Dear Coaches,

Quote of the Week:
"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

Pierre de Coubertin

2012 U.S. Olympic Swimming Trials Is Nominated for a SportsTravel Award

SportsTravel magazine has announced that the 2012 U.S. Olympic Swimming Trials has been nominated for a 2012 SportsTravel Award. Events are nominated by the readers of SportsTravel, the sports world's event magazine. Criteria for nomination and voting include superior organization of and attendance at the event, a superior experience for the competitors and/or spectators at the event, and how the site or venue served to enhance the event. Final balloting is open through August 15, 2012. Winners will be announced at the TEAMS '12 Conference & Expo, October 1-4, 2012, in Detroit.

“Events such as this one are a prime example of the achievement of excellence in the organization and management of sporting events,” said Timothy Schneider, publisher of SportsTravel magazine, which organizes the TEAMS Conference & Expo. “SportsTravel readers are the leaders of the sports-event industry and they know what it takes to execute a high-quality event,” said Schneider. “The SportsTravel Awards program is an opportunity for them to honor their peers for a job well done.”

Official ballots are available in the July and August issues of SportsTravel magazine. Readers may also find more information and vote online at http://www.SportsTravelMagazine.com. The ballot includes nominees in amateur, collegiate and professional categories. Awards in those three categories will be given for best single-sport event, best multi-sport or multi-discipline event, and best sports event series or circuit. Voters will also pick the best new sports event and an overall Sports Event of the Year from among the nominated events.

The TEAMS ’12 Conference & Expo is the world’s largest annual gathering for the sports-event and sports-related travel industry. For further information or to register, visit http://www.TEAMSconference.com. TEAMS and SportsTravel are owned by Schneider Publishing, the Los Angeles-based company that also publishes Association News magazine. The group travel markets served by Schneider Publishing generate 106 million room nights annually. For further information, please call toll-free (877) 577-3700.
2012 Olympic Swimming: Results & Schedules

To get alerts and to know when each event will be swum [click here].

Top Snacks For Olympic TV Viewing

By Chris Rosenbloom, PhD, RD, CSSD

Most us will be glued to the television July 27-August 12 to watch the Olympic Games, especially when the swimming events are televised. TV watching often means snacking on empty calorie foods but it doesn’t have to be so. Don’t derail your training or let your parents sneak on the pounds while enjoying the Olympic coverage. Try these top healthy TV-friendly snacks to help you keep up your energy to cheer on the U.S. athletes.

[Click here for article.]

2012 Junior Pan Pacs

The 2012 Junior Pan Pacs and the 2012 Open Water Junior Worlds. The USA will have a 46-swimmer team (23 boys, 23 girls) at the Junior Pan Pacs, August 23-27 in Honolulu, Hawaii. Coaches for the trip will be: Allison Beebe, Steve Brown, Bob Kizer, John Morse, Tim O’Brien, Paul Stafford, Yuri Suguiyama and Jason Turcotte. Full team roster can be found [online here].

For the 2012 Open Water Junior Worlds, August 17-19 in Welland, Canada, the USA will have an 8-swimmer team (4 boys, 4 girls). Coaches for the trip will be Bruce Gemmell and Dave Kelsheimer. Team roster can be found [online here].

Call me, maybe? It Could Be Your New Favorite Song!

It’s no secret that members of the U.S. Olympic swimming team work hard, but there’s also a little bit of downtime during training camp. In an attempt to blow off a little steam during that spare time, Alyssa Anderson, Kathleen Hersey and Caitlin Leverenz spearheaded this video project.

[Click here for a fun Olympic team video.]

Report Of Occurrence Online Claim Form

The Member Services Department of USA Swimming is pleased to announce the completion of the new online version of the Report of Occurrence form. Submitting the form online will be a more efficient way of sending information to USA Swimming. The Report of Occurrence is submitted any time there is an accident or injury during such USA Swimming activities as Sanctioned or Approved swim meets, swimming practices, contracted Swim-a-Thons or approved social events. The online form does require that certain sections, indicated by an asterisk, must be completed before it can be submitted. If you have any questions, please contact Mary Illich at (719) 866-3574 or Carol Burch in the Member Services Department at (719) 866-4578.
Risk Management Services really prefers that the coach or someone who was supervising the event or practice at the time of the injury complete The Online Report of Occurrence form. Parents tend to be very biased and sometimes judgmental when completing the form. Please keep it to the facts.

Click this link.

Upon submission of the completed Report of Occurrence, you will receive an automated email indicating that USA Swimming has received the form. You should save this email as your LSC may require that it be forwarded to your LSC Safety Chair for reporting purposes.

