



CLUB DEVELOPMENT

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Dear Coach,

1. US Open rosters and Psych sheet.
2. A look back at Trials
3. World Championship Trials Time standards attached in pdf above.
4. Sleep improves performance
5. Steps to better coaching.

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Please find attached a psych sheet and roster. This information is okay for posting, distribution, etc.

# of teams	168
# of swimmers	613
# of individual event entries	1424
# of relay event entries	88

Let us know if you have any questions.

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The 2008 U.S.
 Olympic Team
 Trials - A Look
 Back



The 2008 U.S. Olympic Trials – Swimming, held June 29-July 6 in Omaha, Neb., was a spectacle unmatched by any other swimming competition held on U.S. soil. Now that we've had some time to take it all in, let's take a look back at the eight days that made history.



Attendance

The attendance at the Qwest Center Omaha broke records for the largest swimming meet ever held in the United States.

Here's a breakdown of some of the numbers:

Maximum capacity at Qwest Center Omaha: 14,556

Total number of spectators at finals over the eight-day meet: 96,623

Average crowd at finals each night: 12,078

Largest crowd: 13,717, Day 7 Finals

Smallest Crowd: 7,723, Day 8 Finals

Attendance breakdown for finals: Day 1: 12,053; Day 2: 12,116; Day 3: 12,559; Day 4: 12,197; Day 5: 13,011; Day 6: 13,247; Day 7: 13,717; Day 8: 7,723.

Records

It's hard to say where this meet stands in relation to other Olympic Trials, but records were falling left and right – in prelims, semifinals and finals. Here's how the numbers shake out:



Number of world records set at 2008 Trials: 9

Number of world records set at 2004 Trials: 6

Most world records set at a Trials meet: 17, in 1976

Number of American records set at 2008 Trials, including those that were also world records: 21

Number of U.S. Open records set at 2008 Trials, including those that were also world and American records: 19

Number of meet records set at 2008 Trials, including those that were also world, American and U.S. Open records: 47

Personal records: According to USA Swimming statistics, almost half the swimmers competing at the 2008 U.S. Olympic Trials – or 44 percent – swam lifetime bests at this meet. That number breaks down to 39 percent of women swimming lifetime bests, and 49 percent of men swimming lifetime bests throughout the course of the meet.

For a complete list of records set at the 2008 U.S. Olympic Team Trials – Swimming, [click here](#).

Television Ratings

The finals from the 2008 U.S. Olympic Team Trials – Swimming were televised live each night on either NBC or the USA Network. Here's a look at the ratings for each night:

Day 1 (NBC): 4.00 rating, 7 share; This tied the previous Sunday's rating (gymnastics) as the highest Olympic Trials rating thus far.

Day 2 (USA Network): 1.19 rating*, 2.11 share**

Day 3 (USA Network): 1.10 rating, 2.03 share

Day 4 (USA Network): 1.20 rating, 2.26 share

Day 5 (USA Network): 1.22 rating, 2.51 share

Day 6 (NBC): 2.60 rating, 6 share; Tied for No. 1 for this hour compared to other networks.

Day 7 (NBC): 3.00 rating, 6 share; Tied for No. 1 for this hour compared to other networks, helping NBC to win the night for prime time.

Day 8 (NBC): 5.30 rating, 9 share; Ranked as No. 2 for the 8-9 p.m. hour. The 35 minutes of swimming were within a Track & Field show

**A rating point is worth roughly a million people. Therefore, a 4.00 rating means about 4 million people watched the program on that night. (Based on Nielsen rating system).*

***A share is the percentage of televisions tuned into that program during that time. If a show has a seven share, that means seven percent of people watching television at that time were tuned into that particular show. (Based on Nielsen rating system).*

Olympic Team Roster

Twenty-two men and 22 women qualified for the 2008 U.S. Olympic Team. [Click here](#) to see the complete rosters, including coaches.

Finals Recaps

The following are short recaps, highlighting each night's finals. For complete results from the 2008 U.S. Olympic Team Trials Swimming, go to omegatiming.com.



Day 1 – Sunday, June 29, 2008

Finals Contested and Olympic Qualifiers:

Men's 400m IM: 1. Michael Phelps (Club Wolverine) 4:05.25 (WR); 2. Ryan Lochte (Daytona Beach Swimming) 4:06.08.

Men's 400m Free: 1. Larsen Jensen (Trojan Swim Club) 3:43.53 (AR); 2. Peter Vanderkaay (Club Wolverine) 3:43.73.

Women's 400m IM: 1. Katie Hoff (North Baltimore Aquatic Club) 4:31.12

4:32.87.



