

The NISCA JOURNAL



May - June 2021



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THE NISCA JOURNAL

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May/June 2021

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Cover Photo

Fish-eye lens view of a warmup session at Olympic Trials in Omaha, Nebraska.

How many high schoolers will make the USA Olympic Team?

How many current or former NISCA All Americans will make the USA Olympic Teams in swimming, Diving, water polo?

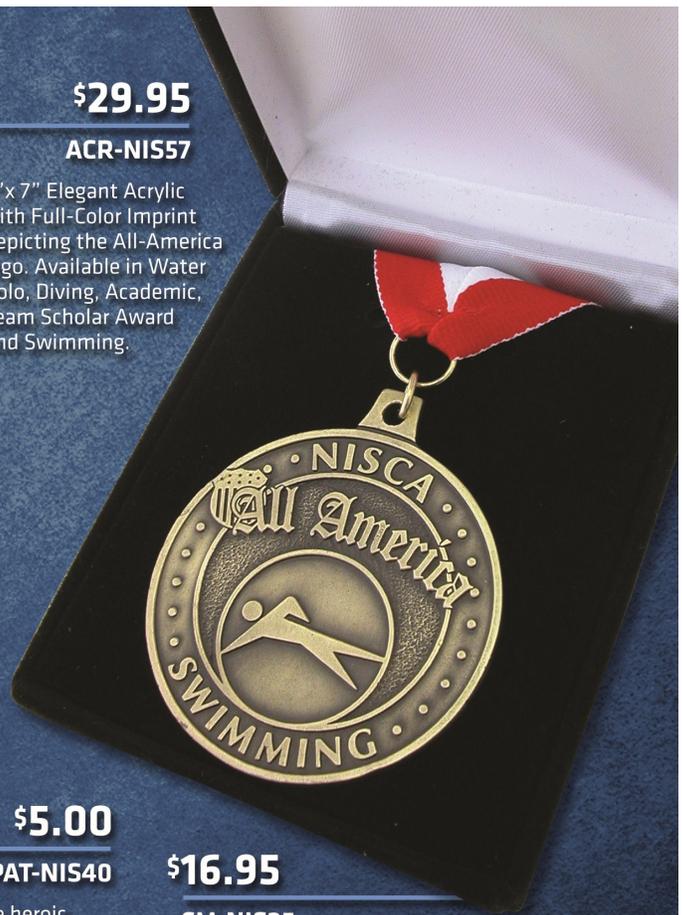
Check out the Sept/Oct issue of the Journal and see what we find out!



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National Interscholastic Swimming Coaches Association of America

To Educate... To Promote... To Honor.

Dear NISCA Membership,

It's hard to believe the school year is coming to a close. This is always a time for reflection about the past season and a look ahead to what next year will bring. I don't think it is a stretch to say that for many (most?) of us, the aquatics landscape seemed barren and almost unrecognizable. Whether it was coaching practices with 1 or 2 swimmers in a lane or competing in virtual meets or even meets with no spectators, we dealt with a scorched physical and emotional landscape.

In many ways, this past year at the pool reminded me of the controlled prairie fires that happen every Spring here in the Midwest. The earth is black, all the green is gone, and in the short-term, you wonder if anything is going to grow again. In reality, the controlled burn is actually helpful for the long-term health of the prairie. The soil is richer. Invasive plants and weeds along with dead vegetation all get destroyed, and the prairie plants with the deep roots survive the fire and thrive. I'm hopeful that this analogy can be applied to our coaching. As painful as this past year was, we can gain perspective on what parts of our programs we value the most and which parts we could let go of.

A few weeks back, I got together with a group of swim coaches in the Chicago area on a Sunday afternoon to discuss what we learned from coaching during the pandemic. We shared what parts of our training programs essentially had the deepest roots, which components we felt we needed to keep no matter what. We also talked about what parts of our typical training program we were forced to drop, and if some of those may be gone for good. While there was no consensus on what to keep and what to eliminate, it was enlightening to hear what each coach valued and what they could do without.

This past year forced us all to experiment with conditions that greatly restricted how we coach. Now is the time to share what we learned with our fellow coaches. Now is the time to lift the isolation we've felt for the past 15 months. While everyone has their own tolerance level for safely being around others, I encourage you all to share what you learned this past year with those in your coaching community, whether it is an in-person gathering or on a Zoom call. The NISCA Facebook page is a great resource that can provide a platform for those discussions. If you get together with a group, please consider sharing one or two things you took away from that meeting in our Facebook group, or use the group to help carry on the conversations.

Just as we found ways to grow as coaches, and ways to nurture our swimmers, divers and water polo players this past year, NISCA is always looking for ways to grow. I urge you to get involved in **your** professional coach's association. We need your participation and leadership to strengthen NISCA both locally and nationally. Whether it is an educational initiative you'd like to work on or a service project that you did with your team, please share any new ideas with us. If you have an idea that you believe NISCA should hear about, please give me a call or send me an email (see my contact information on this page). Your ideas and opinions matter to us!

I'd like to end with my favorite Vince Lombardi quote: "Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work." It is definitely what makes NISCA work. We look forward to your increased commitment!

I wish you all a great summer.

Tim

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FROM THE EDITOR, Dana Abbott

Greetings and Salutations...

A hearty HOWDY from the Lone Star State from your newest Journal Editor! The ink on the paper is still wet, and there may be a smudge or two, but my goal is to continue to elevate the NISCA Journal, a journey and endeavor that previous editors have consistently and successfully pursued. From working with the venerable, genial, and hardworking Tom Caccia as a proof-reader and occasional sounding board, to the detail-focused and "let's do more" approach of Paul Torno, to the youthful exuberance and "go get 'em" energy of my immediate predecessor, Betsy Hondorf, and now working to assemble news and informational material for "my" first issue, I stand in awe of what they have collectively done before me. Besides adding their own distinctive personal touches, they have raised the bar higher in each successive editorship.

My size 12 flippers are not nearly large enough fill *any* of their shoes. I write three blogs, have multiple Facebook pages, produce a swimming podcast with veteran colleague and friend Bob Button, co-wrote a book and contributed to another with America's most respected and celebrated swimming writer, Chuck Warner, but the sum of ALL that is not adequate preparation to follow in the footsteps of our notable previous editors.

I quickly discovered that "walking a mile in their shoes" sounded good, but the reality is that the road is uphill (both ways), strewn with loose rock, and covered in deep snow. And I'm barefoot. Those of us "in the field", which basically means anyone who is not Tom, Paul, Betsy, or Mike Lane before that, have no idea what dedication, time, and energy, not to mention blood, sweat, and tears, they have put into this publication. My hat is off to them. They built the foundation we enjoy today.

In asking around, I've discovered that not everyone keeps all of their copies of the Journal (although many do, and have bookshelves or filing cabinets filled with them), and that includes me. We may save issues with special meaning to us, but many are given away, often to other coaches or the recycling bin.

When I prepared to start working on this issue I shot off an email to the proprietor of the NISCA Online Store (and our Coaches Education chair), Gregg Anderson, and asked him to gather up whatever extra copies he had in inventory and send them to me STAT. Soon after, two heavy boxes arrived on my doorstep, containing almost 50 issues from 2013-2020, and I immediately got to work looking through them, trying to get a feel and make notes about themes, format, and content. I'm still not done, but I've been reminded of the diverse topics and high level of articles written by our own members, and first-class content submitted or curated from highly reputable sources.

In this issue of the Journal, we are delighted to welcome two new contributors who will be offering their insights into a wide variety of topics in this and future issues. **Aimee Schmitt** has been a speaker at Conference in the past and has some impressive credentials behind her; please find them at the conclusion of her feature article, "**5 Good Reasons to Log Your Season**".

We also are excited to welcome aboard **Dr. Karl Hamouche**, a radiologist currently in residency in Wichita, Kansas, and the author of two excellent books on swimming, "**Swim Coach's Starter Guide**", and "**The Biology of Swimming**", both highly recommended. Dr. Hamouche is also our first *NISCA Journal Medical Consultant*, and we are pleased he has agreed to join the NISCA staff of contributors and content providers.

In this issue we have some new features, hope you like them!

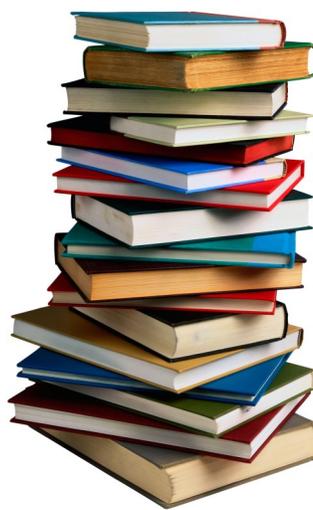
Notes From All Over: Comments and links to items of interest.

