



Dear Coach,

1. USA Swimming statement on the FINA suit ruling
2. NEW DOPING RULES
3. Have you been to swimnetwork?
4. The Josephson Institute Character Counts Story on "What do you make?"
5. Scholastic All-American forms due soon

We have heard from several athletes, coaches and parents of USA Swimming who have brought forth comments or questions about the amendment to Rule 102.9 regarding swimsuits. We are listening, and we recognize that this rule change and the timetable have created some unintended difficulties for some USA Swimming families. We also realize that many swimmers have made significant financial investments in new suits which have not been approved by FINA, on its [current list](#).

However, with the immediate impact of FINA's suit legislation affecting competition at the highest levels of our sport, and the focus USA Swimming places on maintaining an even playing field for all competitors, we felt it was vital that [our rules](#) remain in line with those of our international governing body.

We continue to await changes to the [FINA-approved list](#), as some swimsuits have been re-submitted for potential approval. FINA's intent is to release its final list of approved swimsuits for 2009 on June 19, and USA Swimming will adopt that list. FINA has indicated that these approvals will remain valid until December 31, 2009, with the next round of swimsuit evaluations to take place by January 1, 2010.

There are a number of suits, especially older models, which were not submitted to FINA for approval, and therefore do not appear on the FINA-approved list. This presents a practical problem in how to distinguish these suits from those that were rejected by FINA.

We do not, and likely will not, have access to the list of suits that were actually rejected. For this reason, we have included exception criteria in the amendment, stating:

Swimmers will, until otherwise directed by FINA, also be able to wear traditional swimsuits not on the FINA-approved list as long as the swimsuit meets the following criteria:

1. *For female swimmers, the swimsuit shall not cover the neck, extend past the shoulders or past the pelvis, and*
2. *For male swimmers, the swimsuit shall not extend above the navel or below the knees.*

The exception criterion is intended to provide an easy and clear-cut method of identifying acceptable suits that are not on the list.

We recognize that the FINA ruling and subsequent amendment to rule 102.9 are complicated matters, and ask for your patience as the international governing body for our sport (FINA) works to establish final guidelines for competition suits. For questions about specific suit models or manufacturers, you may consult the [FINA-approved list](#), or contact the suit manufacturer directly.

For more information about FINA's rules and swimsuit evaluation process, please see the [Dubai Charter](#).

Anti-Doping rules have changed drastically for 2009. Not all athletes require an approved Therapeutic Use Exemption form (for Beta-2 Agonists and Glucocorticosteroids) prior to competition. See the attached handout for more information.

You will see in the handout the terminology “National” and “Non-National”. Please note this is for anti-doping purposes only. See the following message from the US Anti-Doping Agency:

Who is a Non-National Level Athlete?

A Non-National Level athlete, according to USADA policies, is an athlete who is NOT in the International Federation (IF) or USADA Registered Testing Pool and is not competing in an event classified as “International” by his/her IF. Common examples could be: Juniors, Masters, or Recreational level athletes. (Note from USA Swimming: Our International Federation (FINA) has indicated that International Competitions are only those meets that have FINA in the title (FINA World Championships; FINA Open Water World Championships; FINA World Cup; etc).

What does that mean?

A Non-National Level Athlete, not competing in an event classified as “International” by his/her IF, must apply for a TUE for the following prohibited substances and methods:

1. Anabolic Agents
2. Hormones and Related Substances (insulin, EPO, Growth Hormone)
3. Hormone Antagonists and Modulators
4. Prohibited Methods (Enhancement of Oxygen Transfer, Chemical and Physical Manipulation, Gene Doping)

If a Non-National Level athlete is tested and a prohibited substance is found in his/her Sample, the Non-National Level athlete will receive notification from USADA that the prohibited substance was found in his/her Sample and the athlete must:

- Provide a medical file within 14 days to document and demonstrate the use of the substance was for an appropriate medical purpose
- File a complete and legible TUE with USADA to further continue the use of the substance in sport.

Those Non-National Level athletes who compete at an International Event as deemed by his/her IF will need to apply for a TUE for any prohibited substance or method.