Highlights: Michael Phelps and Katie Hoff set world records in the men's and women's 400m IM. The American and U.S. Open record in the men's 400m freestyle also fell at the hands of Trojan Swim Club's Larsen Jensen. They are the first three swimmers to be named to the U.S. Olympic Team. "You saw

how excited I was after that race" Phelps said. "I couldn't start the Trials off on a better foot. I'll expect a dogfight every time (Lochte and I) get in the water. I love racing him



Day 2 – Monday, June 30, 2008

Finals Contested and Olympic Qualifiers:

Women's 100m Butterfly: 1. Christine Magnuson (University of Tennessee) 58.11; 2. Elaine Breeden (Stanford Swimming) 58.21.

Men's 100m Breaststroke: 1. Brendan Hansen (Longhorn Aquatics) 59.93; 2. Mark Gangloff (Swim MAC) 1:00.42.

Women's 400m Free: 1. Katie Hoff (North Baltimore Aquatic Club) 4:02.32 (MR); 2. Kate Ziegler (The Fish) 4:03.92.

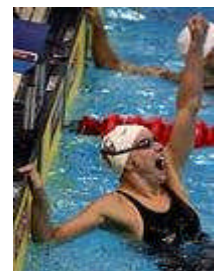


Highlights: Katie Hoff won her second event of the meet, qualifying for the U.S. Olympic Team in the women's 400m freestyle in meet record time. The University of Tennessee's Christine Magnuson and Longhorn Aquatics' Brendan Hansen also qualified for the Olympic Team, winning the women's 100m butterfly and men's 100m breaststroke, respectively. "I know you wanted to see a world record, but it wasn't in the cards tonight," Hansen said afterward. "My goal was to make the team, and I've done that."

Day 3 – Tuesday, July 1, 2008

Finals Contested and Olympic Qualifiers:

Men's 200m Freestyle: 1. Michael Phelps (Club Wolverine) 1:44.10 (U.S. Open); 2. Peter Vanderkaay (Club Wolverine) 1:45.95; 3. Ricky Berens (Longhorn Aquatics) 1:46.14; 4. Klete Keller (Trojan Swim Club) 1:46.20; 5. Dave Walters (Longhorn Aquatics) 1:46.64; 6. Erik Vendt (Club Wolverine) 1:46.95.



Women's 100m Backstroke: 1. Natalie Coughlin (California Aquatics) 58.97; 2. Margaret Hoelzer (King Aquatics) 59.21.

Men's 100m Backstroke: 1. Aaron Peirsol (Longhorn Aquatics) 52.89 (WR); 2. Matt Grevers (Tucson Ford) 53.19.

Women's 100m Breaststroke: 1. Jessica Hardy (Trojan Swim Club) 1:06.97; 2. Megan Jendrick (King Aquatic Club) 1:07.50.

Highlights: Natalie Coughlin and Aaron Peirsol treated the crowd of 12,559 at the Qwest Center Omaha to back-to-back world records in the women's and men's 100m back. Michael Phelps set the U.S. Open record in the men's 200m free with a time of 1:44.10. It was his second win of the week after breaking the world record in the 400m IM on opening night. "It's a huge confidence booster



any time I can come out on top of a field like that," Peirsol said. "It's the fastest heat I've ever been in. Sixth place would have medaled (at the Olympics in 2004). I knew what I had to do today, and 54.0 wasn't going to make the team this time. I feel like I have a huge weight off my back. Some of those guys were matching my best times."

Day 4 – Wednesday, July 2, 2008

Finals Contested and Olympic Qualifiers:

Women's 200m Freestyle: 1. Katie Hoff (North Baltimore Aquatic Club) 1:55.88 (AR); 2. Allison Schmitt (Club Wolverine) 1:55.92; 3. Julia Smit (Stanford Swimming) 1:56.73; 4. Caroline Burckle (Lakeside Swim Team) 1:57.93; 5. Kim Vandenberg (Team Bruin) 1:58.02; 6. Christine Marshall (Aggie Swim Club) 1:58.16.

Men's 200m Butterfly: 1. Michael Phelps (Club Wolverine) 1:52.20 (U.S. Open); 2. Gil Stovall (Athens Bulldog Swim Club) 1:53.86.

Women's 200m IM: 1. Katie Hoff (NBAC) 2:09.71 (AR); 2. Natalie Coughlin (Cal Aquatics) 2:10.32.

Highlights: Katie Hoff won two more events and set two American records, finishing first in the women's 200m free and 200m IM. Michael Phelps also brought home a win in the 200m butterfly with a U.S. Open record of 1:52.20. The wins marked the third and fourth of the meet for Hoff, who also won the women's 400m IM and 400m free earlier in the week. The 200m butterfly was Phelps' third win after taking the 400m IM and 200m free. "In (the 200m IM), it wasn't just Natalie," Hoff said. "I could have had a great race here tonight and ended up third. So I was nervous, but tried to relax and have fun with it as well."

