



CLUB DEVELOPMENT

usaswimming.org

Dear Coach,

1. **SWIMSUIT INTERPRETATION**
2. Legends of Texas Swim Clinic
3. FREE VIDEOS coming your way!
4. 2009 Women in Coaching Retreat
5. The Leadership Coach
6. 2008 USOC Awards

SWIMSUIT INTERPRETATION

Please read the attached word file on the complete wording of the rule.

Two DVD productions will soon be sent to every club. These DVDs are sent to whomever who is listed as the "club contact." If the coach is not the official "contact person" in the database, the coach should alert that person to be on the lookout for these DVD's from USA Swimming. The DVDs include:

1. The 2008 Highlights DVD. This is a three DVD set that includes over five hours of video. The first DVD is highlights from the 2008 Olympic Trials, the second features women's races from the Beijing Olympics while the third shows men's races from Beijing.
2. Out of the Box: Open Water Swimming. USA Swimming has produced a 90 minute DVD to introduce coaches to Open Water Swimming. The DVD includes how to introduce your swimmers to Open Water Swimming, basic training and skills, and how to set up and run an Open Water competition: all you need to know to get started in this exciting and challenging Olympic event.

Both DVDs are provided free of charge to all clubs, one copy per club, courtesy of USA Swimming. Learn and enjoy and be sure to share them with your swimmers!

Legends of Texas



Swim Clinic 2009 Edition

Thursday, April 2nd - Sunday, April 5th 2009

Location: University of the Incarnate Word, San Antonio, Texas

Program:

Thursday, April 2nd

AM SwimAmerica Training --John Leonard

1-5 PM The Ideal First Two Years of an Age Group Career --John Leonard

6-10 PM Level 2 School Part 1 John Leonard

Friday, April 3rd

8 AM to 12 Noon Level 2 School to completion John Leonard

1 PM Steve Bultman, Texas A&M

2:30 PM Jim Montrella

4 PM Rod Hansen, Irvine Nova

5:30-6 PM Panel discussion for questions

Saturday, April 4th

8:30-9:30 AM Steve Bultman

9:45-10:45 AM Jim Montrella

11-12 Noon Sean Hutchison

12 Noon-2 PM Legends of Texas Luncheon \$20.00 Marian Ballroom at the University of Incarnate Word

2-3 PM Sean Hutchison

3:15-4:15 PM Rod Hansen, Irvine Nova

4:30-5:30 PM Jim Montrella

Sunday, April 5th

8:30-9:30 AM Teaching Methodology John Leonard

9:45-10:45 AM Ron Hansen, Irvine Nova

11-12 Noon Teaching Fly and Breast Ron Hansen

12-12:30 PM Panel discussion

12:30 PM Clinic Concludes

Steve Bultman Steve Bultman is in his 10th season as the head women's swimming coach at Texas A&M University. Bultman has led the Aggies to back-to-back Big 12 Championship in 2007 and 2008 as well as a school record fourth-place finish at the 2008 NCAA Championships. Bultman is a six-time Big 12 Coach of the Meet and three-time Big 12 Coach of the year honoree. He served as the U.S. women's head coach at the 2001 World University Games in Beijing, China, and will do so again in 2009 in Belgrade, Serbia. Bultman is a two-time Olympic coach, having served as a U.S. assistant in 1988 as well as an assistant coach for Estonia in 2008.

Rod Hansen Rod Hansen, a native Californian, started his coaching career with Rancho San Dieguito swim team in Solana Beach, Ca in 1990 as an age group coach. He started with Irvine Novaquatics as the 8 & under coach in 1994. He has been the Nova Associate Head Age Group Coach, training their 9-14 year old swimmers since 1999. During this time, Nova has captured numerous Junior Olympic titles with their age group program and several of his swimmers have set national age Group records. Hansen has also been the Head coach for Northwood High School (Irvine, Ca) coaching both the men's and women's team. In 2004 Northwood's men's team won the CIF title and the women's team finished 2nd. Hansen was named Southern California Swimming's Age Group coach of the year in 2007. Coach Rod graduated from San Diego State University in 1990 with his B.S. degree in Public Administration.