Leadership Academy: Articles about leadership, and how coaches and athletes can become better leaders.

Drills: We start off with Master Coach Eddie Reese's fly kicks.

Thoughts to Ponder: Companion to "Quotes For Coaches", these are little nuggets designed to light the fires within.

Recommended Reading: Books, Books, Books!



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Team or swimmer photos? **PHOTOS** in subject line.

NOTES FROM ALL OVER:

Happier and Healthier

Collected by the NISCA Journal Staff

Living With Purpose May Lead to Longer, Happier Lives

Scientists increasingly are finding that some variation of living with purpose, finding meaning in life or just engaging with something larger than yourself --- can be a particularly healthy pursuit. A 2019 study published in JAMA (Journal of the American Medical Association) Network of nearly 7,000 people aged 50+ in the United States was conducted to evaluate whether an association exists between life purpose and mortality among older adults. It discovered that living with a sense of purpose can improve the quality of our later years and even prolong them.

Katherine Ellison, *The Washington Post*

READ MORE HERE: <https://tinyurl.com/yedjxxp5>



The Pygmalion Effect, Revisited

What we achieve, how we think, and how we act, can be influenced by the expectations of those around us. And those around us can be influenced in turn by our expectations of them. What expectations do you have for your athletes/students/family members? *If you expect a dazzling feat, you might just get one. If you expect the worst, you'll probably get it. So... which one?*

Farnham Street Sunday Brain Food newsletter

READ MORE HERE: <https://tinyurl.com/yggj7es8>



What's the Minimum Dose of Training to Stay Fit?

A new review assesses what it takes to maintain endurance and strength when circumstances interfere with your usual training.

Alex Hutchinson, Sweat Science, in *Outside Magazine*

READ MORE HERE: <https://tinyurl.com/yk3hdfpf>



Navy SEALs Use a Technique Called 'Box Breathing' To Relieve Stress and So Can You

Box breathing has received some pretty high-profile praise from health and wellness pros who says it's a useful way to reboot your brain after a year's worth of pandemic stress.

Erin Bunch in *Well and Good*

READ MORE HERE: <https://tinyurl.com/yzzwk4uz>



A 2-Hour Dose of Nature Each Week Could Make You Happier and Healthier

If you're feeling stressed and want to take advantage of the health benefits of spending time in nature—which studies say can reduce depression and anxiety, lower blood pressure, cut the risk of other diseases, and boost creativity and cognitive abilities—you might want to aim for two hours outside a week.

Adele Peters, *Fast Company*

READ MORE HERE: <https://tinyurl.com/yfkch255>



Walking workouts are great for heart, bone, and muscle health – and almost everyone can do it

Walking has clear benefits on keeping our bodies functioning as we get older, improving cardiovascular health, helping lose fat mass and maintain muscle mass, and helping to maintain bone density as well. And these benefits are true for people of all ages. It seems that the more active you are as a young adult can affect overall health and (in rats, at least) bone and muscle physical function in later life.

The Conversation

READ MORE HERE: <https://tinyurl.com/yh4oatg8>

SPOTLIGHT ON OUR MEMBERS:

Tim Sirois, President and Mark Jedow, President-Elect

By Annette Thies, Membership Chair

NISCA has a history of busy coaches taking the helm of this all-volunteer organization. This is never truer than this year with the new President, Tim Sirois and the President-Elect, Mark Jedow. Both have been active in NISCA for several years and many NISCA coaches may have already interacted with them while submitting their All America (AA) applications. They bring a wealth of coaching and volunteer experience along with enthusiasm, and fresh ideas. Both believe their volunteer experiences have added insight and valuable connections to their coaching careers and recommend that NISCA members seriously consider volunteering with our organization. NISCA Journal talks with them about their commitment to NISCA and their plans for the organization in the coming years.

Tim Sirois, 57, has coached 30 years with 19 as Head Coach at Highland Park High School north of Chicago where he also teaches math. Tim's love of the sport began when he was six and swam for a suburban Detroit YMCA. He swam club through high school because his high school didn't have a team. Tim has also coached summer league and started the club team in Highland Park. He has even coached pole vault and high jump, which Tim says, "was a challenge but also a great learning experience." Until last year he coached both high school and club. His high school girls and boy's teams number roughly 40-60 swimmers and divers each season.

NJ: When and why did you join NISCA? I joined early in my high school coaching career. I already belonged to two professional teaching organizations, The Illinois Council for Teachers of Math, and the National Council for Teachers of Math, and felt it was important to be part of a professional coaching organization.

NJ: Why did you decide to volunteer with NISCA? I got an email saying the organization was looking for volunteers and I talked with Arvel McElroy about positions that were open. My four children were older which gave me more time to contribute.

NJ: What volunteer positions have you held in NISCA? In 2015 I assisted Rich Hood with the Boys All America awards. When Rich retired in 2019, I took over for Rich as AA Chair and continue in that position.

NJ: Why did you decide to run for President? I have great admiration for the previous Presidents of NISCA. I coached in the same conference as Mark Onstott and I worked with Rich Hood when he was AA Boys Chair. Rich and others encouraged me to run for the office.

NJ: Do you currently hold other volunteer positions? Have you held other volunteer positions? I currently volunteer as the

Illinois Swimming and Diving Coaches President. In the past I was president of our swim club and have officiated at club meets for over ten years. I started the Highland Park club swim team and volunteered my time as a coach.

NJ: How does volunteering fit with your family life? I feel volunteering is the best way to give back to what I think is important. I got a lot from swimming, so it is natural for me to want to give back to swimming. I've always balanced family and work obligations first and still do the volunteer work that I believe is important. I watched both of my parent's volunteer, my dad as a board member for several organizations. After my mom retired from nursing she volunteered at the hospital and with literary programs.

NJ: What would you say to coaches that are on the fence about volunteering? If you're on the fence and think you want to help then contact me, or anyone on our letterhead (contact information below) to find out how you can use your talents in NISCA. In my experience I believe you will get more out of your association with NISCA than you can imagine.

NJ: What do you hope to accomplish as the new NISCA President? I want NISCA to expand educational and networking opportunities for coaches. This will be done thru improved communications between Zone Directors and state delegates and to the individual members. I want our coaches to feel connected to NISCA's coaching community thru monthly newsletters, social media and our NISCA Journal. We are planning a podcast that will benefit coaches in their day-to-day duties, whether they are new to the profession or a seasoned veteran. I will reach out to state activities associations to find out how we can work together to promote NISCA's awards programs for school's student athletes. My goal is for all members to be more aware of the programs and resources we offer. I also plan to solicit input from our members on how NISCA can support them in their job as well as connect to their peers.

Mark Jedow, 52 started swimming age group at ten years old, swam high school and was a varsity swimmer for Wittenberg University in Ohio. When Mark was asked, at age 15 to help coach the younger kids on his summer league team Mark said he knew “I wanted to be a swim coach and educator.” He has coached for 31 years and is currently in his 13th season as Head Coach for girls and boys at Winston Churchill High School in San Antonio, Texas where he also teaches history. He’s had various teaching and coaching roles in the same school district over the past 25 years. Mark has also held head coaching positions with club teams in San Antonio and Hanover, New Hampshire. Mark is currently learning coaching skills for an official University Scholastic League (UIL) water polo pilot starting fall 2022 . His high school team typically ranges between 60-78 athletes but facility space construction and COVID reduced the squad size the past year.

NJ: When and why did you join NISCA? When I was Assistant Coach in Waterbury, CT the Head Coach, Gary Huckins, encouraged me to join to increase my professional development.

NJ: Why did you decide to volunteer with NISCA? I’ve been involved with the Texas Interscholastic Swimming Coaches Association (TISCA) at various levels over the years and was looking for a new challenge and opportunity to serve the Swimming and Diving community. Also, my District Aquatic Director, David Johnson, encouraged me to pursue these opportunities.

NJ: What volunteer positions have you held in NISCA? . Girls All America Chair, Zone 6 Director, and Para All America Swimming.

NJ: Why did you decide to run for President-Elect? I hadn’t considered it because of my current commitments and other positions within TISCA but fellow NISCA members reached out to me and asked me to consider running for the position.

(continued) On reflection, seeing the organization overcome the COVID challenges, recognizing the support within the organization and believing in NISCA’s mission influenced my decision to pursue the opportunity. This meant I would relinquish my TISCA Region Rep position to a coaching colleague who was interested in getting more involved. NISCA is an amazing group that is 100 percent volunteer. The individuals working in our programs are committed to ensuring we offer the best programming possible for our membership.