Day 5 – Thursday, July 3, 2008

Finals Contested and Olympic Qualifiers:

Men's 200m Breaststroke: 1. Scott Spann (Longhorn Aquatics) 2:09.97; 2. Eric Shanteau (Longhorn Aquatics) 2:10.36.

Women's 200m Butterfly: 1. Elaine Breeden (Stanford Swimming) 2:06.75 (MR); 2. Kathleen Hersey (Swim Atlanta) 2:07.33.

Men's 100m Freestyle: 1. Garrett Weber-Gale (Longhorn Aquatics) 47.92; 2. Jason Lezak (Rose Bowl Aquatics) 48.05; 3. Cullen Jones (Swim MAC) 48.35; 4. Nathan Adrian (unattached) 48.46; 5. Matt Grevers (Tucson Ford) 48.67; 6. Ben Wildman-Tobriner (Stanford Swimming) 48.80.

Highlights: In what might have been the biggest upset of the meet, Scott Spann won the men's 200m breaststroke, defeating American record-holder and Longhorn Aquatics teammate Brendan Hansen in the process. Elaine Breeden won the women's 200m butterfly, breaking the meet record that she set in Day 4's semifinals. The meet record prior to Breeden's swim on Day 4 was set by Mary T. Meagher in 1984 and had stood for 24 years. Meagher, now Mary Plant, was in the audience to watch the finals of the 200m fly.



Day 6 – Friday July 4, 2008

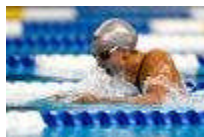
Finals Contested and Olympic Qualifiers:

Women's 200m Breaststroke: 1. Rebecca Soni (Trojan Swim Club) 2:22.60; 2. Amanda Beard (Team Bruin) 2:25.13.

Men's 200m Backstroke: 1. Aaron Peirsol (Longhorn Aquatics) 1:54.32 (Ties WR); 2. Ryan Lochte (Daytona Beach Swimming) 1:54.34.

Men's 200m IM: 1. Michael Phelps (Club Wolverine) 1:54.80 (WR); 2. Ryan Lochte (Daytona Beach Swimming) 1:55.22.

Women's 100m Freestyle: 1. Dara Torres (Coral Springs Swim Club) 53.78; 2. Natalie Coughlin (Cal Aquatics) 53.83; 3. Lacey Nymeyer (Tucson Ford) 54.02; 4. Jessica Hardy (Trojan Swim Club) 54.62; 5. Emily Silver (Cal Aquatics) 54.91; 6. Julia Smit (Stanford Swimming) 54.99. *(Note: Torres later scratched from this event for Olympic competition. Therefore, Nymeyer will be swimming the 100m free at the Olympic Games, and Kara Lynn Joyce, who finished seventh in this event was added to the team as a 400m free relay alternate).*



Highlights: Aaron Peirsol tied the world record in the men's 200m back, turning in a time of 1:54.32. Then Michael Phelps broke his own world record in the men's 200m IM in 1:54.80. Ryan Lochte of Daytona Beach Swimming, who now shares the world record in the 200m back with Peirsol, finished

second in both races by just fractions of a second, touching in 1:54.34 in the 200m back and 1:55.22 in the 200m IM. Amanda Beard qualified for her fourth Olympic Games in the 200m breast, and Dara Torres, at 41, becomes the oldest woman to qualify for an Olympic swimming competition. "I think both of us hate to lose," said Phelps, referring to his and Lochte's competitive drive. "When getting in the water with him in the last three or four races, it's taken a world record to win"



Day 7 – Saturday, July 5, 2008

Finals Contested and Olympic Qualifiers:

Women’s 200m Backstroke: 1. Margaret Hoelzer (King Aquatics) 2:06.09

(WR); 2. Elizabeth Beisel (Bluefish Swim Club) 2:06.92.

Men’s 100m Butterfly: 1. Michael Phelps (Club Wolverine) 50.89; 2. Ian Crocker (Longhorn Aquatics) 51.62.

Women’s 800m Free: 1. Katie Hoff (NBAC) 8:20.81 (MR); 2. Kate Ziegler (The Fish) 8:25.38.

Men’s 50m Free: 1. Garrett Weber-Gale (Longhorn Aquatics) 21.47 (AR); 2. Ben Wildman-Tobriner (Stanford Swimming) 21.65.

Highlights: Margaret Hoelzer set the world record in the 200m back, three-tenths ahead of the former mark held by Zimbabwe’s Kirsty Coventry. A little later, Weber-Gale broke the American record in the men’s 50m free. In between those swims, Michael Phelps recorded his fifth win of the meet in the men’s 100m butterfly, while Hoff took her fifth win in the women’s 800m freestyle. “This is my first world record,” Hoelzer said. “It’s a wonderful surprise. I’m in awe and amazed. I’m happy to be where I am right now.”