Sean Hutchison 2009 Women's World Championship Head Coach. 2008 US Olympic Assistant Coach. As head coach and owner of KING Aquatic Club in Seattle, Sean has developed KING into an organization which encourages success and getting people to believe in themselves. Intelligent and responsible training and technical methodologies are explored attempting to yield an engaging environment.

John Leonard - ASCA Executive Director John has served as Executive Director of ASCA since January of 1995. Areas under his direct supervision in the ASCA office include certification, the World Clinic, ethics, and ASCA's interactions with the swimming world. He serves on the USA Swimming International Relations Committee and OIOC, travels widely for ASCA, both within the USA and internationally, is a World Swimming Coaches Association Board Member and co-founder, and edits the ASCA publications. John has three children, David 37; Mary 32; and Jackson 18. What is John most proud of during his tenure at ASCA? "Two things... first, when I came here in 1985, we had 1,654 members. We've been able to serve the American coaching community well enough to grow well over 5,000 members since then, and I feel good about us filling that need. At the same time, we've remained the only truly independent coaches association in the world, which has allowed us to freely express our opinions on all

topics in the world of swimming. We get to stand up for what we believe in, which is a sacred thing to our Board of Directors. I'm proud we've been able to maintain that while we grow."

Jim Montrella Jim Montrella began his coaching career in 1959 at the age of 19 when he started a novice swim team at the Lakewood YMCA. This team merged with another in 1964 to become Lakewood Aquatic Club. The team was quickly dominant in age group swimming with his swimmers listed over 100 times in the National Top 10 listings as well as setting numerous new AG records. He took his first swimmer to the National Championships in 1966, had his first finalist in 1967 and qualified 31 swimmers for Nationals in 1971 from a team of 123 members. His best known swimmer was probably Susie Atwood who he taught to swim at age five, joined the team at the age of seven and went on to become a six-time Kiphuth High Point Award winner at US Nationals establishing 18 American Records and 23 National titles in backstroke and IM. She was a two-time Olympian (1968 & 1972) and World Record holder in the 200 backstroke. Susie and her teammates went on to establish two World records, 21 American records and over 50 National titles. During his tenure at Lakewood AC Jim placed eight swimmers on USA Olympic Teams accounting for eight medals (4 Gold, 2 Silver & 2 Bronze)

To Register

Call 800-356-2722 or complete and return the following form and mail it to: ASCA, Legends of Texas Swim Clinic, 5101 NW 21st Ave. Suite 200, Fort Lauderdale, FL 33309. Payment can be made by check or credit card. The hotel is the Hilton San Antonio Airport. 611 NW Loop 410, San Antonio, TX 78216. Call 888-728-3031 or fax 210-377-4695. Ask for the American Swimming Coaches Association rate, which is \$91.00 single, double, triple or quad.

- SwimAmerica Training. Call Julie Nitti at 800-356-2722 to register
- Clinic Registration with all schools (except SwimAmerica) \$175.00
- Clinic Registration without the schools \$99.00
- The Ideal First Two Years Course \$40.00
- Level 2 Course \$60.00
- Add-on: Legends of Texas Luncheon \$20.00

Name _____

Team/Company Name _____

Address (circle: home or work) _____

City _____ State _____ Zip Code _____

Day Phone _____ Evening Phone _____

E-mail _____

Method of Payment: (Circle) Check Mastercard/VISA/AMEX/Discover Number

Exp. Date _____ Signature _____

To find this link on-line click on

http://www.swimmingcoach.org/services/events.asp#Legends_of_Texas_Swim_Clinic

American Swimming Coaches Association
Phone: 800-356-2722
Fax: 954-563-9813

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You should be receiving 2 videos 2008 Highlights Video and an Open Water video.

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The 2009 Women in Coaching Retreat. It will be held April 24-26 at the beautiful Cheyenne Mountain Resort in Colorado Springs. Last year was an incredible experience. We plan to begin by 3:00 Friday afternoon and finish up by 10:30 on Sunday morning. Please reply to rose@rosesnyder.com if you would like to receive an agenda and application.

