Dear Coaches,

Quote of the Week:
“Perseverance is a great element of success. If you only knock long enough at the gate, you are sure to wake up somebody.”
~Longfellow

Important Four Hour Rule Interpretation

September 14, 2013

To: General Chairs Age Group Chairs
   USA Swimming Officials Senior Chairs
   Board of Directors, USA Swimming Technical Planning Chairs
   Sanction Chairs Coaches

Re: Interpretation of USA Swimming Article 205.3.1F (4 hour rule)

Rule 205.3.1F, commonly referred to as the four hour rule, was adopted by the USA Swimming House of Delegates in 1989 to ensure that swimming would be competitive with other youth sports, namely baseball and soccer, insofar as time commitment for both athletes and parents was concerned. Clearly, it was not in the best interest of our sport for developmental athletes to be at a pool all day or for the entire weekend to the exclusion of other family interests, particularly when other athletic activities could be completed in a far more reasonable time. With that by way of background, it has come to my attention that rule 205.3.1F is being improperly interpreted and enforced in some LSCs. Therefore, I am issuing the following interpretations:

Meets must be planned such that events for 12&Unders can reasonably be concluded within four (4) hours. Sessions that exceed four hours are not in violation of the rule if properly planned.

The rule does NOT apply to Open events even if swimmers 12 years of age or younger are entered.

Measurement of the time duration applicable to this rule begins with the published meet start time of a session that offers 12U events and ends with the conclusion of the last 12U event of the day for the same gender.

Under NO circumstances may a meet or meet session be terminated before all individual events have been concluded as a means of complying with the rule. Relays may be eliminated only if the meet announcement clearly states the conditions under which relays...
will be eliminated and whether relay entry fees will be refunded.

Events that are scored multi-age are impacted by the rule if the multi-age scoring involves 12U designations, such as 11-12, 10U, 12U, etc.

Some suggested planning tools that facilitate compliance include:
• Using meet management software to monitor the timelines as entries are processed.
• Selection of a heat interval appropriate for the session.
• Being aware of the number of swimmers appropriate for the number of lanes available and distances offered.
• Adequate meet staffing such that marshals, timers and other meet personnel are properly trained and in place.
• Keeping equipment (computers, timing systems, printers, etc.) in proper working order.

Should you have any questions regarding the above, please contact me.

Daniel W. McAllen III, Chair, USA Swimming Rules & Regulations Committee

2012-2013 Scholastic All-America Team Announced

Scholastic All-America Photo (Small)Each year, USA Swimming recognizes its member athletes who excel both in the classroom and in the pool. The Scholastic All-America Team is made up of high school student-athletes who have a grade point average of 3.5 or higher and who have achieved the required time standard in a single event.

To be eligible for this recognition, swimmers must have completed 10th, 11th or 12th grade and must be a USA Swimming member athlete. Eligible times must be swum between July 1, 2012 and June 30, 2013. This year there were 1356 individuals who made the team. To find out who made the team please click here.

Duel in the Pool Swimming Competition Set for December

A team of the United States’ top swimming talent will take on Europe’s best in the Mutual of Omaha Duel in the Pool, set for Dec. 20-21 in Glasgow, Scotland.

The two-day, short-course meet will be contested at the Tollcross International Swimming Centre, site of the 2014 Commonwealth Games. Day one of the meet is slated for 2 p.m. ET on Friday, Dec. 21, followed by the conclusion of the meet at 9 a.m. ET on Saturday, Dec. 21. Footage from the meet will be televised by NBC as part of a two-hour show on Sunday, Dec. 22. The show will air from 4-6 p.m. ET.

The U.S. team will be comprised of the swimmers who posted the top qualifying time in each Olympic event at the 2013 FINA World Championships, 2013 World University Games or 2013 U.S. Open. The top two swimmers in the 100m and 200m freestyles at these three events qualify for the roster, which may feature a maximum of 22 men and 22 women.

For the full article click here.

2013 Swim-a-Thon™ program is surpassing all expectations!

It’s been a banner year for teams participating in the USA Swimming Foundation’s Swim-a-Thon™ fundraising program! Nearly 3.3 million dollars have been raised by teams around the country who are ecstatic to be surpassing their fundraising goals by leaps and bounds. The numbers speak for themselves. Contributions are averaging $60 per pledge, teams are raising an average of $12,700 per event, number of athletes participating in 2013 Swim-a-Thon™ is up 13% from last year, and the total Swim-a-Thon™ revenue has seen an increase of 23% over 2012! Why the big jump? Teams now have access to a robust online fundraising platform through TeamUnify, Swim-a-Thon™ Deck Pass Patches, incentive
awards and prizes, entry into our national Swim-a-Thon™ contest, great fundraising tips and tools, and more! Don’t you think it’s time you checked out the USA Swimming Foundation’s Swim-a-Thon™ for a fun and easy way to raise money for your club? Go to www.usaswimmingfoundation.org/SAT and get started today!