NJ: Do you currently hold other volunteer positions? Have you held other volunteer positions in the past? Yes, TISCA UIL Region Rep – just relinquished, TISCA Vice President-current, TISCA Secretary 2018-2020, TISCA 5A Awards – 2000-2002

NJ: How does volunteering fit with your family life? I have an incredibly supportive family and they know it is important for me to be involved in these organizations. My wife, Lynn, is extremely understanding about the time commitment involved. We are both educators and have a love and passion for the kids.

NJ: What would you say to coaches that are on the fence about volunteering? Take the leap. Reach out. “Ask not what NISCA can do for you, ask what you can do for NISCA.” If you have ideas on how to make the organization stronger feel free to contact us. *(Contact information below.)*

NJ: What do you hope to accomplish as the new NISCA President-Elect? My role is to provide Tim Sirois the support he needs as President. We are already updating sponsorship level programs for our various awards and improving communication between Zone and State Directors using a new platform that I’ve been using in Zone 6 communications. As we move away from “COVID” protocols it’s important NISCA continues to work with NFHS and state associations to further coach education and assure coaches are aware of opportunities available for their student athletes in our programs .

Building on their years of volunteer experience in the swimming community Tim and Mark are excited to move NISCA forward over the next three years. Their goals are to provide educational resources, inform coaches and state associations about the All-America programs, recognize coaches through award programs, and to enhance communication between all NISCA coaches across the country. Their goals are ambitious, and these busy men are enthusiastic and ready to move NISCA forward.

If you have questions about or are interested in volunteer opportunities that are available contact Tim , Mark (emails below), or any of the letterhead listed on our website. To find this list go to <https://niscaonline.org> and click the **CONTACT US** tab.



Tim Sirois: president@niscaonline.org



Mark Jedow: pres.elect@niscaonline.org



Athlete Journals and Log Books - An Introduction

"What do Wimbledon Champion Serena Williams, Olympic swimmer Michael Phelps, pro golfer Maverick McNealy, and Olympic skier Mikaela Shiffrin have in common? They all write to improve as athletes.

"Writing advances learning and performance in sports and helps athletes become 'Students of the Game.' "

So begins Rich Kent*, a professor at the University of Maine, on his website AthletesWrite.com. One may ask, *why writing?*

"Writing organizes and clarifies our thoughts. Writing is how we think our way into a subject and make it our own. Writing enables us to find out what we know—and what we don't know—about whatever we're trying to learn."

—William Zinsser (1922-2015), American writer, editor, literary critic, and teacher

Kent continues:

"Sports psychologists have used writing activities with athletes for decades. Many coaches have, too.

"As learning tools, these notebooks and journals serve as a place for athletes to analyze and reflect. They engage seniors and first-year students, all-stars and benchwarmers—in different ways. And that difference is the beauty of such a learning activity. In terms of learning, player development, and communication, writing has the potential to offer a powerful difference for teams and athletes.

"[Writing] can help athletes reduce stress and anxiety, increase self-awareness, sharpen mental skills, and strengthen coping abilities."

"Writing down your feelings in a notebook or journal can help clear out negative thoughts and emotions that keep you feeling stuck. "

—Serena Williams, 23 Grand Slam Titles

And not just athletes. Business people, too. When asked, "What's your most useful work habit?", this hugely successful business mega-star answered simply:

"Notebooks. If I have a meeting with people, I'll take notes... If you don't write it down, you're not going to remember it."

—Sir Richard Branson in *The Wall Street Journal*, May 24, 2021, as reported by Lane Florsheim

Athlete Journals and Log Books - An Introduction, continued...

From *EatSleepSwimCoach.com*:

Many competitive swimmers keep a swimming logbook. However, some swimmers only use their logbook to record their training sets and volumes, [which] can add little value to a swimmer's on-going development. Many top competitive swimmers also keep a swimming journal [to] help them [organize], record and monitor the value-added information such as their thoughts and feelings.

A swimming journal is designed in such a way that information can be easily retrieved, [analyzed] and understood, to help swimmers develop and achieve their swimming ambitions. For example, when recording a training session, journal should ideally detail the following: How did today's training go for them? What was their perceived rate of effort? The things that went well [and the things that] didn't go so well. How did they feel during and after training? What can they improve?

Recording this type of information can be extremely valuable when it comes to [analyzing] the effectiveness of the training. This can help to improve a swimmer's training and competitive performance, and help to set future goals.

From *"The Art of Journaling: the Secret Weapon of the Elite Athlete"*, by Dave Diggle** (www.davediggle.com)

For an athlete or coach, the disciplined and pragmatic habit of keeping a journal can be a vital tool when assessing performance, analyzing strategies and developing an effective structure to their game.

[When] we 'think' something or we 'commit' something to our memory, unless we assign it significant importance, it often becomes lost in the diverse, endless pieces of information and events we store in our minds. So the likelihood of us instantly recalling that specific memory when analyzing or becoming aware of a cognitive pattern that could significantly impact performance is very low.

Detailing each session... each recovery... each thought process... each technique... and so on enables [the athlete] to not only build an accurate picture of how [things] are going, what is and isn't working but also enables [him/her] to pick up on patterns and emotional triggers long before they become an issue. By creating an effective recording process [they] will automatically both search and recall in a specifically designed manner, highlighting both abnormalities and learning efficiencies.

The biggest benefit [for] athletes who journal is the motivational boost it provides. A regular read-through of their journal feeds them with instant feedback on how far they have come in such a short space of time. These chronological markers of success breed greater success.

*[*Richard Kent, Ph.D., professor and director emeritus of the Maine Writing Project at the College of Education and Human Development, University of Maine, has used writing techniques with athletes since the early 1980s. He notes that athletes who journal become more engaged, self-aware and mentally sharp, less stressed and better able to cope both on the mat and off. "It's wildly interesting that athletes, when given opportunity and guidance, explore their own thinking and gain knowledge of their sport," says Kent, who is also author of Writing on the Bus.]*

*[**Dave Diggle is a veteran of the sporting arena with over 40 years of competitive and hands-on experience at the top level. After representing Great Britain as an International Gymnast Dave channeled his passion into the next generation of elite performers. With a background as a high-performance coach, Dave turned his attention to the mental performance and psychological battles coaches, athletes and their support networks face in today's competitive environment.]*



5 Good Reasons to Log Your Season

by Aimee Schmitt



5 Good Reasons to log your season

“I think most of us would agree that having access to data is important, but many times we may fall short of setting a priority to collect it. The data that may seem to be insignificant today could be the very thing that protects us tomorrow.” Is this a coach talking about the finer details of a swim season?

Amazingly this quote comes from an article on the importance of logging in the workplace.

A simple search of the “importance of logging” will show you that keeping a record is important to many fields of business and activities. A logbook is defined in boating as “a record of important events in the management, operation, and navigation of a ship.”

Similarly, your swim season will benefit from a logbook to record not only important events but in the daily management and operations and navigation of your goals for that swim season.

5 simple reasons to have a log.

1. Memories fade.

You know you put in the work. Every day you practice. But at the end of the season what do you have to show for that but faded recollections of what seemed like a long season. Truth is, memories of specifics fade almost the instant you exit the pool. Taking just 5-minutes to write down small specific things about

your practice will help you notice patterns of success, or patterns that need addressing.

Specifics that only take a moment to record:

-How much work? Write down just total yardage.

-What did the work look like? Describe 1-5 how hard the practice was.

-How did you feel your effort was? Describe what you felt your effort was.

-Anything stand out? Describe one improvement or one area you need to focus still.

2. Accountability.

Your routine creates your results.

Recording your journey holds you accountable to the work. When you have a consistent record, you can begin to see patterns—are you consistently at practices? Are you consistently late? Do you notice you feel great at one time but not at others? When you take notes after meets you can hold yourself accountable to make positive changes at the next competition, like change how you warm up, swim your race, sleep, eat, etc.

3. Visualization.

Your plan becomes real.

In a recent New York Times article on Katie Ledecky, she mentions how she had used goal-setting and mental imagery to win her gold medals (<https://www.nytimes.com/2017/06/29/sports/katie-ledecky-chris-olmstead-swimming.html>). This has been a proven fact over the decades with many of the greatest performers in history sharing of how they visualized every aspect of their performance before they did it. Success was a pre-planned visualization, not left up to chance.

Use a logbook to review your optimal race performance in your mind. Review notes about the actual race pool conditions (cold water, where the bathrooms are, etc.), so you can prepare yourself to know what the lay of the land is before racing. Write down and review race splits to prepare the mind to view them as possible. The brain cannot differentiate what is visualized from reality and this prepares you to perform.

4. Motivation.

Give yourself 1-5 stars.

