

NISCA Journal

Official Publication of the
National Interscholastic Swimming Coaches Association of America, Inc.



Photos by Emma Kate Strickland, Katy (TX) High School

In this Issue:

Strength Training articles:
"Designing Resistance Programs"
"Making Sense Of It All"

Nutrition vs. *Sports Nutrition*

Team Work, Team *EFFORT*

Swimmer's and Parents' Jobs

Stroke Tips From The LOCHTES

The Daily Coach

Brain Food

Interview With National

Boys Diving Champ

MAX WEINRICH

Workshops Update

Trip to the Archives

POSTERS!

Order our Artwork

...and much more!

November-December 2022



Start the new year off right, with a timing system from IST! Visit our website or call our unmatched customer service team for more.



Unmatched timing systems for peak performance

(800) 835-2611 istime.com

THE NISCA JOURNAL

www.niscaonline.org

November - December 2022



Table of Contents

President’s Letter.....	3
Letterhead and Zone Information	4
From the Editor.....	6
PASSAGES: <i>Pete Payne and Danny Johnson</i>	8
COACHING BASICS: Part 3, <i>The Swimmer’s Job, by Karl Hamouche, M.D. and Mike Peterson</i>	9
COACHING BASICS: Part 4, <i>The Parents’ Job, by Karl Hamouche, M.D. and Mike Peterson</i>	11
TRAINING: <i>Visit With a Father-Son Team - Catching Up With the Lochtes, by Dana Abbott</i>	14
CLINICS AND WORKSHOPS: <i>OUTREACH is Reaching Out! - Update</i>	16
DIVING: <i>Interview with 2021-22 Boys National Champion Max Weinrich, by Don Mason</i>	18
WHERE ARE THEY NOW? <i>Tom Caccia, by Dana Abbott</i>	20
ARCHIVES I: <i>“Take Your Markers!”, by Joe Groscost</i>	23
NUTRITION: <i>Nutrition vs. Sports Nutrition, by Dawn Weatherwax</i>	25
ATHLETE JOURNALS AND LOGS: <i>Team Work is a TEAM Effort, by Aimee Schmitt</i>	28
STRENGTH TRAINING I: <i>Designing Resistance Programs for HS Swimmers, by Charlie Hoolihan</i>	30
STRENGTH TRAINING II: <i>Making Sense Of It All, by Avery Adams</i>	33
ARCHIVES II: <i>PROFILES - A Look at Olympians Past and Present - Kara Lynn Joyce, by Michael J. Stott</i>	35
<i>Conference Registration and Hotel Reservation Forms</i>	37-40
POTPOURRI: <i>Bits and Pieces To Give You Ideas</i>	41
THE DAILY COACH	42
POSTERS and QUOTES	44
BRAIN FOOD	45
Artwork Ordering: <i>This Issue Featuring Nancy Bryant</i>	48

Front Cover Art: Emma Kate Strickland is a sophomore at Katy (TX) High School. She has been swimming for over 10 years and can't imagine life without the sport! Her favorite events are 200 IM, 100 Breast, and 500 Free. After suffering a shoulder injury this season, she has turned to photography to capture the small but exciting moments of this great sport. Photo at left is a team cheer before a dual meet this season. Photo on right is of teammate Claire Hegar. In the future, she plans on studying science and having a career in sports medicine.





\$29.95

ACR-NIS57

5"x7" Elegant Acrylic with Full-Color Imprint depicting the All-America logo. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



\$5.00

PAT-NIS40

\$16.95

CM-NIS25

2 1/2" hand-casted medallion comes with 1 1/2" x 30" RWB neck ribbon and crushed velour jewelry case. Personalized engraving on the reverse side is included. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



4" patch combines the heroic colors of red, white, and blue to produce this stylish symbol designed to be sewn onto apparel. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.