Day 8 – Sunday, July 6, 2008

Finals Contested and Olympic Qualifiers:

Women’s 50m Free: 1. Dara Torres (Coral Springs Swim Club) 24.25 (AR);

2. Jessica Hardy (Trojan Swim Club) 24.82.

Men’s 1500m Free: 1. Peter Vanderkaay (Club Wolverine) 14:45.54 (MR); 2. Larsen Jensen (Trojan Swim Club) 14:50.80.

Highlights: Dara Torres won her second event of the meet and set an American record in the 50m free. Peter Vanderkaay won his first event at Trials in the 1500 in meet record time. Jessica Hardy quietly qualifies for her third Olympic event in the 50m free. Known primarily as a breaststroke specialist, Hardy also qualified in the 100m breast and for the 400m free relay. “I was hoping to go somewhat fast,” Torres said. “They have girls in the world who are going 24.1 and 23.9. I have five more weeks to try to drop a couple of tenths to hope to be in competition with those girls. So I’m very happy with my time and I know I have more work to do.”

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Extra Sleep Improves Athletic Performance

Participants in this ongoing study were five healthy students on the Stanford University men’s and women’s swimming teams. For the first two weeks of the study, the students maintained their usual sleep-wake pattern. The athletes then extended their sleep to 10 hours per day for six to seven weeks.

Athletic performance was assessed after each regularly scheduled swim practice. After obtaining extra sleep, athletes swam a 15-meter meter sprint 0.51 seconds faster, reacted 0.15 seconds quicker off the blocks, improved turn time by 0.10 seconds and increased kick strokes by 5.0 kicks.

“These results begin to elucidate the importance of sleep on athletic performance and, more specifically, how sleep is a significant factor in achieving peak athletic performance,” said lead author Cheri Mah of the Stanford Sleep Disorders Clinic and Research Laboratory. “While this study focuses specifically on collegiate swimmers, it agrees with data from my other studies of different sports and suggests that athletes across all sports can greatly benefit from extra sleep and gain the additional competitive edge to perform at their highest level.”

The study also monitored daytime sleepiness and weekly changes in mood. Daytime sleepiness decreased significantly with extra sleep, while mood improvements related to getting extra sleep included higher ratings of vigor and lower ratings of fatigue.

“Typically, many athletes accumulate a large sleep debt by not obtaining their individual sleep requirement each night, which can have detrimental effects on cognitive function, mood, and reaction time,” said Mah. “These negative effects can be minimized or eliminated by prioritizing sleep in general and, more specifically, obtaining extra sleep to reduce one’s sleep debt.”

Mah and colleagues reported similar results in a previous study of six players on the Stanford men’s basketball team. Performance measures such as sprint times and free-throw shooting improved after extra sleep, as did ratings of mood and alertness. The research abstract was presented at SLEEP 2007 in Minneapolis, Minn.

Over the years Mah also has worked with the football, tennis, golf, cross country, and track and field teams at Stanford. Now she hopes to expand the project to work with athletes at other colleges, as well as professional athletes who are seeking a unique competitive advantage.

“It is interesting to note that many of the athletes in the various sports I have worked with, including the swimmers in this study, have set multiple new personal records and season best times, as well as broken long-standing Stanford and American records while participating in this study,” she said.

According to Mah, coaches at Stanford have been paying close attention to their athletes’ involvement in the ongoing study.

“Many of the Stanford coaches are definitely more aware of the importance of sleep,” she said. “Coaches have even started to make changes to their practice and traveling schedules to allow for proper sleep habits. For many athletes and coaches, this study was the first time they truly understood how large of an impact sleep can have on their performance and results.”

Mah offers these tips to help athletes improve their performance by maximizing their sleep:

- Make sleep a part of your regular training regimen.
 - Extend nightly sleep for several weeks to reduce your sleep debt before competition.
 - Maintain a low sleep debt by obtaining a sufficient amount of nightly sleep (seven to eight hours for adults, nine or more hours for teens and young adults).
 - Keep a regular sleep-wake schedule, going to bed and waking up at the same times every day.
 - Take brief naps to obtain additional sleep during the day, especially if drowsy.

Adapted from materials provided by American Academy of Sleep Medicine.

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Things to practice to be a better coach/leader.....

1. Practice appreciation

2. Practice real compliments
3. Practice calling people by their name
4. Practice spreading the glory
5. Practice raising people up, not cutting them down
6. Practice remembering that praise is power
7. Practice putting service first, all else flows from that
8. Practice remembering that no one is perfect
9. Practice remembering that everyone has a right to be different
10. Practice remembering that how you think when you lose determines how long it will be until you win

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Check out USA Swimming's new Club Recognition program. Follow the blueprint to develop a strong, stable, financially sound and athletically productive organization. See www.usaswimming.org/ClubRecognition