All swimmers describe practice as hard. So why go? Because you are motivated to _____. You fill in the blank. What is your motivation? Logging helps you hone in to that motivation. If it is to go fast...then what helps you go fast? Is your motivation a time? An event? Improvement? Logging helps you find out. When you see a pattern of certain hard work adding up to your goal—that motivates you to do more. Suddenly practice becomes a deliberate equation you are willing to participate in. Write down any and all progressions towards your goal. **“Today I _____.”** Example: *“Today I held my goal split in this set.”* Takes 5 seconds to record, and you have the ability to be motivated by it for a lifetime.

5. History. Seasons. Careers.

The concept of history is often lost on those who are in the process of making it. We wouldn't have a sense of history if events were not recorded. Swimmers who log their practices or make notes on their season have a tangible record of all their work during that time of their lives. There will come a point where you will not longer be putting in the same work you are currently. Logging is a personal record of history for you to value. A coach recently posted on Instagram that "The average high school swimmer swims 1 million strokes per season." That is a lot of strokes. That is a lot of personal history. How do you package that? Are they all meaningless strokes/laps/yards? I think not, or you wouldn't willingly participate in them. It doesn't have to just disappear, it can have meaning that carries over into another season or another chapter of your life if it is recorded in even a simple way. *Having a personal history of the workload becomes a reward in itself.* You also have the benefit of passing it down or using it later with perspective. Log yardage—at the bare minimum—just logging the distance you go each day will provide you with a simple sense of accomplishment.

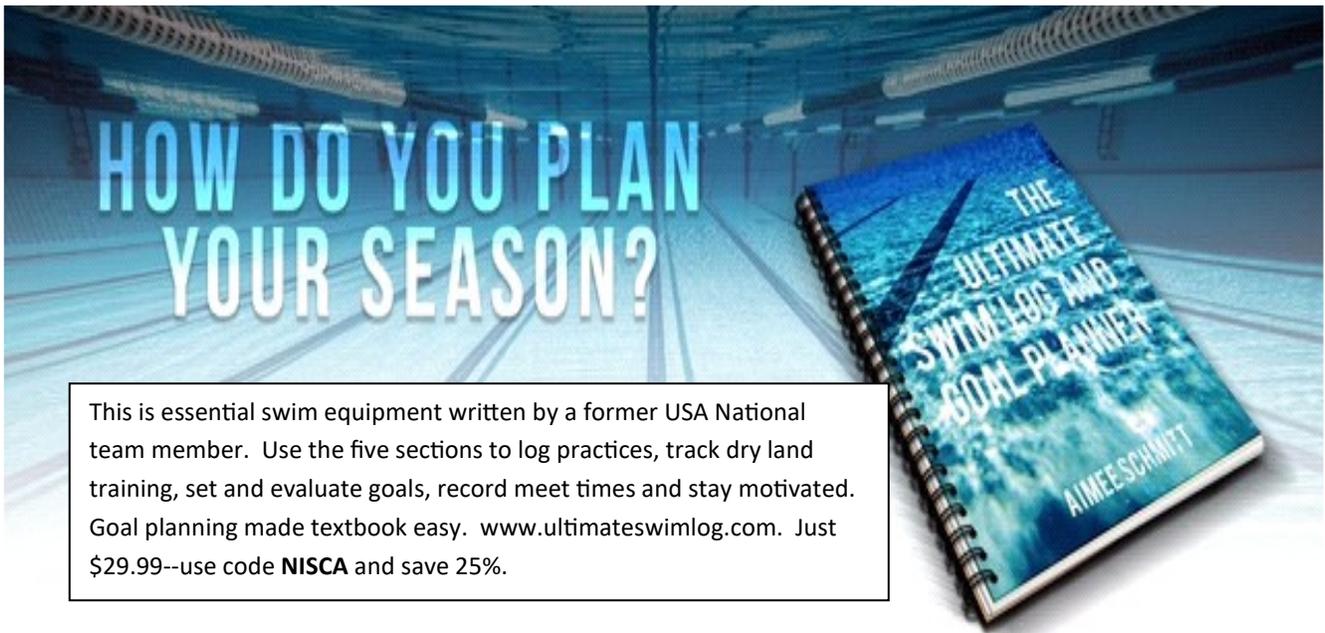
[Editor's note: While this article is directed primarily at athletes, it has application to coaches, and will help coaches in explaining the importance and impact of an athlete's personal journals and log books.]

About the Author:

Aimee Schmitt began her swimming career at the age of seven on the Naval Station Guam Dolphins Swim Team. After being awarded "Most Improved" that first summer, she was hooked on swimming and continued to excel. She went on to set an Ohio High School State record in the 50 free (that stood for 20 years) and also became a decorated All-American swimmer at Stanford University where she helped lead the Cardinal to an NCAA National Title in 1989. Her favorite swimming highlights include making select USA National Teams; winning a silver medal as a member of the women's 4 x 100m relay at World Championships; competing at 3 Olympic Trials; and being a part of 3 American Record relay teams at Stanford. She has been an active USA Swimming certified coach and instructor for the past 20 years at all levels of the sport including lessons, clinics, camps, club teams, and high school teams. Her expertise is teaching correct stroke techniques and motivating young swimmers to reach their goals to become more efficient and faster swimmers.

Aimee was encouraged at a young age to set goals and is grateful for the role her coaches had in inspiring her to dream big and visualize her goals as a reality. She still has a water-stained and tattered spiral notebook that served as her "goal" notes from her swimming years. Ultimately this is what led Aimee to create a specific goal planner that could become a keepsake for swimmers.

Married to former USA Swimming National Team member and Division 1 collegiate coach, Adam Schmitt, they currently reside in a small Texas town with their daughters and 3 cats.

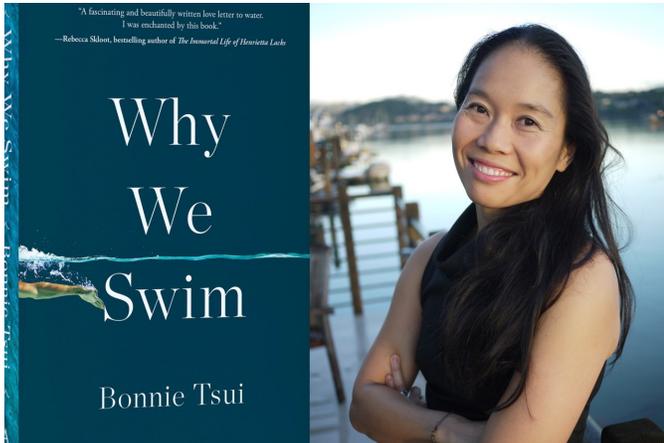


This is essential swim equipment written by a former USA National team member. Use the five sections to log practices, track dry land training, set and evaluate goals, record meet times and stay motivated. Goal planning made textbook easy. www.ultimateswimlog.com. Just \$29.99--use code **NISCA** and save 25%.

BOOK REVIEW:

Why We Swim, by Bonnie Tsui

Reviewed by Annette Theis, NISCA Membership Chair and Journal Staff



This book is packed with so much information related to swimming and water that I don't know where to begin. So, I'll begin with Ms. Tsui's words "This book is an investigation of what seduces us to water, despite its dangers, and why we come back to it again and again." It's also a tribute to her love of water and its impact on her life. Throughout the book, rich with research, Ms. Tsui connects us to swimmers around the world. She tells her story through five sections that explain why we swim: survival, well being, community, competition, and flow. Ms. Tsui, a lifelong swimmer is a best-selling author whose love of literature is evidenced by the epigraphs at the beginning of each section and the references throughout the book to poems, songs, and stories written by the likes of Oliver Sacks, Pablo Neruda, and Loudoun Wainwright III.

We learn that Dutch children are required to pass a swimming test fully clothed with their shoes on and that Iceland is one of the world's leaders in swimming pools per capita. Ms. Tsui travels to Iceland to interview Guðlaugur Friðþórsson, an Icelandic fisherman who survived six hours in 41 °F water after his fishing trawler capsized in 1984. He was the only crew member to survive, and his survival made him a celebrity around the world. He would come to be called "the human seal". Ms. Tsui travels to Iceland to interview Guðlaugur and plans her visit so she can swim in the annual 6K swim held to honor him. While there she learns that Icelanders swim to survive the long dark winter. In her words, "Swimming can enable survival in ways beyond the physical."

Next, she's swimming in the San Francisco Bay where Ms. Tsui meets Kim Chambers who currently holds multiple distance swimming records. Chambers didn't start swimming until after an accident where she almost lost her leg that resulted in severe nerve damage and immobility. After two years of endless doctors' visits, physical therapy and other treatments Chambers made herself go to the pool. Eventually she began to swim in the San Francisco Bay and that's when she noticed a marked improvement in her leg. Through Chamber's story Ms. Tsui educates the reader about the latest research on the benefits of water; how cold water improves the vascular system, the meditative benefits, deep breathing re-

search, and the effects of warm water on arthritis. Encouraged by the research in cold-water swimming Tsui decides to forgo the wetsuit on her next bay swim (average temperature 60 degrees). Exhilarated at the end of the swim she asks herself, "Why did I do it?" I realized it's because I want to knock on heaven's door and have a chat with the devil, too."