\$39.95

WAT-NISCA

All-America watches are available in both men's and women's styles. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



\$14.95

ACR-NISOR

3" acrylic ornament comes with a red cord for hanging. Personalized engraving on the reverse side is included. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



RNG-NISCA

All-America rings are available in both men's and women's styles. Pricing is based on options selected. For additional information or to receive a free quote, please contact our representative Chris Curtis at chris.curtis@jostens.com / 620-232-7464.

Products produced and distributed by Hasty Awards. All products featured must be purchased through NISCA. See order form for details. For other awards or free catalog, call 1-800-448-7714 / www.hastyawards.com



National Interscholastic Swimming Coaches Association of America
To Educate... To Promote... To Honor.

Dear NISCA Coaches,

I'm writing this as our girl's season in Illinois is winding down and while we are still a few weeks away from the start of our boy's season. It is nice that our boys freshmen PE classes are all in the pool for the next few weeks, so I can make my way down and recruit athletes to join our swim and dive team. There is usually a mixed-bag of reactions when I ask a freshman to join our team. Some never thought about joining a sport, some ask "WIIFM - What's in it for me?", many ask if mornings are required, just a lot of different questions and conversations.

Anytime a kid who has asked "What's in it for me?" (really, they do say that), I remember, and if they join, we work pretty hard to have them become invested in "the team". Regardless of how fast those kids become, they may be the ones who benefit the most from joining a team, if they eventually leave the program having learned the rewards of contributing to something bigger than themselves.

A few weeks back, I received an email from an "officer" of a high school swim team, asking me to call her and explain whether joining NISCA was mandatory for their swim coach. It turns out that the woman was an unofficial treasurer of the team, and wanted to know what their new coach would get out of joining NISCA, in essence "what's in it for me?". The previous coach was always a member, and even though the annual membership fee was always approved, she questioned the benefits of joining a professional coaches association. The message I tried to impress on the treasurer was that I hoped they had found a coach who not only wants to be a member of NISCA, but who is actively involved in moving the coaching community forward.

I may be old school on this, but I've always found that anyone who enters an endeavor with a "what's in it for me" attitude, gets the least out of the experience. I see it in our swimmers, I see it in students who are in clubs, I see it in coaches who are in any organization. In every professional association I've been a part of, the more invested I became, the greater the rewards for my teaching and my coaching. If you are looking for ways to get involved, please contact me or any letterhead member of NISCA. Our Outreach Director, Arvel McElroy, recently led a coaching clinic in Colorado and has plans for Detroit and Pennsylvania later this school year. If you need assistance in setting up a clinic in your area, reach out to Arvel. We also have a need for coaches looking to promote community service activities for high school swim teams.

