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Dear Coach,

Happy 4th of July Week!

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Go [here](#) to vote for the ESPY awards. Many swimmers are nominated. make sure to vote for all 37 categories.

Times Like these by Matthew Kelly, author of the Dream Manager

During times of turmoil, stress, uncertainty and challenge, the best managers and leaders do one thing better than their counterparts. They focus on what they can affect, and they don't allow themselves to get caught up in what they cannot influence.

There are two lessons there for us. The first is to make sure we are spending the bulk of our time, energy, and resources on things we can affect. The second is to make sure we are applying the same wisdom to the pursuit of our dreams.

When things get tough, the great mass of people tend to whine and whine about everything that is happening to them. In short, they take the victim stance. Avoid those conversations. Avoid them with other people, and avoid them in your mind. Some of your dreams may have been placed out of reach because of current circumstances. Focus on the dreams that are achievable this week, this month, this year. Focus on affecting what you can affect and you will have an incredible effect.

Important Safety tips

As summer gears up, do you know how to stay safe around the water? We've rounded up some important tips for you to check out before you grab your swimsuit and your sunscreen:

<http://www.redcross.org/watersafetytips>

Staying safe around water doesn't mean having kids wear water wings or floaties. Our



tips include a handy summer water safety guide you can print out and share with your friends whether you're going to the pool or the beach.

Nearly two-thirds of families with young children plan to swim in a place without a lifeguard this summer, according to a recent Red Cross survey.

So it's important to know some basic water safety tips, maintain constant supervision over kids and learn how to respond to aquatic emergencies.

Get all that information and more on our [tips](#) page:

<http://www.redcross.org/watersafetytips>

Have a great, safe summer!

THE SUN AND YOUR SKIN

From Heather Fewell, *Your Guide to Dermatology*.

Sunlight has a profound effect on the skin causing premature skin aging, skin cancer, and a host of skin changes. Exposure to ultraviolet light from sunlight accounts for 90% of the symptoms of premature skin aging. Many skin changes that were commonly believed to be due to aging, such as easy bruising, are actually a result of prolonged exposure to UV radiation.

Collagen Breakdown—In the [dermis](#), UV radiation causes collagen to break down at a higher rate than with just chronologic aging. Sunlight damages collagen fibers and causes the accumulation of abnormal elastin. When this sun-induced elastin accumulates, enzymes are produced in large quantities. Some of the enzymes actually break down collagen. This results in the formation of disorganized collagen fibers known as solar scars. When the skin repeats this imperfect rebuilding process over and over [wrinkles](#) develop. **Free Radicals**—UV radiation is one of the major creators of free radicals. Free radicals are unstable oxygen molecules that have only one electron instead of two. Because electrons are found in pairs, the molecule must scavenge other molecules for another electron. When the second molecule loses its electron to the first molecule, it must then find another electron repeating the process. This process can damage cell function and alter genetic material. Free radical damage causes wrinkles by activating the enzymes that break down collagen. They cause cancer by changing the genetic material, RNA and DNA, of the cell.

Immune System Effects—The body has a defense system to attack developing cancer cells. These immune system factors include white blood cells and specialized skin cells in the [dermis](#). When the skin is exposed to sunlight, certain chemicals are released that suppress these immune factors.

Cell Death—The last line of defense of the immune system is a process called apoptosis. Apoptosis is a process of cell-suicide that kills severely damaged cells so they cannot become cancerous. This cell-suicide is seen when you peel after sunburn.

There are certain factors, including UV exposure, that prevent this cell death allowing cells to continue to divide and possibly become cancerous.

Texture Changes Caused by the Sun—UV exposure causes thickening and thinning of the skin. Thick skin is found in coarse wrinkles especially on the back of the neck that do not disappear when the skin is stretched. A condition called solar elastosis is seen as thickened, coarse wrinkling and yellow discoloration of the skin. A common effect of UV exposure is thinning of the skin causing fine wrinkles, easy bruising, and skin tearing.

Blood Vessel Changes Caused by the Sun—UV radiation causes the walls of blood vessels to become thinner leading to bruising with only minor trauma in sun-exposed areas. The sun also causes the appearance of [telangiectasias](#), tiny blood vessels, in the skin especially on the face.

Pigment Changes Caused by the Sun—The most noticeable sun-induced pigment change is a freckle. Light-skinned people tend to freckle more noticeably. A freckle is caused when the melanin-producing cell is damaged causing it to get bigger. UV exposure can also cause white spots especially on the legs, but also on the backs of the hands and arms, as melanin-producing cells are destroyed.

Skin Bumps Caused by the Sun—UV radiation causes an increased number of moles in sun-exposed areas. Sun exposure also causes precancerous lesions that develop especially on the face, ears, and backs of the hands.