New Way to Get On A USA Swimming Committee

For the first time, the committee appointment application form will not be available in hard copy form. Anyone who wants to serve on a committee will have to go to www.usaswimming.org/convention to complete the form online. Since this is the first time that a hard copy of the form will not be available at the convention, it would be greatly appreciated if you shared this information with all.

If you are interested in serving on a USA Swimming committee, please complete the new online committee application form at www.usaswimming.org/convention before September 30, 2012.

Scientists Tell Swimmers to Change Their Strokes
By Kevin Spak, Newser Staff

Science has figured out one of the reasons Michael Phelps is so dang fast. A series of studies completed since the Beijing Olympics has radically challenged some long-held conventional wisdom about swimming, Reuters reports. One study funded by USA Swimming, for instance, found that when it comes to freestyle and backstroke, a paddle-like "deep-catch" stroke generates more speed than the more popular "sculling" stroke, in which the arm enters the water vertically and cuts in toward the body then back out, making an "S" shape. Phelps employs a modified deep-catch stroke.

For the rest of the article click here.

Talking to Kids About Scary News
By Katherine Lee, About.com Guide

Not again. We are a nation in mourning yet once more because of a mass shooting perpetrated by a deranged person with a grudge and assault weapons.

In the wake of the shootings last week at the Century 16 Theater in Aurora, Colorado, at a midnight showing of The Dark Knight Rises, parents across the country are struggling with the problem of how to answer their children's questions about what happened. But how can we explain a senseless violent act that we ourselves cannot understand?

For the full article click here.

Goals... The 10 Rules for Achieving Success
By Gary Ryan Blair

Success is the intentional, premeditated use of choice and decision. Unless you choose—with certainty—what it is you want, you accept table scraps by default!
The world is plump with opportunity. With boldness and conviction, stick a fork into the goals you want by being decisive.

You are born with great capabilities, but you will not achieve your potential until you call upon yourself to fulfill it. You will rise to the occasion when it presents itself; yet, to assure self-fulfillment, you must provide occasions to rise to.

Clearly defined goals allow you to travel toward another horizon that represents the end of one experience and the transition to a new and better existence. The objective is to choose the right goals, and then to create the necessary causes—the effects will follow! The DIFFERENCE between what one person and another achieves depends more on goal CHOICES than on ABILITIES. The profound differences between successful people and others are the goals they choose to pursue. Individuals with similar talents, intelligence, and abilities will achieve different results because they select and pursue different goals. Each decision affects WHAT YOU BECOME. We form our decisions and our decisions form us. There is no escaping this; the smallest choices are important because—over time—their cumulative effect is enormous.

Never overlook the obvious: The nature and direction of your life change the instant you decide what goals you want to pursue.

Once you make a decision, you start down a path to a new destination. At the moment the decision is made, your decision to pursue a goal alters what you are becoming. Just one spin of the lock's dial—a single choice—can alter your life, your destiny, your legacy.

Think about it—your goal decisions represent and express your individuality. You seal your fate with the choices you make. YOU DEFINE YOURSELF BY YOUR DECISIONS. Your dialog with success is ultimately a solo one. Decisions and goals made must be your own if you are to call your life a success.

Always establish the best goals you can. Goals are the seeds of success—you become only what you plant. The quality of your harvest is a direct reflection of the quality of your seeds...your decisions!

Indecision is the big eraser of opportunity and potential. Risks and costs accompany every decision; however, the price of decision is far less than the long-range risks and costs of comfortable inaction. When it comes to decisiveness, squatters have no rights.

Everyone has an official wish list of things they think are "reasonable." What about the unofficial wish list? The one that common sense tells you to ignore? The list that exists deep in your mind, the list that keeps you up at night, the list that makes your toes wiggle when you think of it? Why not choose that list for a change?

How long have you dreamed of being, having, and doing what you really want? Think big, as when it comes to your goals, the size of your ambition does matter.

What you just read was one of the "10 Rules for Achieving Success" in Gary Ryan Blair's book titled, Goals.

Goals is an amazing book that presents a complicated topic in a simple way. It takes only 30 minutes to read but has the potential to change your life!

Gary Ryan Blair is one of the nation's top authors on the topic of goals. For the last 20 years, his 14 books and training materials on goals have been used by more than 80,000 organizations and 4,000,000 employees worldwide. He teaches that your life will not go according to plan if you don't have a plan.

To look inside this inspirational book or to watch the 3-minute movie, just click here.

Mac Anderson
Founder, Simple Truths
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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