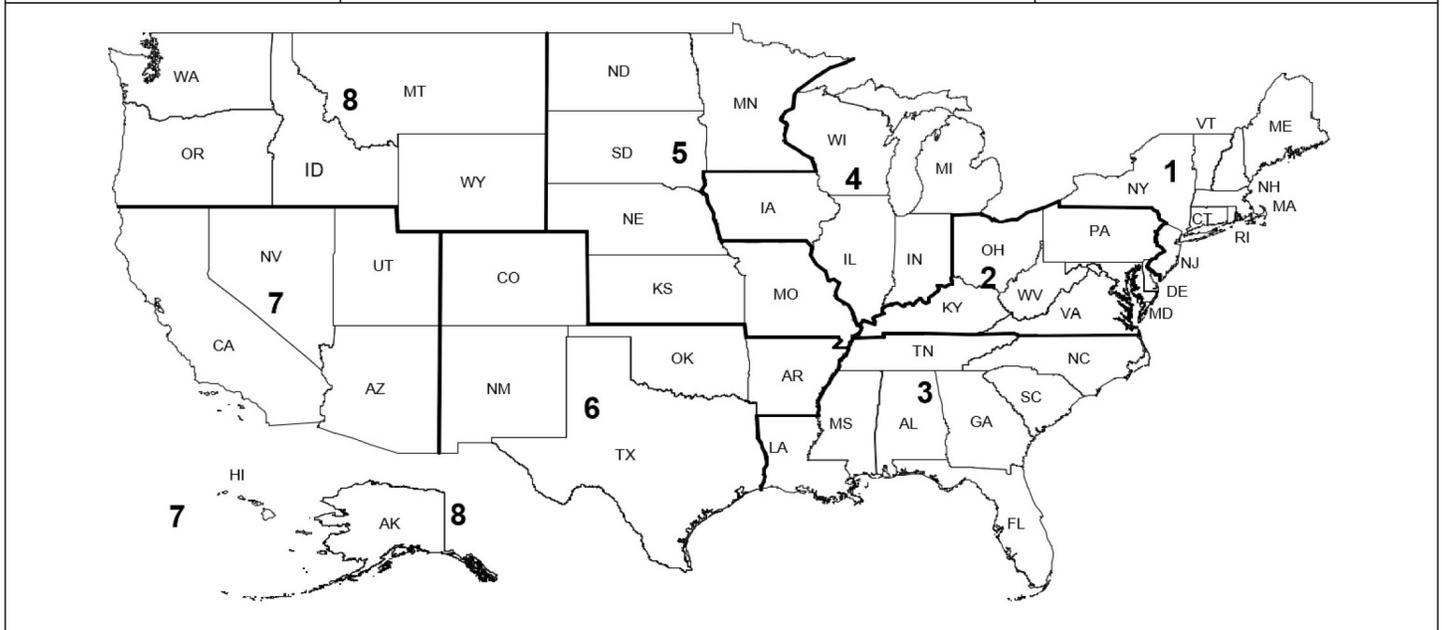
In the same way that John F. Kennedy's inaugural speech challenged every American to contribute to the public good, I would like to challenge all NISCA coaches to ask not what NISCA can do for you – ask what you can do for NISCA. The long-term health of our coaching community depends on your contributions.

Best wishes for the success of your team!

Tim

President	President Elect	Secretary	Treasurer	Past President
Tim Sirois 673 Hill Street Highland Park IL 60035 (847) 877-2669 president@niscaonline.org	Mark Jedow 21425 Encino Lookout San Antonio, TX 78259 210-259-3986 (C) pres.elect@niscaonline.org	Eve Julian 341 Alger St. SE Grand Rapids, MI 49507 (616) 475-0807 secretary@niscaonline.org	Tom Wojslawowicz 3015 Shiloh Lane Charleston, SC 29414 (843) 637-4663 treasurer@niscaonline.org	Diane Hicks-Hughes 2161 Lake Road Aurora, NY 13026 (607) 227-1179 pastpres@niscaonline.org