Skin Cancer Caused by the Sun—The ability of the sun to cause skin cancer is a well-known fact. The 3 main skin cancers are melanoma, basal cell carcinoma, and squamous cell carcinoma. [Melanoma](#) is the most deadly skin cancer because it metastasizes more readily than the other skin cancers. It is believed that the amount of exposure of the skin to the sun before the age of 20 is actually the determining risk factor for melanoma. [Basal cell carcinoma](#) is the most common skin cancer and tends to spread locally, not metastasize. [Squamous cell carcinoma](#) is the second most common skin cancer, and it can metastasize although not as commonly as melanoma. The risk of getting basal cell carcinoma or squamous cell carcinoma is determined by a person's lifetime exposure to UV radiation and the person's pigment protection.

Ten Ways for the Swim Parent to Sabotage Their Child's Swimming Career

After years of observation, it has occurred to me that some parents must internally delight in the idea of sabotaging their child's **swim** career. They must for some perverse reason WANT to do this, since they work so incredibly hard at [...](#)
[About Swimming - http://swimming.about.com/?r=94?zi=18/1Qq](http://swimming.about.com/?r=94?zi=18/1Qq)

The Leadership Coach TM

For those who think hockey players are just a bunch of goons, let me share why I feel they are great exemplars. Have you ever noticed that in almost every post-game interview, a hockey player deflects praise or accolades to a teammate? Compare this to so many football and basketball players who talk about how great they are or how well they played. They personify the era of the "Me-Athlete."

I think I know why hockey players have such respect for their teammates. There are three principal groups of players in the NHL, namely those who come from Canada, Europe or small town America. All of these groups downplay ego and focus more on teamwork.

Finally, anyone who has sat in a hockey locker room knows that the sport's culture does not support an egotistical teammate. As much as it can be distasteful, perhaps the odd fight, even in team practice, can be beneficial as it can also send a signal to "cool your jets" and be humble.

The Leadership Coach is Peter Burwash, President of Peter Burwash International, a company that manages tennis instruction programs at top resorts in more than 30 countries around the world. "Reprinted from SportsTravel magazine." For more information, visit www.SportsTravelMagazine.com He can be reached at leadershipcoach@scheiderpublishing.com, and his books are available at the Sporttravel Media zone.

More full time, better paid, elite level coaches needed: study

Posted Wednesday, June 10, 2009 4:50 PM ET

By **Bruce Cheadle**, The Canadian Press

OTTAWA - It wasn't exactly the media message prepared by sports officials Wednesday, but a close reading of a new survey on elite coaching in Canada had a clear subtext: Show us the money.

More than half the men and women training Canada's current and future Olympians earn less than \$20,000 annually from their primary coaching job, and another 15 per cent are volunteers.

The figures, from a 2008 national survey of elite-level coaches by the Canadian Coaching Association, highlight a disconnect in the evolving development system: increased government funding for elite athletes is not matched by the cash available for the people who train them.

"More and more of our athletes are full-time athletes and able to devote the vast majority of their time to preparing for world and Olympic competition," John Bales, the CEO of the Canadian Coaching Association, told a news conference in Ottawa.

"And that really demands full-time coaches."

Bales offered a couple of quick, short-term fixes that won't break the bank.

He said coaches working on four-year or longer Olympic cycles shouldn't be getting one-year contracts - if they're lucky enough to be offered a deal in writing.

And more administrative support should be provided to get coaches out from behind the desk and onto the pool deck, slopes or track.

But the survey results indicate coaches themselves see a clear bottom line.

Among a series of options "that might improve the situation for high performance coaches," the single strongest response by far was to pay them more.

On a scale of one (not important) to seven (very important), 43.8 per cent listed better pay as a seven. Another 47.5 per cent pegged it as a five or six.

The second strongest response was to "Make more financial resources available to the coach." Some 85 per cent placed it among the top three levels of importance.

Having more facilities available - another pricey option - was the third strongest response.

More time off, lighter workloads, more sport science and medical support, by contrast, were considered far less important.

Other results from the survey arguably support the pay angle. For instance, three quarters of elite coaches have a university degree or more. And half the hiring agencies surveyed said they receive three or fewer job applications for elite coach openings.

Canadian governments have poured tens of millions into elite sport development programs in recent years. Both the Own the Podium program -- aimed at the 2010 Winter Games in Vancouver and Whistler, B.C. - and the Road to Excellence program for summer athletes are providing more funding for full-time carded athletes.

Alex Baumann, the two-time Olympic swimming champion who heads the Road to Excellence program, said improving conditions to attract the very best coaches is now the program's top priority.

Baumann is pushing for a series of high-performance sports institutes across Canada that can hire and retain full-time elite coaches. "Canada has moved quite a significant way (in elite sport funding)," Baumann said in an interview. "But there's no doubt that we need additional resources if we're going to put the institutes as a high priority - if we're going to put coaching as a high priority as well. "So we need to keep pushing for that." Gary Lunn, the federal minister for sport, appeared to pour cold water on the notion of more funding in an interview. "I don't think it's always just about money," Lunn said moments after Baumann had made his pitch to The Canadian Press.

"I've had these conversations with Alex and he completely supports me, that sometimes we need to find a better way."



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