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Dear Coaches,

Quote of the Month:

"Dream barriers look very high until someone climbs them. Then they are not barriers anymore."

-Lasse Viren

Regional Coaches Clinic Registration

The next stop for the very popular USA Swimming Regional Coaches' Clinic Series is August 26-28 in Tampa Florida.

Fee is \$60 for one coach or \$120 for an entire coaching staff

The \$120 full staff registration fee will be available until Monday August 22, 2011 at 8:00 am MT.

After that time all coaches must register at the individual coach rate of \$60.

SPACE IS LIMITED, SO PLEASE REGISTER NOW

[Register here for the Tampa Clinic:](#)



Nominate A Swimmer For Sports Kid Of The Year

Do you have an all-star swimmer who deserves national recognition? The Sports Illustrated Sports Kid of the Year contest offers just that, along with great prizes and an appearance in the well-known magazine.

The SKOTY is selected based on sports accomplishments, academic achievement and community involvement. The winner of the 2011 SKOTY will appear on the cover of the December SI Kids issue, will be honored at Sports Illustrated's Sportsman of the Year ceremony in New York City and will be recognized at Cartoon Network's Hall of Game awards show in Los Angeles.

Additionally, 10 finalists for the award will be featured in the December issue, as well as in online voting.

Last year, USA Swimming was proud to have two athletes in the top 10. Not only was it a great honor and representation of our sport, it was a thrill for our two finalists. There is no limit to the number of nominees per sport, so let's stack the deck with swimmers!



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The nomination period runs through August 26. Candidates can be submitted at www.SIKIDS.com/SKOTY

U.S. Aquatic Sports Convention

The United States Aquatic Sports annual convention provides an opportunity for USA Swimming to gather all of its delegates together for the purpose of making decisions that will affect the future of our sport. We elect our officers, vote on rules and legislation, and discuss and plan programs that will continue our tradition of excellence in the sport of swimming.

2011 Aquatic Sports Convention 09/13/2011 - 09/18/2011
 Location: Jacksonville, Florida

2012 Aquatic Sports Convention 09/11/2012 - 09/16/2012
 Location: Greensboro, North Carolina

[Click here for Proposed Amendments to the Rules and Regulations for consideration at the 2011 House of Delegates Meeting.](#)

[Click here for Convention Page:](#)

New Education Articles on the Web this Week

[Tips for Eating on the Road](#)

[On Demand Clinic: Season Planning](#)

[Club Excellence Coach Profile: Beth Winkowski, Dynamo Swim Club](#)

[Content of the Strategic Plan](#)

ASCA World Clinic

ASCA World Clinic 2011 will be held in San Diego, California from September 6 - 11. For schedule, hotel information, and to register, please [click here](#)

U.S. Deaf Swimmers Dominate At World Championships

(Coimbra, Portugal) – The underdog United States National Deaf Swim Team put together a remarkable week's worth of records and best times at the 3rd World Championships, Aug. 6-13, to capture the overall team trophy and edge out the heavily favored squad from Russia.

"No person in their right mind, except the American swimmers themselves, believed the U.S. team had a chance to win this world championship," said national head coach Bill Snape, who also coaches at Gallaudet University. Snape added, "America should be very proud of these outstanding athletes."

Leading the way was Swimmer of the Meet Marcus Titus from Arizona. The dominant Titus won five individual gold medals and one individual bronze, and was instrumental in the U.S. men garnering one silver and two bronzes in the relay events.

Titus is a 2012 Olympic Games hopeful in the breaststroke events and broke deaf world records in the 50m breast (27.74), 50m free (23.46) and the 100m free (51.42) in Coimbra. He also broke numerous championship meet and American deaf records. Perhaps his most dramatic performance was anchoring the 800m freestyle relay where he made up one-half

of a pool length to edge out the Great Britain relay.

"These world championships were very competitive in all events and Marcus led the way. He is a remarkable young man, and both he and his team are not finished achieving greatness," said Snape.

The U.S. also received outstanding performances from Peggy Liang, an incoming freshman at the University of Hawaii, and Rebecca Meyers, a rising high school junior from Maryland. Meyers dominated the middle and distance freestyle events with three individual gold medals, breaking two championship meet records in the process.

Liang won three gold medals, one silver and two bronze. Along with Samantha Elam from California and Kristin Ates from Tulane University, Meyers and Liang helped the American women win the 800m freestyle relay and break the deaf world record with a time of 8:49.55.

"Watch out for these swimmers at the 2013 Deaflympics," said Snape. "The Americans have tasted victory and now are focused on continued improvement. This could be the beginning of a historic run of American swimming triumphs. I believe what sets us apart is the spirit, determination and camaraderie of this U.S. team.

IDSC meet results, medal standings and records can be [found here](#). For more information about American deaf swimming [click here](#).

An Excerpt from The Heart of a Teacher

by Paula Fox

The child arrives like a mystery box...
with puzzle pieces inside
some of the pieces are broken or missing...
and others just seem to hide

But the HEART of a teacher can sort them out...
and help the child to see
the potential for greatness he has within...
a picture of what he can be

Her goal isn't just to teach knowledge...
by filling the box with more parts
it's putting the pieces together...
and creating a work of art

The process is painfully slow at times...
some need more help than others
each child is a work in progress...
with assorted shapes and colors

First she creates a classroom...
where the child can feel safe in school
where he never feels threatened or afraid to try...
and kindness is always the rule

She knows that a child
can achieve much more
when he feels secure inside
when he's valued and loved...
and believes in himself
...and he has a sense of pride

She models and teaches good character...
and respect for one another
how to focus on strengths...not weaknesses
and how to encourage each other

She gives the child the freedom he needs...
to make choices on his own
so he learns to become more responsible...

and is able to stand alone

He's taught to be strong and think for himself...
as his soul and spirit heal
and the puzzle that's taking shape inside...
has a much more positive feel

The child discovers the joy that comes...
from learning something new...
and his vision grows as he begins
to see all the things that he can do


A picture is formed as more pieces fit...
an image of the child within
with greater strength and confidence...
and a belief that he can win!

All because a hero was there...
in the HEART of a teacher who cared
enabling the child to become much more... than he ever imagined...or dared

A teacher with a HEART for her children...
knows what teaching is all about
she may not have all the answers...
but on this...she has no doubt

When asked which subjects she loved to teach,
she answered this way and smiled...
"It's not the subjects that matter...
It's all about teaching the CHILD."

© Paula Fox 2008 for the rest of the book [click here](#):



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