An athlete must declare all medications, dietary supplements, blood transfusions, glucocorticosteroids, and TUEs at the time of testing.

All TUE completed applications should be sent to USADA. TUE Questions should be directed to tue@usada.org or 719-785-2045.

National Level Athletes: Athletes in the Registered Testing Pool will be sent information separately. Athletes competing at FINA competitions should contact USADA immediately.

Additional Reminders:

Please note that all athletes (National and Non-National) should declare any medications requiring declaration online immediately. A contact number is provided in the handout to obtain a password for the website.

As indicated in the handout Medical History Documentation is required for both National and Non-National athletes to obtain a TUE approval. See the attached physician worksheet for details of exactly what must be included as medical history documentation (in addition to the TUE form).

In the event that a Non-National athlete decides to file in advance of a competition for TUE approval they will require a Pulmonary Function Test (PFT) within the three months prior to the application. If they file retroactively after the prohibited substance is found in the sample, they will not require the PFT:

Provocation Test Results including

- The measure of forced expiratory volume in 1 second (FEV1) at rest AND in response to either an inhaled bronchodilator OR to bronchial provocation (eucapnic voluntary hyperpnea, exercise challenge, hypertonic saline, mannitol inhalation, or methacholine challenge).

The TUE form can be found here: http://www.usada.org/files/active/athletes/Standard_TUE.pdf

All Questions should be directed to USADA at 1-800-233-0393 or 719-785-2045.

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Have you visited **Swimnetwork** today?

www.swimnetwork.com

In the last couple of weeks, Swimnetwork has:

1. Launched a feature called "The Swim Guru," where visitors send us their questions, and a character called "The Swim Guru" -- an amalgam of the swimming wisdom of [USA Swimming's Sport Performance Consultants](#). This feature is a fun, entertaining twist on the "ask an expert" concept found on any number of web sites and in magazines. Here's a link to the latest Swim Guru. Check it out: http://www.swimnetwork.com/blogs/blog/20090602/the_swim_guru_getting_faster-2345.html
2. Launched a dryland workout video series specifically targeted for swimmers, written, filmed and produced by Mike Mejia, M.S., C.S.C.S, a regular contributor to Splash Magazine and author of Men's Health Magazine's "Hey, Muscle Guy!" and "The Men's Health Gym Bible." Here's the first video. We plan to run one every other week, and Mike's excited about the project: http://www.swimnetwork.com/videos/v/20090601/the_dryland_workout_dynamic_stretches_to_get_you_loose-16644.html. His daughter, who is featured in the video, is a swimmer.
3. Continued to run popular features by Bob Schaller, including the old, reliable 20 Question Tuesday and columns on Fridays. The column that ran last Friday about Hayley Peirsol was especially compelling and hard-hitting. Here's a link to Schaller's section. He is by far the single most popular writer on the site, getting more hits than anyone: <http://www.swimnetwork.com/blogs/blfeat/227.html>
4. Launched a series of blogs by Olympian Garrett Weber-Gale. If you have read his columns in Splash, you know this guy has a bit of talent as a writer: <http://www.swimnetwork.com/blogs/blfeat/235.html>

5. Launched a series of blogs by USA Swimming master coach Bob Steele. Bob kicks it freestyle each week: <http://www.swimnetwork.com/blogs/blfeat/234.html>
 6. Launched a Splash Online Extra Section. This month, we are continuing to work on the theme of the May-June issue, how swimming builds a foundation for a lifetime of good health and fitness. The stories online are designed to complement the content in the magazine, with the magazine referring readers to Swimnetwork to read more about the topic at hand. <http://www.swimnetwork.com/blogs/blfeat/239.html>
 7. Consistently published video interviews with Mel Stewart and swimming stars of yesterday and today in our "Gold Medal Mel" series: <http://www.swimnetwork.com/blogs/blfeat/117.html>
 8. Launched a series of profiles on coaches who have been honored with ASCA's Age Group Coach of the Year Award, written by regular Splash contributor Chelsey Walden: http://www.swimnetwork.com/blogs/blog/20090603/quance_julian_transitions_from_olympic_swimmer_to_successful_coach-2347.html
 9. Given Phil Whitten a new soapbox: <http://www.swimnetwork.com/blogs/blfeat/240.html>
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What Do You Make? 620.5

During a dinner party, a self-important business executive said, "The problem with our education system starts with teachers.