Ms. Tsui tells us "swimming stripped people down to their bare elements" in Baghdad where cultural attaché Jay Taylor started a swim team that practiced in a pool built for Saddam Hussein. It began with him teaching one co-worker to swim. Eventually swimmers from several countries wanted to learn and soon he had a diverse team, a mini-United Nations, who formed community in the pool. Tsui goes on to familiarize the reader with a history of pools in America, a time when some communities were excluded, and shows us how easy swimmers' cross artificial boundaries to form community when they swim.

When looking at competition she questions how we define competition. Is it longest, coldest, deepest, fastest? Ms. Tsui visits swimming milestones from it's beginning as a wartime art, to the Olympics, the founding of the Women's Swimming Association in New York in 1917 and finally to our current slate of Olympic swimmers. The reader learns about *Nihon eiho*, a classical Japanese swimming martial art competition grace and elegance that predates synchronized swimming.

The Hungarian psychologist Mihaly Csikszentmihalyi explains flow as "the state in which people are so involved in an activity that nothing else seems to matter." Ms. Tsui expands that definition to swimming and says, "when it comes to swimming, we can understand flow to mean not just the expansive, timeless state of being that Csikszentmihalyi defined but also the flood of thoughts that swimming enables, and the connection we have to each other and to the planet we inhabit."

I've recommended Ms. Tsui's book to all swimming contemporaries. I'm giving it to my friends that have always asked why I swim. Why? Because she articulates our relationship to the water feel and its importance in all our lives. And, because she writes beautiful prose like this, "To live deliberately as a swimmer means that you are a seeker: a chaser of the ocean's blue corduroy, a follower of river veins."



BOOK REVIEW: Why We Swim, by Bonnie Tsui, continued...

Note: Here are a few of the stories and writings Ms. Tsui references in her book.

The Swimming Song by Loudon Wainwright III

I will Always Inhabit the Water by Lidia Yuknavitch

Morning Swim by Maxine Kumin

Swimming Chenango Lake by Charles Tomlinson

Water Babies, Oliver Sacks New Yorker article

Poem #9, form Twenty Love Poem and a Song of Despair by Pablo Neruda



from “Talent Is Never Enough” by John C. Maxwell

1. Everyone has talent.
2. Develop the talent you have, not the one you want.
3. **Anyone can make choices that will add value to their talent.**

“The key choices you make - apart from the natural talent you already have - will set you apart from others who have talent alone.”

13 key choices that can be made to maximize any person’s talent:

1. Belief **lifts** your talent.
2. Passion **energizes** your talent.
3. Initiative **activates** your talent.
4. Focus **directs** your talent.
5. Preparation **positions** your talent.
6. Practice **sharpens** your talent.
7. Perseverance **sustains** your talent.
8. Courage **tests** your talent.
9. Teachability **expands** your talent.
10. Character **protects** your talent.
11. Relationships **influence** your talent.
12. Responsibility **strengthens** your talent.
13. Teamwork **multiplies** your talent.

The NISCA Leadership Academy, Volume I, Number 1

By Journal Staff

The idea for a NISCA Leadership School was discussed in-house off and on for a few years after initially being proposed by current Marketing and Outreach Coordinator Arvel McElroy. The idea that NISCA should develop a means of preparing and mentoring promising active and younger members to take the reins of various NISCA programs in future years was sound. A yearly Leadership track was considered that could be added to the speaker and workshop tracks that used to populate the daily meeting schedules at the NISCA Annual General Meeting (Conference). But as the NCAA Championship Meet added events, changed the daily prelims and finals schedules, and eventually added a fourth day to the meet, the time available to do much of anything in education-track format at Conference was whittled away. The challenges of implementing such a program with increasing limitations on available hours kept the initiative in a state of perpetual postponement.

With the further challenges impacting the 2020 and 2021 NISCA Conference caused by the pandemic, we decided to take a different approach to not just developing potential leadership for NISCA, but addressing and developing leadership in two other aspects, that of our coaches **and** that of our athletes.

The world keeps changing and sometimes at a pace and intensity very few could have imagined, much less foreseen. Our objectives remain similar, but the mission parameters have changed. What can we do to try stay a step ahead if we *can*?

We start off in this edition of **LEADERSHIP ACADEMY** with a look at what a leader is and what qualities and traits constitute a good leader. First, no one is a "born leader." Leaders are made and developed, whether intentionally or not. And while a good leader can be a good manager, a good manager does not necessarily make a good leader. There are similarities, but there are also differences. And there are LOTS of lists!

"Management is doing things right; leadership is doing the right things."-Peter Drucker

"People ask the difference between a leader and a boss. The leader leads, and the boss drives."

-Theodore Roosevelt

"If you treat a man as he is, he will remain as he is; if you treat a man as he ought to be and could be, he will become as he ought to be and could be."

-Johann Wolfgang von Goethe

Lifehack.org has grown from a small blog to a global platform dedicated to help people overcome obstacles in their lives and turn them into opportunities. In a recent column titled "What Makes a Good Leader: 9 Critical Leadership Qualities", Tegan Jones writes, *"Good leadership is about acquiring and honing specific skills. Leadership skills enable you to be a role model for a team in any environment. With great leadership qualities, successful leaders come in all shapes and sizes: in the home, at school, or in the workplace."* Following is a partial list of the

many characteristics great leaders exhibit.

1. A Positive Attitude

Great leaders know that they won't have a happy and motivated team unless they themselves exhibit a positive attitude. This can be done by remaining positive when things go wrong and by creating a relaxed and happy atmosphere in the workplace.

2. Confidence

All great leaders have to exhibit an air of confidence if they're going to succeed. [Don't] confuse this with self-satisfaction and arrogance. You want people to look up to you for inspiration.

3. A Sense of Humor

It's imperative for any kind of leader to have a sense of humor, particularly when things go wrong. And they will.

4. Ability to Embrace Failure

No matter how hard you try to avoid it, failures will happen; that's okay. You just need to know how to deal with them.

Great leaders take them in strides. They remain calm and logically think through the situation and utilize their resources.

5. Careful Listening and Feedback

Good communication skills are essential for a great leader. The best leaders need to be able to communicate clearly with the people around them. They also need to be able to interpret other people properly and not take what they say personally.

6. *Knowing How and When to Delegate*

No matter how much you might want to, you can't actually do everything yourself. Delegating to others shows that you have confidence in their abilities, which subsequently results in higher morale in the workplace, as well as loyalty from your staff. They want to feel appreciated and trusted.

7. *Responsibility*

Great leaders know that when it comes to their company, workplace or whatever situation they're in, they need to take personal responsibility for failure. The best leaders don't make excuses; they take the blame and then work out how to fix the problem as soon as possible. This proves that they're trustworthy and possess integrity.

Read more: <https://tinyurl.com/yz6z67nu>

Forbes Magazine writer Kimberly Fries, in an article titled "8 Essential Qualities That Define Great Leadership", lists these traits:

1. Sincere enthusiasm
2. Integrity
3. Great communication skills
4. Loyalty
5. Decisiveness
6. Managerial competence
7. Empowerment
8. Charisma

She concludes: "Every one of these qualities is absolutely essential to great leadership. Without them, leaders cannot live up to their full potential. As a result, their employees will never perform as well as they can either. Because of this, organizations must learn the best ways to identify and also to develop these necessary traits in existing and emerging leaders."

Read more: <https://tinyurl.com/yhmxund3>

Top 10 Characteristics Executive Managers Most Admire in a Leader—*Secrets of Executive Success*, Rodale Press

1. Honest
2. Competent
3. Forward-looking
4. Inspiring
5. Intelligent
6. Fair-minded
7. Broad-minded
8. Courageous
9. Straightforward
10. Imaginative

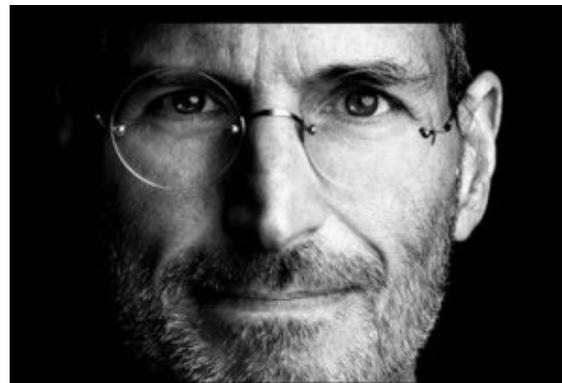
The speed of the pack is determined by the speed of the leader.

