wielgus on Phelps Being Named 2008 SI Sportsman of the Year

"What Michael accomplished in Beijing was absolutely awesome, and equally impressive is the impact he has had on raising the profile of our sport in this country and across the world. Michael is a remarkably talented, committed and exciting athlete and it is wonderful to see him recognized with an award as prestigious as the SI Sportsman of the Year award. He is certainly deserving of such recognition, and USA Swimming and the USA Swimming Foundation congratulate him on this historic achievement.

USA Swimming has seen unprecedented growth at many of our 2,700 swim clubs across the country since the 2008 Olympic Games and we know that we owe this post-Olympic membership boost in large part to the awe-inspiring performances by Michael and his Olympic teammates this past summer."

<http://sportsillustrated.cnn.com/>
<http://sportsillustrated.cnn.com/2008/magazine/specials/sportsman/2008/12/01/sportsman.2008/index.html>

Students lie, cheat, steal, but say they're good

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NEW YORK -- In the past year, 30 percent of U.S. high school students have stolen from a store and 64 percent have cheated on a test, according to a new, large-scale survey suggesting that Americans are too apathetic about ethical standards.

Educators reacting to the findings questioned any suggestion that today's young people are less honest than previous generations, but several agreed that intensified pressures are prompting many students to cut corners.

"The competition is greater, the pressures on kids have increased dramatically," said Mel Riddle of the National Association of Secondary School Principals. "They have opportunities their predecessors didn't have (to cheat). The temptation is greater."

The Josephson Institute, a Los Angeles-based ethics institute, surveyed 29,760 students at 100 randomly selected high schools nationwide, both public and private. All students in the selected schools were given the survey in class; their anonymity was assured.

Michael Josephson, the institute's founder and president, said he was most dismayed by the findings about theft. The survey found that 35 percent of boys and 26 percent of girls -- 30 percent overall -- acknowledged stealing from a store within the past year. One-fifth said they stole something from a friend; 23 percent said they stole something from a parent or other relative.

"What is the social cost of that -- not to mention the implication for the next generation of mortgage brokers?" Josephson remarked in an interview. "In a society drenched with cynicism, young people can look at it and say 'Why shouldn't we? Everyone else does it.'"

Other findings from the survey: --Cheating in school is rampant and getting worse. Sixty-four percent of students cheated on a test in the past year and 38 percent did so two or more times, up from 60 percent and 35 percent in a 2006 survey. --Thirty-six percent said they used the Internet to plagiarize an assignment, up from 33 percent in 2004. --Forty-two percent said they sometimes lie to save money -- 49 percent of the boys and 36 percent of the girls.

Despite such responses, 93 percent of the students said they were satisfied with their personal ethics and character, and 77 percent affirmed that "when it comes to doing what is right, I am better than most people I know."

Nijmie Dzurinko, executive director of the Philadelphia Student Union, said the findings were not at all reflective of the inner-city students she works with as an advocate for better curriculum and school funding.

"A lot of people like to blame society's problems on young people, without recognizing that young people aren't making the decisions about what's happening in society," said Dzurinko, 32. "They're very easy to scapegoat."

Peter Anderson, principal of Andover High School in Andover, Mass., said he and his colleagues had detected very little cheating on tests or Internet-based plagiarism. He has, however, noticed an uptick in students sharing homework in unauthorized ways.

"This generation is leading incredibly busy lives -- involved in athletics, clubs, so many with part-time jobs, and -- for seniors -- an incredibly demanding and anxiety-producing college search," he offered as an explanation.

Riddle, who for four decades was a high school teacher and principal in northern Virginia, agreed that more pressure could lead to more cheating, yet spoke in defense of today's students.

"I would take these students over other generations," he said. "I found them to be more responsive, more rewarding to work with, more appreciative of support that adults give them.

"We have to create situations where it's easy for kids to do the right things," he added. "We need to create classrooms where learning takes on more importance than having the right answer."

On Long Island, an alliance of school superintendents and college presidents recently embarked on a campaign to draw attention to academic integrity problems and to crack down on plagiarism and cheating.

Roberta Gerold, superintendent of the Middle Country School District and a leader of the campaign, said parents and school officials need to be more diligent -- for example, emphasizing to students the distinctions between original and borrowed work.

"You can reinforce the character trait of integrity," she said. "We overload kids these days, and they look for ways to survive. ... It's a flaw in our system that whatever we are doing as educators allows this to continue."

Josephson contended that most Americans are too blase about ethical shortcomings among young people and in society at large.

"Adults are not taking this very seriously," he said. "The schools are not doing even the most moderate thing. ... They don't want to know. There's a pervasive apathy."

Josephson also addressed the argument that today's youth are no less honest than their predecessors.

"In the end, the question is not whether things are worse, but whether they are bad enough to "What we need to learn from these survey results is that our moral infrastructure is unsound and in serious need of repair. This is not a time to lament and whine but to take thoughtful, positive actions."

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NBC to Re-Air Paralympic Special

COLORADO SPRINGS, Colo. - The stories of U.S. Paralympians as they prepare for and compete at the 2008 Paralympic Games will be featured once again on NBC this Saturday, December 6 at 4:30 p.m. Eastern Time. The documentary, which originally aired November 9, takes viewers on a compelling journey into the lives of U.S. Paralympians as they vie for triumph in Beijing, China. The 90-minute broadcast is narrated by NBC Sports' Bob Costas.

"NBC and GE's broadcast of the 2008 Paralympics provides all Americans an opportunity to be introduced to some outstanding performances and amazing role models that represented the U.S. at the 2008 Games," said Charlie Huebner, Chief of Paralympics, U.S. Olympic Committee. "The fact that NBC and GE are airing this show on network television also speaks to the growing importance and value of the Paralympic movement in the U.S."

The NBC Sports' Paralympic special, produced by Emmy Award-winning NBC Sports producer David Michaels, provides an in-depth look at the determination of eight athletes and the U.S. Paralympic Men's Wheelchair Basketball Team.

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