What can our kids learn from people who decided their best option in life was to become a teacher? Those who can, do.

Those who can't, teach." A guest protested, "I've been a teacher for 20 years, and that's simplistic and unfair."

"Really?" the executive said. "Then be honest, what do you make?" "I suppose you're thinking of money," the teacher replied.

"I earn enough, but let me tell you what I make. "I make other people's children read, think, write, wonder, and talk about important things such as the world and their role in it. "I make them appreciate the value of education, not simply as a way to make a living, but as a way to make a life. "I make them work harder than they want to and accomplish more than they thought possible. "I encourage them to be skeptical without being cynical and optimistic without being naïve.

"I make them understand that the quality of their life will be determined by their choices, and I make them take responsibility for their actions.

"I make them feel proud, capable, and worthy when they try hard.

"I make them appreciate the importance of integrity and honor in a world that too often shows little regard for either.

"I make them respect themselves and treat others with respect.

"I make them feel proud and grateful to live in America where people are entitled to be treated fairly and with respect and judged by their accomplishments and character, not by their color, creed, or size of their

bank account. "Most of all, I make a difference. "So now," the teacher said to the executive," tell us what *you* make?"

This is Michael Josephson reminding you that character counts.

* This commentary is based on a parable of a dialogue about the impact of teaching inspired by verse by poet Taylor Mali circulating on e-mail distribution lists.

Although I loved the premise – a teacher responding to a critic with a declaration of the vital things teachers do – I wanted to stress different things and state them in different language than the version a staffer sent me last year, which had no attribution.

You will see that the tone and content of my version and Mr. Mali's are quite different, but the core idea is definitely Mr. Mali's.

An alert listener directed us to Mr Mali's website (www.taylormali.com), in which Mali acknowledges he wrote the poem in 1999. Mr. Mali is not only a gifted poet and philosopher (as well as a great advocate of teachers), he is a generous man with sound values about the importance of getting credit. Here is what he says about the poem on his website:

"I am well aware that 'What Teachers Make,' a poem I wrote in 1999, has been elevated/reduced to the level of Inspirational Cyber Spam. It started happening shortly after I posted an unattributed draft of the poem on this very website.

"Since the poem appeared on my website, I figured my name was unnecessary. But I was wrong. I suspect the text of the poem got copied, pasted, and sent by well-meaning teachers and fans. Soon enough, the poem became anonymous, and people began to edit, alter, and 'sanitize' it. There are, to my knowledge, at least five different versions of the poem out there circulating. All of them are anonymous.

"The poem has taken on a life of its own. Thomas Friedman, the *New York Times* columnist, quoted one of the anonymous versions in its entirety as part of his Yale graduation speech in 2003. This led to a quotation by Harvey Mackay, the syndicated business columnist. National Public Radio did a story about the adventures of the poem in 2004.

"Am I disappointed not to have received credit for writing this poem that has inspired so many? Used to be. But the truth will always come out in the end. And if I had to choose between inspiring teachers anonymously or not inspiring them at all, I would choose anonymous inspiration every time."

You can see Mr. Mali deliver his poem very passionately [here](#).

[Scholastic All America Applications](#) (link to the form on USA Swimming website) – due August 1, 2009.

Applications must include the following:

- Completed Application
- Print-out from SWIMS of eligible times
- Transcript for the ENTIRE 2008-2009 academic year

Mail to the committee members listed on the application (Louise Limerick-girls; Betty Kooy-boys) by August 1, 2009.

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 Coach's Blast e-mails is to make coaches aware of potential resources available.

IMPORTANT REMINDER: USA Swimming reminds all member organizations and coaches 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 the use of the materials.

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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