



CLUB DEVELOPMENT

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TABLE OF CONTENTS

February 11, 2010

Dear Coach,

1. Rule Changes for the Prohibited List 2010 - Stacy Michael-Miller, USA Swimming
2. 2010 Zone Select Camp - Bill Krumm, USA Swimming
3. Plan it - Program it - Sue Nelson, USA Swimming
4. Women in Coaching Conference - Rose Snyder Consulting
5. Developing Amazing Leaders - Susan Katz, USOC Paralympic Marketing
6. Quote of the BLAST!



Many rules changes are in effect as of January 1, 2010.

The 2010 Prohibited List is in effect now and may be found here:

http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf

USADA has created an Athlete Alert explaining the changes to the list: <http://www.usada.org/files/active/athletes/2010%20Prohibited%20List%20Release%20Advisory%2009.29.09.pdf>

Please read the Alert carefully and note that pseudoephedrine has returned to the prohibited list. This impacts many over the counter cold medications that are commonly used. Athletes may not have this substance in their system during a competition.



All athletes must check the status of all medications (over the counter and prescription) with USADA at 1-800-233-0393 or online at www.globaldro.com.

Stacy Michael-Miller, Athlete Services Manager
USA Swimming
One Olympic Plaza

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[2010 Zone Select Camp – Assistant Coach/Manager Application Form](#) – Deadline to apply is 3/15/10

2010 Zone Select Camps

The four 2010 Zone Select Camps are coming up in May. Coaches of selected swimmers have been notified and athlete invitations will be going out via email in the next week. The application forms for Assistant Coaches/Managers are now posted on the [USA Swimming Camps Page](#). Assistant coaches and managers attend the camp in their Zone, so if you are interested, download the correct form for your Zone and FAX it in to 719-866-4669 by the 3/15/10 deadline. Questions should be directed to [Bill Krumm](#) or 719-866-3582.

Sites and Dates for the 2010 Zone Select Camps are as follows:

Eastern Zone: Franklin & Marshall (Lancaster, PA) May 20-23
Central Zone: Miami University (Oxford, OH) May 27-30
Southern Zone: University of Louisville (Louisville, KY) May 27-30
Western Zone: Arizona State (Tempe, AZ) May 27-30

"Plan It - Program It - Design It" Regional *Build a Pool* Conferences
Since 2005, USA Swimming's Facilities Development Department has conducted 5 National *Build a Pool* Conferences. We estimate this conference has been an important part of over 65 new facilities being commissioned since 2004. It has also played a secondary role in over 100 additional projects. Our professional providers have played a MAJOR part in these successes. This year, we have decided to take the *Build a Pool Conference* out to the regional level so USA Swimming clubs and projects have a more economical option to acquire information. These 1 day-8 hour events (or a day and a half, 12 hour events) will be conducted by the Facilities Development Department staff. Click on the links below for further information.

Houston, Texas at ATRI (March 20, 2010) [Flyer](#) [Registration](#)
[Hotel](#)

Orlando, Florida at IAFC (April 24, 2010) [Flyer](#) [Registration](#)
[Hotel](#)

Chicago, Illinois at Central States Clinic (May 14, 2010) [Flyer](#)
[Registration](#) [Hotel](#)

Information will be available for the following conferences at a future date:
Indianapolis, Indiana at the ASCA World Clinic – September 4, 2010
Cherry Hill, New Jersey at Eastern States Clinic - October 15, 2010

The National Aquatic Conference & Exposition will be held in Houston, Texas at the Hyatt Regency Houston, March 22nd – 28th, 2010. USA Swimming Facilities Director Mick Nelson will be presenting "Why Pools Close" on Friday March 26th. The Facilities

Department and the USA Swimming Foundation's *Make a Splash* Initiative will have a booth for you to visit. At the booth, you will be able to learn how to become a Make a Splash Local Partner. Click on the following link to learn more about the conference.

<http://www.nrpa.org/nac/>

[For more information.....](#)

Sue Nelson, USA Swimming, Aquatic Programs Specialist – 719-866-4578

We hope your year is off to a good start. It is a great time to put **April 9-11, 2010 on your calendar and plan to join us for the 4th Annual Women in Coaching Retreat! brochure and pass this along to five other women coaches or business leaders you know. Please see the attached**

If your LSC or club registers three coaches, we will allow a **4th to attend for free!** This can be a retreat within a retreat and allow for great team building!

“The Women in Coaching Retreat is an amazing and life changing experience.”

The **Retreat** is a 2.5 day annual educational retreat designed for amazing women to convene, connect and grow their network. We believe that when you grow your network, you grow your net worth.

Now in its fourth year, this retreat draws top speakers and attendees to share an action-packed conference, dedicated to support the participant's personal and professional growth. This program draws some of the nation's most accomplished coaches, and provides a unique opportunity to brainstorm together.

Why should organizations send someone to the Women in Coaching Retreat?

“You get a better person back.”

Why should you come to the Women's Retreat?

“You'll change in ways you never knew you could.”

It's no secret that successful businesses are made up of people who are professionally and personally satisfied.

- These people are pro-active, motivated, engaged and invigorated.
- They come to work renewed, refreshed, relaxed and ready.
- They think differently, make smart decisions and produce results.
- They are experienced professionals and have unique life experiences.

Women in Coaching participants see a return on investment that cannot be measured in dollars alone. Women return to work more motivated, more self-directed and more engaged, and will have increased their network of business contacts by networking with 40 top coaches and business women from all over the country.

Participants engage in professional development workshops that build communication skills, determine best “coaching” styles and hone goal setting and visioning skills. All participants create a personal and professional development plan.

“The Retreat Experience will recharge your life and career with a focus on personal and professional development.”

Don't miss out on this wonderful opportunity. **Register today!**

Rose Snyder
Rose Snyder Consulting
www.rosesnyder.com
rose@rosesnyder.com
719.963.3101

The 2010 Developing Amazing Leaders Paralympic Conference is scheduled for April 30-May 3. **Register now**, you won't want to miss it! The theme for this year's conference is Leadership Through Innovation.

The primary goal of the conference is to provide "key" Paralympic audiences including community leaders, military personnel, sport and recreation program specialists, coaches, therapists, researchers, educators, college students, and other interested parties from across the USA, the tools and the inspiration to implement and support successful Paralympic sport programs in their communities. This is also a great opportunity to learn how to incorporate athletes with physical disabilities into your existing programs! Interactive conference sessions offer attendees opportunities to learn how to build a community program or grow the program you're already running, teach the basics of a variety of Paralympic sports so you can include them in your programs and develop leadership skills that will help you take your program to the next level.

"A well planned and insightful experience. This conference really brought home the spirit of the Paralympic movement. Thanks!"

Special working sessions are offered specifically for organizations that work with military members with physical injuries and open conference sessions offer tips and insight into how to incorporate service members into your ongoing community programs.

The 2010 conference will also offer a special working session targeted to our Paralympic Sport Club partner organizations.

Susan Katz • Public Relations Manager • Paralympic Division • United States Olympic Committee

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The
Olympics remain the most compelling search for excellence that exists in sport and maybe in life itself.

Dawn Frazier – 3 time Olympic Champion

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

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