Pros and Cons of the “Paleo” Diet for Swimmers
By Chris Rosenbloom, PhD, RD, CSSD

A 15-year old swimmer recently asked me about “going paleo.” She trains six days a week for two hours a day and cross trains several days a week. Some people at her gym suggested she follow the paleo diet and they told her “they feel better and seem to have more energy.” The Paleolithic (“paleo”) or “caveman” diet is based on the idea that early men and women ate wild game, wild plants, roots and berries and that those foods are best for our body. Of course, the life expectancy of cave men and women ate wild game, wild plants, roots and berries and that those foods are best for our body. Of course, the life expectancy of cave men and women was not very long compared to modern folks, but is the paleo diet a good plan for swimmers?

For the full article click here.

Music Helps Memory
By Annie Murphy Paul, The Brilliant Report, September 16, 2013

The best way to remember facts might be to set them to music. Medical students, for example, have long used rhymes and songs to help them master vast quantities of information, and we’ve just gotten fresh evidence of how effective this strategy can be. A young British doctor, Tapas Mukherjee of Glenfield Hospital in Leicester, was distressed by a survey showing that 55 percent of nurses and doctors at Glenfield were not following hospital guidelines on the management of asthma; 38 percent were not even aware that the guidelines existed.

Using his cell phone, Mukherjee recorded a video of himself singing immortal lines like “Aim for 94 percent to 98 percent sats now” (that’s a reference to the asthma patient’s blood oxygen level). He posted the video to YouTube and it went viral among hospital staff. Two months after he released the video, Glenside conducted another survey, finding that 100 percent of doctors and nurses were now aware of the asthma treatment guidelines, and that compliance with the guidelines had increased markedly. Mukherjee reported the results at meeting of the European Respiratory Society last week.

For the full article click here.

What Makes A Nightmare Sports Parent -- And What Makes A Great One
Written by: Steve Henson, February 15, 2012 8:20 pm

Hundreds of college athletes were asked to think back: “What is your worst memory from playing youth and high school sports?”

Their overwhelming response: “The ride home from games with my parents.”

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive Coaching LLC are devoted to helping adults avoid becoming a nightmare sports parent, speaking at colleges, high schools and youth leagues to more than a million athletes, coaches and parents in the last 12 years.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame.

Their overwhelming response: “I love to watch you play.”

For the full article click here.
"Hey, data data -- swing!" The Hidden Demographics of Youth Sports
By Bruce Kelley and Carl Carchia, ESPN The Magazine, Originally Published: July 11, 2013

COMPETITIVE YOUTH SPORTS may be as American as apple pie, but we know a lot less about youth sports than we do about apple pie.

The problem is that while the FDA takes responsibility for knowing everything about our food (as the EPA does with the environment and a group called ARDA does with religious life), no one agency or organization monitors youth sports either as a central part of American childhood or as an industry. (And it is an industry. The Columbus Dispatch reviewed tax returns in 2009 and found that nonprofit sports groups alone, from the AAU to the thousands of cash-strapped parent-run community leagues, have $5 billion a year pass through their coffers.) So we are left with a Wild West of local and regional organizations in dozens of sports and no better odds of getting pinpoint data than of counting all the tumbleweeds blowing across the land.

Yet research has been done; there are smart academics and organizations in search of answers. As part of ESPN's summer 2013 Kids in Sports focus, we mined the often hidden-away data to paint as comprehensible a portrait of the nation's competitive youth sports landscape as we could.

For the full article click here.

Discover 12 Simple Yet Significant Daily To Do's for Leaders
By Jeff Janssen, Janssen Sports Leadership Center

Student-athletes of all ages often wonder, "What can I do to be a better leader?"

Fortunately leadership opportunities abound and present themselves on a daily basis. While they may be subtle, leaders are usually given at least a dozen opportunities to demonstrate leadership every single day.

These leadership opportunities are rarely available in the form of dramatic, rousing, "win one for the Gipper" type speeches, but most often present themselves in simple, yet significant interactions on a daily basis.

There's a quote we often use in our Leadership Academies by Helen Keller that drives home the value of these seemingly trivial, yet critical leadership moments. She said, "I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker."

Most emerging leaders erroneously view and define leadership as the mighty shoves reserved only for the heroic captains of the team. In actuality, however, it's the tiny pushes of leadership that happen more frequently and have the greatest impact over time.

To help your emerging and existing leaders recognize, value, and act on the many tiny opportunities to lead every day, I have created a simple 12-point checklist. I encourage you to go over the checklist with your leaders to show them just how simple leadership can be - yet how profoundly powerful the aggregate of these 12 daily leadership actions can be on your program.

For the full article click here.

Ten e-mail Commandments
By Tim Harford, FT Magazine, September 13, 2013 10:56 am

There have never been so many ways to get things done – or so many distractions. This is the ultimate guide to mastering the technology that rules our lives.
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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