We know the unique challenges women face in their careers, especially if you want to excel AND lead a balanced life. We believe it is possible to do both and know this conference will help you map at a plan to do so. This retreat is also a **TREAT** to yourself!

During the "reTREAT" you will

- .. Build relationships
- .. Create a professional network
- .. Meet a diverse group of women professionals
- .. Learn skills that will make you a more effective communicator
- .. Create a personal development plan
- .. Share ideas and stories
- .. Recharge your batteries
- .. HAVE FUN!

About our speakers:

Bobbe Sommers will be our keynote speaker. She is a gifted presenter and person. Bobbe is a leading psychotherapist, a sought after internationally recognized speaker, consultant, and seminar leader. Chosen as a "Hottest Speaker" by Working Woman magazine. Author of Psycho-Cybernetics 2000, a revitalization of Maxwell Maltz's classic Psycho-Cybernetics. Bobbe is the perfect example of balancing personal & professional success. She has maintained a long term marriage while raising three sons. She now loves spending time with her four grandchildren, playing tennis, jogging, and snorkeling. She brings this balance of personal and professional attributes to the speaking platform. She "walks her talk".

We are also in for an incredible experience with **Dr. Audrey Boxwell**. Audrey has over thirty years experience in the health-care field. Her decision to study Energy Medicine was the result of witnessing many stress related disorders (TMJ, migraines, arthritis, asthma, IBS) involving the mind, body and spirit, throughout her career. Audrey has discovered the power of hiking and healing and will be leading us all on a **Psych-Hike** through the beautiful Cheyenne Mountains. Don't worry it won't be too hard!

Of course, Rose and Everett will be back to energize, entertain and challenge you. Don't miss out on this "**All About Me**" weekend.

Take the time to relax, establish professional contacts, and focus on YOU!
Please pass this email on to any women you think could benefit from this program.
I look forward to hearing from you!

Rose

Checkout my website: <http://www.rosesnyder.com>

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***The Leadership Coach* TM**

Has anyone noticed how athletes these days celebrate after a victory or after they score a point? In the past, athletes would have this wonderful smile on their face after winning or scoring. Today, in too many cases, they look as if they are ready to explode with anger.

And then there is the celebration mode. It's amazing to see a linebacker make a tackle in football and immediately race out of the pileup to pound his chest. Can you imagine a waiter pounding his chest each time he served a meal with care and dignity?

Every day people do their jobs without fanfare and self-congratulation. Where are the Walter Payton's of the world who, after scoring a touchdown, would not pound his chest but thank the lineman who did all of the work for him to get across the goal line? And perhaps even more important, where are the coaches who are instilling a sense of appreciation for the opportunity to participate this wonderful world of sports?

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 Sportravel Media zone.

Michael Phelps, Natalie Coughlin, Nastia Liukin, Erin Popovich and U.S. Men's National Volleyball Team Garner U.S. Olympic Committee Awards for 2008 Accomplishments

COLORADO SPRINGS, Colo. – Four individual athletes and one team that epitomize excellence both on and off the field of play are being honored by the United States Olympic Committee (USOC) for their accomplishments in 2008. Swimmer **Michael Phelps** (Baltimore, Md.) has been named the USOC SportsMan of the Year, swimmer **Natalie Coughlin** (Vallejo, Calif.) and gymnast **Nastia Liukin** (Parker, Texas) have been named co-winners of the USOC SportsWoman of the Year, swimmer **Erin Popovich** (Silverbow, Mont.) has been named Paralympian of the Year and the **U.S. Men's National Volleyball Team** has been named Team of the Year.

"Through their actions both on and off the field of play in Beijing and throughout 2008, these athletes truly represent the best of what the United States has to offer and make us all proud to be Americans," USOC Chief Executive Officer **Jim Scherr** said. "Their achievements were central to the narrative of the largest Modern Olympic and Paralympic Games in history, and we at the USOC are proud to announce this year's recipients of SportsMan, SportsWoman, Paralympian and Team of the Year."

