



CLUB DEVELOPMENT

usaswimming.org

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The World Anti-Doping Agency (WADA) 2011 Prohibited List in effect January 1, 2011.

Coaches, please share with your athletes, their parents and any sports medicine profess

Please familiarize yourself with the WADA 2011 Prohibited List

(<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organization/List/The-2011-Prohibited-List/>)

and review the following resources to understand the changes to the list:

USADA "Summary of major changes to the 2011 WADA prohibited list":

(<http://www.usada.org/prohibited-list/major-changes/>)

USADA "Athlete Guide to the 2011 Prohibited List".

<http://www.usada.org/prohibited-list/athlete-guide>

USADA's website for more detailed information about TUEs and other aspects of the doping co

<http://www.usada.org/substances>

WADA press release regarding the 2011 list:

<http://www.wada-ama.org/en/News-Center/Articles/WADA-2011-Prohibited-List-Now-Published>

Always check the status of all medications/product ingredients with USADA at www.gloj0393.

Articles of interest from the US Anti-Doping Agency and the FDA

Supplement Safety Now Supports the Passage of Legislation for Supplement Industry Im

http://www.usada.org/files/active/resources/press_releases/Press%20Release%20-%20Supplement%20Passage%20-%20Nov%202010.pdf

FDA: Tainted products marketed as dietary supplements potentially dangerous:

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm236967.htm>

Inside the Lane Lines - 2010 Highlight Video Arriving Now!

Inside the Lane Lines, the highlight video produced annually for clubs, was mailed out to all Head clubs last week and should be arriving in your mailbox soon if you have not received it already. These highlight DVDs feature performances by USA national team members from the 2010 Mutual of Omaha Pan Pacific Championships. Use these highlight DVDs as a tool to inspire and to teach swimmers of all ages.

January Online Clinics

January 12 – Guy Edson - Hiring, Training, and Retaining the Great Assistant Coach

January 26 - Adam Dusenbury - Age Group Program Structure to Build Success

Clinics will start at 1 pm Eastern/Noon Central/11 am Mountain/10 am Pacific,

If you cannot participate during the event, a recording of the webinar will be available on the USASwimming website.

To register and find out more information as well as recordings of previous clinics go to www.usaswimming.org

Coach Education material on the website!

Coaches, do you know we post new educational articles on the website every week?

Check these ones out...

Coaching Athletes (Age Group) – Coaching Turns –

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1683&Alias=Rainbow&Lang=en>

Coaching & The Club – Risk Management –

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1681&Alias=Rainbow&Lang=en>

Parents – Building Mental Toughness –

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1703&Alias=Rainbow&Lang=en>

AEA Education

Learn from the Leader in Aquatic Fitness
Aquatic Exercise Association Calendar of Events for 2011
<http://www.aeawave.com/PublicPages/Calendars/USAEducation.aspx>

SAVE THE DATE

<http://aeawave.com/PublicPages/NewsMore/ProfessionalFitnessArticles/tabid/79/ctl/DetailView>

Can your dream pool be self-sustaining?

Attend any of the 2011 Regional Build a Pool Conferences to find out what it takes to be self-sustaining. Check out the USA Swimming Facility website:
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1748&Alias=Rainbow&Lang=en-US>

Following is a great story about Jim Tomsula and his “I won’t be denied” pursuit of a dream to coach football. Last weekend, he was the one-game interim head coach of the San Francisco 49ers.

Jim Tomsula gets the W.

If you weren't rooting for the interim San Francisco coach against Arizona in the meaningless game, it would have been. He was the defensive line coach of the Niners when Mike Singletary got fired last week, and in the final game of the season, all of the Bay Area asked, "Who's he?" A football junkie, that's a career he just had to have.

Looking for a coaching job when an assistant strength coach job at Charleston Southern dried up. No football team was hiring. He cleaned floors at a department store, then worked as a sales rep

volunteer assistant at Catawba (N.C.) in 1997, he sold carpeting to get by and lived in his car but his reputation as a defensive line technician got him a gig in NFL Europe, which he held 'til 2006. Then in 2007. "I'm a football coach," he said last week. "I'm Jim Nobody from Nowhere. I keep my sp

soup. I don't eat anybody else's soup. I just do my job." West Coast scribes heard a collection of stories that consider him a long-termer, and they hope the next coach hires him to stay on. It was fun to watch him smiling more than the rest of the coaches in the league smiled all season, collectively. And after a 38-7 rout of the Cards, many players hugging him afterward, thrilled for him. "At least they didn't say I was a volunteer," he said. Pressed to talk about how he felt and what was going through the mind of a guy who lived VOLUNTEER to coach football, he said, "It was just – that was just football, and you see those - pure football, and just playing football and having fun and going through, you know ... One foot on the downs, the turns, the curves, you know, you go through all of these things through a whole game and stay together, you know. So, I'd really just like to talk about what these guys accomplished

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