Lee Iacocca's Nine Cs of Leadership

- CURIOSITY
- CREATIVITY
- COMMUNICATION
- CHARACTER
- COURAGE
- CONVICTION
- CHARISMA
- COMPETENCE
- COMMON SENSE

Where Have All The Leaders Gone? – Lee Iacocca, 2007

"Management is about persuading people to do things they do not want to do, while leadership is about inspiring people to do things they never thought they could."—Steve Jobs



**"The ones who are
CRAZY ENOUGH
to think that they CAN
Change The World,
are the ones
who DO."
~ Steve Jobs**

12 Stages of a Hero's (Swimmer's) Journey by Karl Hamouche, M.D.

Adapted from Christopher Vogler's *12 Stages of a Hero's Journey*, who adapted it from Joseph Campbell's 17 Stages in *The Hero with a Thousand Faces*, an outline of how all mythology and hero journeys are based on this sequence called the **Monomyth**... aka the story of humans.

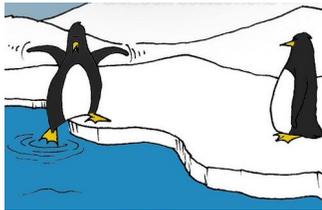


1. Status Quo

There you are, just a regular kid... a land dweller. You probably did "team sports" and things with a ball. The only time you ever hit the water was at the Rec or for a shower. This is your world, the ordinary world and you have never known any different.

2. Call to Adventure

You ask your friend to come over and stay the night to play video games, but they reply with "Can't, I got swim practice." They've said that before, but this time it's different because they follow up with "Wanna join me at practice?"



3. Refusal of the Call

Practice? At six in the morning? ON A SATURDAY!?! Yeah right... maybe next time. I like my sleep, my time, and my land activities. Why would I ever give that up to jump into freezing water two hours before the sun comes up and force myself to hold my breath constantly while I use every muscle in my body... no thanks.

4. Meeting the Mentor

For some reason PE class is at the pool and you have to go back and forth... back and forth. Boring, but easy enough. After class on the way to the locker the teacher, who is also the swim team coach, stops you and says "You have some good feel for the water (whatever that means) and a lot of potential. If you want that potential to mean something you need a teacher... a team. Practice, tomorrow, be there."



5. Crossing the Threshold



You never refuse a dare or a challenge, so you are here at the pool for your first practice. Everyone seems to have a lot of stuff with them: goggles, caps, fins... You didn't bring any of that. But the team hands you what you need, teaches you how to read a clock and swim in a circle. And for the first time you jump into the pool as a swimmer, into the special world of clocks and water.

6. Trials

At first, you were at the end of the lane behind all the other swimmers. But you didn't quit because every day you got better (and the friends weren't so bad either). Soon, you were leading your lane. Soon after you were leading your heat. And after a season of training, racing and making friends and enemies... the time had come to face your biggest challenge.



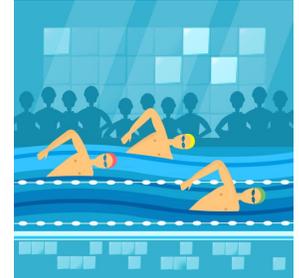


7. The Approach

The big meet was just a few weeks away and taper had begun. Throughout the season you had never felt so tired and hungry so constantly. But now that the resting had begun, you can feel your body and mind get sharper... it's time to race!

8. The Ordeal

Four days of prelims and finals, what kind of swim meet is this!? It is the most grueling event you have ever done, but your body is staying strong and performing beyond your expectations. The coach, your team and your self are beyond impressed with the results and everyone is killing it!



9. The Reward

After the meet, you discover this was just a stepping stone swim meet and that you actually made cut times for the next level! On top of that, you get some mail from college programs around the country asking you to swim for them. Coach is proud and says "I saw all this from the beginning, of course."

10. The Return

You return to the pool, except this time it's a new team and a new season. By now, the season is familiar to you: Train, taper, race, win. But this season is different. Injury plagues you, school is overwhelming and even though you did everything right and tried your best, the end of the season results in you losing. Not only losing, but you don't even go a best time!



11. Resurrection

You never quit though; you've learned that much from the water. You slug out a few more years training, a couple best times here and there, but for the most part your swimming career is over and it's time to become a swimmer, to return to the ordinary world of land dwellers.

12. Resolution

Years later you have a successful career based on the lessons you learned from the pool: dedication, toughness, even ingenuity. All of a sudden, your local club has a vacancy, and they need a coach. They need you and your experience.



Dr. Karl Hamouche is the founder of **Swim Smart** and **Fog-X**, author of *The Biology of Swimming* and *Swim Coach's Starter Guide*. He moved to Iowa from Lebanon when he was 12 years old, joined the local swim team, and instantly was part of a family in a place 8,000 miles away from home. Years later, he ended up coaching for that same team, expanding it by starting a new satellite, and helping them win their first club state title.



Karl studied biology and exercise science at Iowa State University and received his medical degree at the University of Iowa. With his coaching and swimming background, Karl is the intersection of theory and practice, the book and the real world. He joins the NISCA Journal staff as its first medical consultant.

He was an assistant and satellite head coach with ACAC-Ames Cyclone Aquatic Club, a USA-Swimming Silver Medal club in central Iowa, and is currently a radiology resident in Wichita, Kansas. Karl still swims almost everyday and competes multiple times a year. His daily interaction with the water gives him new ideas and insights into how we can all help to improve our swimming. He loves to put his medical knowledge into swimming terms to help coaches gain the ability to build their athlete's trust!



Swim Coach's Starter Guide

Creating a team *everyone*
wants to be on!

by Dr. Karl Hamouche
and Coach Mike Peterson

There is a big (and often unseen) gap between being a swimmer/swammer and a swim coach.

This book aims to close the gap!

Get your copy at

www.swimsmarttoday.com

Families, Schools, Sports: Early Experiences Influence Later Success

By Journal Staff

What happens in their early life experiences may have a huge effect on children later in life. Whether it's in school or in sports, perhaps a good beginning leads to a better ending. The following excerpts may change the way we need to think about the importance of how children are prepared for their futures.

In the book *"Best Self: Be You, Only Better"* by Mike Bayer (Dey Street Books, 2019), Mr. Bayer (aka "Coach Mike") says this:

"When you were born, you arrived with some innate traits that distinguish you from others. you carry specific genes that you received from your parents... [Your] DNA is only part of the story of you, and a small part at that.

"Our stories begin at a very young age, despite the powerlessness we have to control what and who is around us in that stage of our lives. Children are blank slates. And in those early years, our parents and others write on those slates for us.

"We have no choice in how we are raised. We're all born into a family system of some kind. The core family dynamics vary widely, and there are fundamental values within family systems that may or may not match up with our own, individual values... [Much] of the early shaping of our personality occurs as a result of the family dynamic in which we are raised. Most of us attend school or group activities that begin to teach us how to socialize. We develop hobbies.

We learn in school the importance of a general education, but then later in life, many of us seem to disconnect from the idea of learning and just settle for the knowledge we've already attained. I believe many of us cease yearning for new information because we may have felt forced to learn things we found to be useless later in life, and as a result experience a level of disenchantment."

(Substitute the concept of "family" and "school" with our own views about participating and learning about a sport, then read on.)

A May 2021 study published by the National Bureau Of Economic Research has suggested that preschool helps children become more successful adults, and looked at how early childhood experiences influence later life. The researchers looked at both the short- and the long-term effects of a big public preschool program and analyzed the school records of over 4,000 students.

The results showed that public preschool enrollment boosts post-secondary and college preparatory outcomes. Students experienced fewer disciplinary incidents in high school, take the SAT and graduate high school at higher rates, and are more likely to enroll in college.