Phelps made history in Beijing by winning eight gold medals, the most ever won by an athlete in a single Olympic Games. His career total of 16 Olympic medals, including 14 gold medals, distinguishes him as the most decorated male Olympian of all time. In Beijing alone, he set seven World Records, eight American Records and eight Olympic Records. At the 2008 U.S. Olympic Team Trials – Swimming, he set two World Records, two American Records and two U.S. Open Records. Phelps was recently named Sports Illustrated's 2008 SportsMan of the Year and the Associated Press' Male Athlete of the Year. Phelps was also USOC SportsMan of the Year in 2004.

With a tie vote, Coughlin and Liukin share honors as this year's SportsWoman of the Year. Coughlin set five American Records and one Olympic Record on her way to becoming the first American woman in any Olympic sport to win six medals in one Olympiad, bringing her career total to 11 Olympic medals. She earned a gold medal in the 100-meter backstroke; silver medals in the 400-meter freestyle relay and 400-meter medley relay; and bronze medals in the 200-meter individual medley, 100-meter freestyle and 800-meter free relay.

Equally as impressive, Liukin won five medals at the Olympic Games, including a gold medal in the all-around, becoming just the third U.S. woman in history to win the Olympic all-around title. Her medals total also included three silver for team, balance beam and uneven bars, and a bronze for floor exercise, which tied the U.S. gymnastics record of five medals at one Olympic Games set by **Mary Lou Retton** in 1984 and matched by **Shannon Miller** in 1992. Liukin was recently named the Women's Sports Foundation's 2008 Individual Sportswoman of the Year and the United States Sports Academy Female Athlete of the Year.

In her third Paralympic Games, Popovich, named the 2008 Paralympian of the Year, collected four gold medals and two silver and brought her career total to 14 gold medals and five silver medals. In Beijing, she earned gold medals in the 100-meter freestyle (S7), 400-meter freestyle (S7), 100-meter breaststroke (SB7) and 200-meter individual medley (SM7), along with silver medals in the 50-meter butterfly (S7) and 50-meter freestyle (S7). Popovich also was the 2004 USOC Paralympian of the Year. In 2005, she was named the Women's Sports Foundation's Individual Sportswoman of the Year and won an ESPY award for Best Female Athlete with a Disability. She has also been honored by *Swimming World magazine*.

The 2008 Team of the Year did not lose a match at the Olympic Games in Beijing. The U.S. Men's National Volleyball Team won the gold medal – and the first U.S. indoor volleyball gold medal since 1988 – with teammates **Lloyd Ball** (Fort Wayne, Ind.), **Gabe Gardner** (San Clemente, Calif.), **Kevin Hansen** (Newport Beach, Calif.), **Tom Hoff** (Park Ridge, Ill.), **Rich Lambourne** (Tustin, Calif.), **David Lee** (Alpine, Calif.), **Ryan Millar** (Palmdale, Calif.), **Reid Priddy** (Richmond, Va.), **Sean Rooney** (Wheaton, Ill.), **Riley Salmon** (League City, Texas), **Clay Stanley** (Honolulu, Hawaii) and **Scott Touzinsky** (St. Louis, Mo.). Ranked No. 3 in the world heading into Beijing, the team defeated No. 1 Brazil, No. 2 Russia, No. 4 Bulgaria and No. 5 Serbia. The same team of players qualified for the 2008 Olympic Games by winning the NORCECA Continental Qualifier in January 2008 in Puerto Rico. The team's victory in Beijing capped an emotional Olympic Games for head coach **Hugh McCutcheon** (Christchurch, New Zealand), whose father-in-law was attacked and killed in Beijing shortly after the Opening Ceremony of the 2008 Olympic Games.

The USOC SportsMan and SportsWoman of the Year awards have been presented annually since 1974 to the top overall male and female athlete from within the USOC member organizations. The team award was added in 1996, and the Paralympian of the Year was awarded for the first time in 2004. Winners are selected from the individual female and male athlete of the year and team of the year nominations of the USOC and National Governing Bodies for the Olympic, Pan American, Affiliated and Disabled Sports Organizations within the U.S. Olympic Movement.

For a complete listing of past recipients of USOC SportsMan, SportsWoman, Paralympian and Team of the Year, please go to www.teamusa.org. For more information, please contact the USOC Communications Division at 719-866-4529.

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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.

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Peter C. Clark
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719-330-0743 (cell)

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