

2011 Volume 45

USA Swimming <pclark@usaswimming.org>

Fri, Dec 30, 2011 at 2:21 PM



COACHING CONNECTION

A CLUB DEVELOPMENT SERVICE

[HOME](#)

[NEWS](#)

[MEMBER RESOURCES](#)

[TRAINING](#)

[EVENTS](#)

[TIMES](#)

In this Newsletter Volume 45 - 12/30/2011

1. Coaches! Athlete Protection Training Deadline is December 31st
2. New on the Web - Coach Education
3. The All-Time Top 100 List
4. Tips for Swimming the 200 Fly
5. Olympic Countdown Timer
6. Worlds 2013 Competition Dates
7. Four Ways to Stand Out and Grow Your Business
8. Ten Thoughts About Leadership
9. A Guide to Using Facebook for Business
10. How to Create the Kind of Team Unity That Drives Results

Dear Coaches,

Quote of the week:

"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself."

-Jim Rohn

America's foremost business philosopher

Athlete Protection Training Deadline is December 31st

Coaches - If you have not successfully completed this course you are not allowed on deck as of January 1st!

[Please take the course NOW!](#)

New on the Web - Coach Education

[Underwater Dolphin Kick Tempo: What Are the Best Doing?](#)

Every swimmer, coach, and fan knows that underwater dolphin kick is a big part of swimming fast: up to 30% of a long course race and 60% of a short course race can be swum underwater. This was very obvious at the Mutual of Omaha Duel in the Pool because the short course meters format highlighted the athletes' starts, turns, and under waters. Though it is widely accepted that the first 15 meters off each wall is vital, many athletes and coaches have wondered what the ideal kick tempo is for this part of a race.

[Training Tips to Improve Underwater Dolphin Kick](#)

We are frequently asked for dolphin kick training tips and ideas to improve under waters. We have found that the keys to a strong dolphin kick are core and leg strength, ankle flexibility, and executing quick, snappy kicks that finish all the way through the toes. Based on these keys, we recommend using both vertical kicking and a monofin to improve dolphin kicking.

[Strategies to Deal with Early vs. Late Maturers](#)

Keep in mind that early success does not predict later success. This is illustrated in a study looking at growth and development in boys (Medford Boys Growth Study) and its relation to sport abilities. Specifically, coaches were asked to rate boys in terms of their abilities in elementary school and again in junior high. They found that only 25% of the boys who were rated outstanding in elementary school were also rated outstanding in junior high.





Peter Clark

Sport Development
Consultant
Eastern Zone
USA Swimming
[719-866-3561](tel:719-866-3561) Direct
[719-330-0743](tel:719-330-0743) Cell
[719-866-4669](tel:719-866-4669) Fax
[719-866-4578](tel:719-866-4578) Office
1 Olympic Plaza
Colorado Spring,
Colorado 80909
[email](#)



Sponsored by:



[Needs for Approval and Recognition](#)

As social beings, humans have a need to be recognized, valued, and cared about by others. From a very early age, children seem to crave attention and to do whatever is necessary to gain it. Many children with behavior problems develop those problems because obnoxious behavior is the only way the children have of guaranteeing the attention of parents and others.

[Three Hats for Board Members](#)

Board members need to remember that when they sit on a board, they have responsibilities that extend beyond being the parents of their children. It is sometimes difficult to remove the "Parent Hat" and wear the "Board Hat." They may need to be reminded of conflict of interest statements when they are finding it difficult to think beyond personal interests. In addition, there are a variety of "hats" that accompany board membership.

The All-Time Top 100 List

The Girls and Boys All-Time Top 100 Lists have been updated for Short Course Yards. To see the updated list, and to learn more about the All-Time Top 100 Program, [visit the All-Time Top 100 Section](#).

Tips for Swimming the 200 Fly

The digital edition of the November-December issue of [Splash is now available online](#) and as a [mobile app](#) for your iPad and iPhone. Splash spoke with Brad Brockway, head coach of Kingfish Aquatic Club in Waterford, Michigan, about [drills and race strategies](#) designed to help train for and navigate the 200 butterfly. See what he has to say, and watch video tips on swimming the 200 butterfly from National Teamers Kathleen Hersey, Tyler Clary and National Team Coach Jon Urbanek.

Olympic Countdown Timer

[Get timer here.](#)

Worlds 2013 Competition Dates

BARCELONA, SPAIN--The organizers of the 2013 World Championships, which are in Barcelona, have posted the competition dates for each discipline at the event. They are:

- Swimming--July 28-August 4
- Open Water--July 20, 21, 24, 26 & 27
- Diving--July 20-28
- Synchro--July 20-27
- Water Polo--July 21-August 3 (in July: women on odd days, men on even days; switches in August)

Venues for 2013 are:

- Palau Sant Jordi: Swimming, Synchro
- Bernat Picornell pool: Water Polo
- Montjuic Municipal pool: Diving
- Moll de la Fusta: Open Water

Further information can be found on the [events website](#).

The local organizers today also [posted a water-quality report for the Open Water venue](#) (Moll de la Fusta). The check is partially tied to an annual 200m swim at/near the 2013

venue, which will be swum this weekend.

Four Ways to Stand Out and Grow Your Business

by Jon Gordon

1. Create a Great Culture - Whether you are a Fortune 500 company or five person company it's never too early to decide the kind of culture you want to create and determine what your culture stands for. For example, even when Apple was just a two person company consisting of the two Steve's it was clear their company culture challenged the status quo and as they grew they attracted and hired those that fit their culture. While it's difficult to quantify the benefits of a strong culture, we can all agree that there is something about culture that speaks volumes to the marketplace. When you focus on your culture you create a strong foundation of values, beliefs, expectations and habits that cause you to stand out in the marketplace and ultimately grow your business.

[For the rest of the article click here.](#)

Ten Thoughts About Leadership

by Jon Gordon

At a time when the world is thinking a lot about leadership I believe it's a great opportunity for each one of us to think about what leadership means to us.

[For the rest of the article click here.](#)

A Guide to Using Facebook for Business

by Alyssa Gregory

Whether you are a small business owner who already incorporates online marketing techniques into your marketing campaigns, or if you're just starting to explore [using social media in your business](#), there are always new tools to explore, tips to learn and resources to review in order to stay up-to-date and use each social media site effectively.

This guide will help maximize your business use of Facebook, the most popular social networking site online. Explore the tips, tools and resources provided in this guide to develop a powerful and effective Facebook presence.

[For the rest of the article click here.](#)

How to Create the Kind of Team Unity That Drives Results

by Michael Hyatt

Unity is the state of many acting as one. It is an attribute of highly effective teams, whether in marriage, business, church, or government. Without it, progress stops.

That's why creating it—and preserving it—is so important. It is one of the most fundamental functions of leadership. But too often leaders are unclear in their understanding of unity.

[For the rest of the article click here.](#)



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.

IMPORTANT REMINDER: USA Swimming reminds all member organizations and coaches to that you are responsible for complying with applicable copyright laws regarding publication and distribution of printed materials, including internet content. If you have any concerns about whether material you seek to reprint is covered by copyright law, we encourage you to contact the author and obtain permission or otherwise seek appropriate counsel regarding use of the materials.

© 2011 USA Swimming