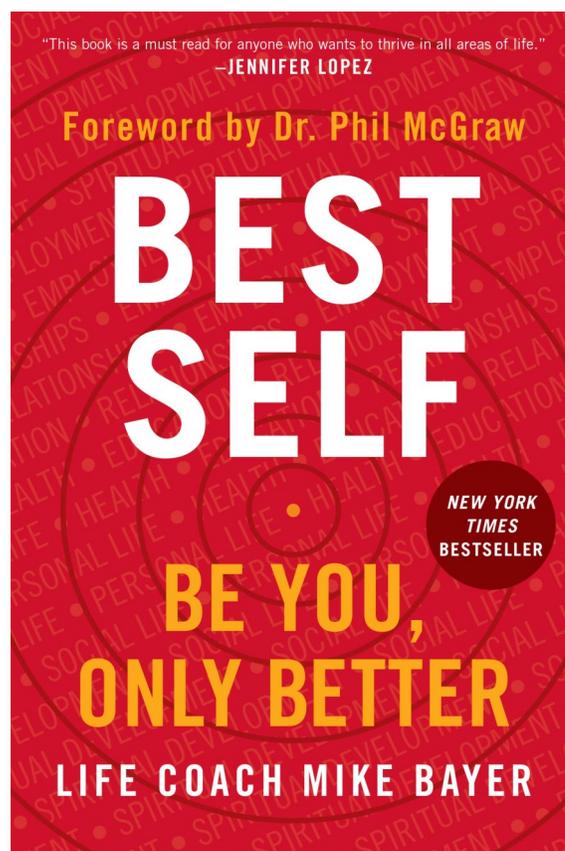
The results conclusively showed that public preschool is one of the best investments a government can make. In reporting on this in *The Wall Street Journal* on May 29/30, Alison Gopnik noted that the results *"...are also puzzling. You'd have thought that*

preschool would have immediate effects on elementary school performance, influence high school and so on, with each step leading to the next. Instead, we seem to see 'sleeper' effects on things like motivation and perseverance."

She continues: *"Maybe 'preschool' is a misnomer -- the programs don't work because they teach specific school skills. Instead, the crucial ingredients may be caring adults and a chance to play--fundamental parts of good early childhood programs, large or small, private or public. Other research suggests that care and play don't make you better at doing any one particular thing. Instead, they make you more robust and resilient, better able to deal with the unexpected twists and turns of fate. And, ultimately, that may be the best path to success."*

We have read in these Journal pages before and have heard our best coaches tell us over and over that it's not just swimming skills that the best coaches are teaching --- it's also the skills of Life. Think about it. - *Editor*

"Best Self: Be You, Only Better" by Mike Bayer (Dey Street Books, 2019), is available at Amazon (ISBN 9780062911742).



DRILLS:

Eddie Reese: Butterfly Kicking Drills

from a poolside conversation

“Fly kick is very important, particularly in a 25-yard pool.”

1. We do a lot of repeats where the first 25 is underwater fly kick, or the last 25 if it's a 50 or a 100 or a 150, and we put them underwater just to teach them to control their breath. For younger age groups you can have them come up half-way off the wall. A fly kick is very important, and for some people it's a little more difficult on the stomach than on the back.



2. 6-seconds vertical fly kick, hands on your shoulders, because the vertical fly kick is where you get the frequency, or speed of kick. From the side you can see it better. [You don't want to see] a whole lot of knee-bend. This is a drill we use to strengthen the abdominals and the quadriceps.

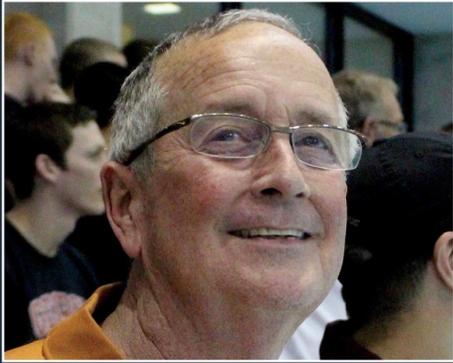


3. Kick 5 to 8 [kicks] off the wall, streamline position, [then] pull the hands to the sides, and [continue to] do the fly kick. The hands at the sides allow for easier body undulation. It's much better for beginners, it's a great way to start the kick. It's always more difficult when you lock your hands over your head and streamline. [But] that is where they need to get, eventually.



4. When we kick with a board, fly kick, sometimes we kick easier than other [times], but when we kick 25s and 50s, we expect it to be very very fast, very very high kick rate (tempo). I believe this is a very important aid in improving the fly kick. If I want someone to do it better, I wouldn't let them bend their knees as much as some of them do. Try to make a [smaller] kick, so they don't feel their feet on top of the water as much. That means they're more streamlined and kicking more in the right place. Usually if they feel their feet on the water, they're kicking too big.





EDDIE — REESE —

COACHING SWIMMING, TEACHING LIFE



CHUCK WARNER

with Dana Abbott

Available ***NOW*** in
the NISCA STORE

www.niscaonline.org

EDDIE REESE

**COACHING SWIMMING,
TEACHING LIFE**

BY CHUCK WARNER

WITH DANA ABBOTT

[Excerpt from book, on **Leadership**]

The word "leadership", especially in coaching, can bring to mind a commanding figure pushing the group forward. Eddie Reese is not that type of leader. His combination of kindness, high moral character, and striving for excellence signals team embers and staff alike to find similar qualities in themselves. He models a standard and then constantly and selflessly coaches everyone around him, nurturing them to likewise develop those qualities, embrace them, and let them shine.

Eddie Reese's enthusiasm for engaging those around him in the process of swimming faster motivates nearly all his athletes. Athletes who lose their passion for improving and can't rekindle it, even with the help of a coach, are probably not suitable for an Eddie Reese team. If a swimmer is all-in, Eddie's all-in. And whether you are an athlete or a staff member of an Eddie Reese-coached team, his desire to support you knows no limit.

Coach Reese's leadership qualities include an internal persistence of striving for excellence. And he has the confidence that over time, by doing the right thing, his athletes and teams will be successful in reaching it.

***No printed word, nor spoken plea can teach young minds what they should be.
Not all the books on all the shelves - but what the teachers are themselves.***

-Rudyard Kipling

LATEST NEWS:

Silver Lining in the Dark Pandemic Cloud?

Courtesy of The Wall Street Journal

As reported by Laine Iggins and Louise Rafnowsky

The disappointments and negative impact the pandemic had on many swimming programs the last 15 months has had an unexpected silver lining for some.

NISCA All Americans Claire Curzan (Cardinal Gibbons, Raleigh, NC) and Torri Huske (Yorktown, Arlington, VA) are swimming in Olympic Trials the first two weeks in June, and were featured in a recent article about some USA Olympic hopefuls in The Wall Street Journal.

Only 16 years old, Clare Curzan (AA in 50y free-12th, 100y butterfly-1st, 100y back-3rd) *"has shaved seconds off of her races in the 15 months since the coronavirus pandemic shut down pools across the country,"* wrote Laine Iggins and Louise Radnofsky on June 8.

18-year-old Torri Huske (AA in 200y free-5, 200y IM-7, 50y free-2, 100y fly-2, 100y free-2) and Curzan both *"doubled down on strength workouts and cardiovascular cross training. Curzan upped her dry-land regimen and tagged along with her mother on runs; Huske lifted weights and spent nearly three hours per day alternating between a rowing machine and stationary bike in her basement. As a result, they both got stronger."*

"[Lots] of dryland work has really helped so I don't die over the course of the 100m," said Curzan.

She lowered her best 100m fly time of 58.00 from March 2020 to 56.20 in April. Not only was her new personal best the third-fastest time in the world this year, she swam it without a taper. Huske had a similarly meteoric improvement. Her butterfly fell to 56.69 from 57.48, and she saw even bigger gains in freestyle.

She lowered her 50m free time by almost one second to 24.44 and became the fastest American 100m freestyler in 2021 with an unrested time of 53.46 in April, 1.06 seconds faster than she swam before the pandemic. Since 2019, only Manuel and fellow Olympian Abbey Weitzeil have posted faster times.

"The weightlifting has made a big difference just strength wise. I'm a lot stronger now and I'm able to be more competitive in the freestyle," said Huske.

With six events on her schedule in Omaha, Huske could race up to 18 times during the seven-day Olympic trials meet. That's significantly more swimming than she would have done had the meet proceeded in 2020.

If both teenagers had an outside shot of making the eight-woman final in the 100m fly in 2020, let alone the Olympic team, they're now the favorites to represent the U.S. in that event in 2021.

That could mean a spot on the women's 400m medley relay or the 400m mixed medley relay, a new event in 2021.

Curzan and Huske are also in the mix to swim on Team USA's freestyle relays should they finish sixth or better in the 100m or 200m free.

* * * * *

*Has anything similar happened with YOUR athletes?
Write us and share: journal@niscaonline.org*



Champion HS (Boerne, TX)

UIL 5A

200 freestyle relay State Champions

400 freestyle relay Bronze Medalists

Paige Clark

Tess Ziemba

Regan Garcia

Payton Brehmer

News From ISHOF - The International Swimming Hall of Fame

(Reprinted and edited with permission)

The International Swimming Hall of Fame wants to know if you are *One in a Thousand*? We think you are! Show how special you are and become a member of the International Swimming Hall of Fame's "One In A Thousand" Club. Help keep the International Swimming Hall of Fame moving forward toward a new vision and museum by joining now!

During these unprecedented times, the ISHOF Board is calling on every member in the aquatic community to make a small monthly commitment of support to show how special you are and how special the International Swimming Hall of Fame is to everyone.

