
2011 Volume 19

USA Swimming <pclark@usaswimming.org>

Sat, May 21, 2011 at 10:58 AM



COACHING CONNECTION

A CLUB DEVELOPMENT SERVICE

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Dear Coaches,

Quote of the week:

“Knowledge is not enough to get desired results. You must have the more elusive ability to teach and motivate. This defines a leader; if you can't teach and you can't motivate, you can't lead.”
John Wooden

Online Clinics You Can Listen to on Your Schedule

One of the convenient features of USA Swimming's very popular Online Clinic Series is the option for coaches to see and hear recorded versions of previous online presentations. Following is a list of the presentations that are available and the link to access those presentations on the USA Swimming website.

July 14 Race Stats Scott Colby
 August 25 Season Planning Rick Bishop
 September 29 Planning Parent Education Sue Anderson
 October 6 VVMOST & Monthly Reporting John Leonard
 October 20 Management Tools Ira Klein
 November 3 Teaching Life Lessons John Leonard
 November 17 Developmental Training Ron Forrest
 December 1 Developing Aerobic Improvements John Leonard
 December 15 Racing & Race Preparation Michael Brooks
 January 12 Hiring, Training & Retaining Guy Edson
 January 26 Age Group Program Structure Ad'm Dusenbury
 February 9 Habits of Highly Successful Coaches Guy Edson
 February 28 How to Be A Great Stroke Teacher Steve Hoffer
 March 9 How to Study Your Swimmers in a Race Ira Klein
 March 23 Working with Swimming Parents Guy Edson
 April 6 Running an Effective Practice with a Large, Diverse Group Steve Morselli
 April 20 Talking to Athletes at a Swim Meet John Leonard
 May 11 Key Skills & Drills for Age Group Coaches Jennifer Gibson

[Click here to download and listen and see slides.](#)

2011 World's Largest Swimming Lesson

The American Red Cross has signed on in support of the 2011 World's Largest Swimming Lesson (WLSL) as a presenting organization.



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Sponsored by:



Set for Tuesday, June 14, the WLSL 2011 will attempt to set a new Guinness World Record for the largest simultaneous swimming lesson ever conducted to build awareness about the vital importance of teaching children to swim to help prevent drowning. This newsworthy event takes place at 11 am EST/3 pm GMT at water-parks, community pools and aquatic facilities around the globe. Aquatic facilities have until May 20 to register as an official WLSL Host Location. There is no cost to participate. Just visit worldslargestswimminglesson.org to get more information and complete the online registration. Registered Host Locations have access to a full set of tools to help organize their local lesson and promote and publicize the event in their community. . . all available via download.

This event is an exciting opportunity to spread the word about the importance of learning to swim and can be a springboard for other swimming and water safety messaging. [Sign up today!](#)

2012 Membership Card Vote for Who is on Your Card

Coaches, Please get this vote out to your athletes.

Vote for the Olympic legend you think should be featured on USA Swimming's athlete membership card. Three swimmers have been nominated: Tom Dolan, Rowdy Gaines and Tom Jager. (Note: Male athletes are featured in even year, female athletes in odd).

Read each candidate's bio, and [CAST YOUR VOTE](#) today.

Shoulder Exercises for Swimmers on DVD by Grif Fig and JC Santana

Prehabilitation, Rehabilitation, and Elite Performance Shoulder Training

"Learn the secrets behind the training methods that have kept shoulders healthy at the world renowned Institute of Human Performance for years!"

Laminated 8 page exercise guide included
Product# 718, member price \$40, non member price \$45 + shipping
[Click here to take you to the online store](#)
Or
Call ASCA at [1-800-356-2722](tel:1-800-356-2722) to place your order today

Grif and JC's other DVD is Laps - [Functional Dryland Training for Swimmers](#)

FINA Addendum

The Addendum to the FINA Handbook 2009-2013 is now available on the [FINA website www.fina.org](http://www.fina.org) under 'Rules'.
Or you can [click on this link](#):

New Articles on the Website

[Coaching the Mental Side](#)

[Before You Sign a Rental Contract](#)

[Retaining Volunteers](#)

[Key Skills & Drills for Age Group Coaches to Learn](#)

The Role of the Assistant Coach

by Tiffany Quilter, Assistant Track and Field Coach

You may have heard the saying, 'beside every good husband there is a good wife.' Well, the same goes for coaching, beside every good head coach there are good assistant coaches. Assistant coaches are not always recognized or remembered by the public, but the athletes will remember us! Most head coaches have also experienced being an assistant coach at some point in their career and can relate to the situation.

[For the rest of the article go here:](#)

From: pelinks4u.org

Splash Bash is Back!

The Splash Bash is back for the 4th consecutive year! It's our annual watch party concept that allows you and your club to leverage the excitement of the NBC coverage of the World Championships in Shanghai China July 24th – 31st. We will provide you with everything needed to host a successful party – decorations, games, tips and tricks, checklists and giveaways. It's the complete swimming watch party in a box. Designed to assist you in your clubs recruiting and retention efforts. Have your swimmers bring friends! No catch...it's free!


[Register now](#)

Motivational Video

So many times it's not what you say, but how you say it that turns the switch from "off" to "on".

This 3 minute movie and the message is guaranteed to turn the switch "on" for you. How do I know? Just ask the hundreds of people who wrote letters and emails about the way this three minute movie inspired them to be the best that they can be!

So prepare to be inspired. [Just click here to watch.](#)



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 Club Development News is to make coaches aware of potential resources available.

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