"Our goal is simple. If we get 1,000 people to simply commit \$10, \$25 or \$50 per month, we will generate enough revenue to go beyond this Covid-19 Pandemic Crisis." –**Bill Kent**, Chairman of the ISHOF Board

"Those that believe in our vision, mission, and goals can join us in taking ISHOF into the future and be a part of aquatic history." –**Brent Rutemiller**, CEO and President of ISHOF

Since 1965, ISHOF has been the global focal point for recording and sharing the history of aquatics, promoting swimming as an essential life-skill, and developing educational programs and events related to water sports. ISHOF's vision for the future is to build a new museum and expand its reach by offering its museum artifacts digitally through a redesigned website.

The ISHOF Board of Directors is calling on all members of the aquatics community to make a small monthly commitment to show their dedication to aquatics and how special the International Swimming Hall of Fame is to everyone.

NISCA Journal Editor **Dana Abbott** has joined ISHOF's One in a Thousand campaign, designed to help the Hall of Fame prosper during the COVID pandemic.

"I've been involved either as a competitor or a coach since the Hall of Fame opened in 1965. I'm originally from Miami so I used to swim in a lot of meets and played a lot of water polo at the Hall of Fame pool when I was in high school. When I got to college, we would come down for the College Coach's Swim Forum for a week, train three times a day long course and swim in the ocean in between, barely enough time to eat and sleep. I've been deeply involved with NISCA for many years, we have all of our trophies and awards down there in the ISHOF Museum and it is just a natural thing and easy way, if enough people got involved, to help support the Hall of Fame financially. I'm glad to do it and I'm glad the idea came about in the first place."

Abbott is part-time coaching in the Houston area with Katy Aquatics now, had been at Katy High School for 25 years and at St. John XXIII College Preparatory for 12 years after his stint at Katy. He was president of NISCA twice and has been instrumental in expanding the NISCA membership program overseas with a new international high school coaches membership initiative.

"If my mom knew all of this, she would say it's probably enough to keep me out of trouble for the time being. I've been in leadership positions for many years and I enjoy doing it. It's hard to step back. Some day I probably will. But right now I am staying busy and really pleased Brent (Rutemiller) came up with this idea, the One in a Thousand Club. I encourage all NISCA members to consider doing so with me."



RECOMMENDATIONS:

Books We Think You'd Like

Suggestions From Outreach Coordinator Arvel McElroy

Books to motivate swimmers *(overcoming obstacles, etc.)*

The Boys in the Boat, by Daniel James Brown

Working class boys form a Crew Team and compete in the 1936 Olympics

Stotan! by Chris Crutcher

Friends undergo grueling physical and emotional test to form a swimming team

Six Days to Swim - A Biography of Jeff Farrell, by Jean M. Henning

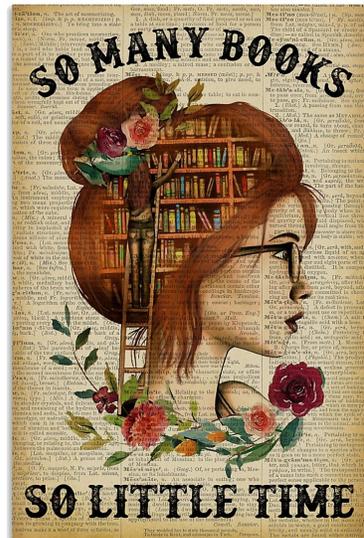
American recordholder facing physical challenges to make the Rome Olympic team

Swimming to Antarctica, by Lynne Cox

Lynne Cox's challenges to swim the major distances of the world

The Three-Year Swim Club, by Julie Checkoway

The true story of a remarkable swimming team in the late 1930's



Books to motivate and teach about leadership and coaching

InSideOut Coaching, by Joe Ehrmann

Sum it Up, by Pat Summitt with Sally Jenkins

Coach Wooden's Leadership Game Plan for Success, by John Wooden and Steve Jamison

The Few and the Proud, by Larry Smith

Developing a Positive Coaching Legacy, by Bruce Brown

The Team Captain's Leadership Manual, by Jeff Janssen

The Art of War, by Sun Tzu; 2008 ASCA talk based on *The Art of War* by Mark Onstott



FEATURE:

Thoughts to Ponder

Collected by Journal Staff

"It's a funny thing, you go to a new country, and you expect everything to be different, and then you find there's such a lot that stays the same." - Jean Paget (character) in Nevil Shute's *A Town Like Alice*

Pay as much attention to the things that are positively working in your life as you do to those that are causing you trouble.

There are people who will always come up with reasons why you can't do what you want to do. Ignore them.

Be alert for opportunities to show praise and appreciation.

I'm trying to connect the dots, but I don't have any dots!

I like to swim, but there are some days I just don't feel much like doing it--but *I do it anyway*. I know it's good for me and I promised myself I'd do it every day, and I like to keep my promises.
-The World According to Mr. Rogers.

People don't remember what *we* think is important, they remember what *they* think is important.

In the end, people are persuaded not by what we say, but by what they understand.

The first time you say something, it's heard. The second time, it's recognized, and the third time, it's learned.
- William H. Rastetter

Anything less than a conscious commitment to the important is an unconscious to the unimportant.
- Stephen R. Covey

Rule #1: Take one more step.

Rule #2: When you think you can't take one more step, refer to Rule #1.

Most of us will miss out on life's big prizes. The Pulitzer. The Nobel. Olympic Gold Medals. But we're all eligible for life's small pleasures. A pat on the back. A full moon. An empty parking space. A crackling fire on a cold day. Hot soup or a bowl of chili on that same day. A glorious sunrise or sunset. Don't fret over missing out on life's "big" rewards. Enjoy the tiny ones. There are plenty for all of us.

As you slide down the banister of life, may all the splinters be pointed in the right direction.

UPDATES:

NATIONAL RECORDS AND POOL CERTIFICATIONS
Supplemental to Lists Published in March-April 2021 *Journal*

Full lists available at <https://www.niscaonline.org/index.php/records>

National Records for 2020-2021, *Supplemental*

Type	Event	Time	Name	School/Coach	City, State	Date
Male Public	50 Free Yards	19.20	Aiden Hayes	Norman North HS Kent Nicholson	Norman Oklahoma	2/20/2021
Male Public	100 Butterfly Yards	45.47	Aiden Hayes	Norman North HS Kent Nicholson	Norman Oklahoma	2/20/2021

NISCA National Pool Record Certifications, *Supplemental*

Full lists available at <https://www.niscaonline.org/index.php/records>

State	City	Pool Name	YDS/MTRS	Date of Certification
Oklahoma	Jenks	Jenks Trojan Aquatic Center	Y	April 27, 2021



CHAMPION HS (BOERNE TX) STATE SWIM TEAM:

BACK ROW (L-R) - Aleksei Mason, Matthew Jeffery, Gabe Hawkins, Kade Taylor, Andrew Jeffery, Regan Garcia, Tess Ziembra

FRONT ROW (L-R) - Peyton Brehmer, Sarah Tolar, Payton Richmond, Paige Clark, Lily Schiffelbein, Emma Haines

Brookfield East Spartans (Brookfield, WI) had a "Banner Year" in 2020-21!

They won their second consecutive Wisconsin State Division 1 title, winning 8 of 12 events and setting 3 state records including a 1:38.36 200 Medley Relay. 11 events Automatic High School All Americans. They are coached by Mike Rose.

Left to right: Clara Newman, Abby Wanezek, Audrey Olen, Maggie Wanezek, Callie Gregg, Kamryn Dembny, Reese Tiltmann, Lucy Thomas, Kathryn Bingenheimer and Reilly Tiltmann



Legendary Texas Coach Mike Waldmann with the Andrews (TX) HS Mustangs at the first meet of 2020-2021.

Team members include: Brian Abney, Julie Aldape, Kaylee Alston, Wyatt Bennett, Devlin Bittner, Landyn Brewer, David Broom, Cash Coats, Deserei Crow, Kenzie Crow, Andrea De Luna, Samara Esparza, Brenden Ferguson, Xandria Fernandez, Nicholas Garcia, Matthias Hernandez, Amelia Liming, Ray Magill, Gavin Mayer, Kamryn Miller Joab Montoya, Jesus Munoz Mary Murphy, Chalen Osborn, Natalie Osornio, Riley Otta-berry, Shawn Parker, Madison Patton, Darin Powers, Sydney Ray, Georgina Roacho, Rebecca Robertson, Kasen Scott, Grace Shaffer, Javan Tellez, Cole Tompkins, Jack Tompkins, and Tucker Walker.

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IS LOOKING FOR 1,000 SPECIAL MEMBERS
IN THE AQUATICS COMMUNITY



*Artist rendition of possible
new museum buildings

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