<p>All America Coordinator MARK ONSTOTT 41 Nickelby Down Brentwood, TN 37027 847-644-7029 (C) e-mail: aacoord@niscaonline.org</p>	<p>All America Swimming-Boys TIM SIROIS 673 Hill Street Highland Park, IL 60035 224-765-2234 (W) / 847-877-2669 (C) email: boysswaa@niscaonline.org</p>	<p>All America Swimming-Girls MARK JEDOW 21425 Encino Lookout San Antonio, TX 78259 210-481-6955 (H) / 259-3986 (C) email: girlsswaa@niscaonline.org</p>	<p>All America-Academic/Scholar Team MARNEY SHIRLEY 401 8th Street SW Jamestown, ND 58401-4642 701-952-6642 (H) / 701-269-4324 (C) email: aamerican@niscaonline.org</p>	
<p>All America-Diving DON MASON 7101 Cathedral Dr. Bloomfield Hills, MI 48301 248-941-3348 (C) email: aadiving@niscaonline.org</p>	<p>All America-Water Polo SEAN WIMER 7048 Osage Rd Long Grove, IL 60060 847-602-2273 email: wpaa@niscaonline.org</p>	<p>Membership BRAD JONES 9131 Denton Hill Rd Fenton, MI 48430 810-240-1076 (C) email: membership@niscaonline.org</p>	<p>Webmaster EVE JULIAN School 341 Alger St SE Grand Rapids, MI 49507 616-475-0807 (H) / 616-970-1661 (C) 616-247-0086 (F) email: webmaster@niscaonline.org</p>	
<p>Rules/NFHS Liaison PETE HUGO 29 Fairview Avenue Great Neck, NY 11023 516-487-2386 (H) / 516-578-9026 (C) email: rules@niscaonline.org</p>	<p>Journal Editor/Constitution/ International Programs DANA ABBOTT 906 Aster Drive Katy, TX 77493 281-347-0689 email: journal@niscaonline.org</p>	<p>Marketing/Outreach/ International Programs ARVEL F. MCELROY 24372 West 108th Terrace Olathe, KS 66061 785-218-1912 (C) email: marketing@niscaonline.org</p>	<p>Professional Awards TOM HUDSON 1710 Boulder Drive Laramie, WY 82070 307-760-4814 (H) email: dhward@niscaonline.org</p>	
<p>Power Points/ National Dual Meet Rankings MATT STEWART 5220 Oleander Rd Drexel Hill, PA 19026 610-888-6216 (C) email: powerpoint@niscaonline.org</p>	<p>Online Store/Coaches Education GREGG ANDERSON 1633 Amwell Rd Somerset NJ, 08873 732-873-2225 (H) email: store@niscaonline.org email: education@niscaonline.org</p>	<p>National Conference Coordinator TOM WOJSLAWOWICZ 3015 Shiloh Lane Charleston, SC 29414 843-637-4663 email: treasurer@niscaonline.org</p>	<p>National Records/Archives/ Research Coordinator KYLE BEDALOV 3627 Stillwater Cir Waukesha, WI 53189 262-527-4320 (C) email: records@niscaonline.org</p>	
		<p>Hour of Power CINDY DELL 1285 N McKinley Rd. Lake Forest, IL 60045 email: tedfund@niscaonline.org</p>		



ZONE DIRECTORS

<p>Zone 1 Director PHILIP EMERY 48 Starlight Dr. Brewer, ME 04412 207-989-0416 (H) / 207-944-8623 (C) email: zone1@niscaonline.org</p>	<p>Zone 3 Director -open-</p>	<p>Zone 5 Director ANDY CUNNINGHAM 1010 S. 144th St. Omaha, NE 68154 402-715-1403 e-mail: zone5@niscaonline.org</p>	<p>Zone 7 Director RON BLANC 22062 Antonio Pkwy Rancho Santa Margarita, CA 92688 949-766-6096 (W) / 714-396-2096 email: zone7@niscaonline.org</p>
<p>Zone 2 Director JIM STARRETT 820 Woodview Dr. NE Massillon, OH 44646 330-837-6713 (H) / 330-904-7628 (C) email: zone2@niscaonline.org</p>	<p>Zone 4 Director IAN KOBES 3370 Allen St. Hudsonville, MI 49426 616-669-1500 / 616-710-2038 email: zone4@niscaonline.org</p>	<p>Zone 6 Director MARK JEDOW 21425 Encino Lookout San Antonio, TX 78259 210-481-6955 (H) / 210-259-3986 (C) email: zone6@niscaonline.org</p>	<p>Zone 8 Director LISA LESLIE 14225 SW Rochester Dr Beaverton, OR 97008 503-407-6167 email: zone8@niscaonline.org</p>



ARE YOU READY TO JOIN #TEAMFINIS?

FINIS has been a leader in the swim industry for over 25 years, delivering the best training equipment in the world. We have brought that quality and innovation to our tech suits, training suits, and team apparel, making FINIS the one-stop shop for everything your team needs to perform at its best.

SPONSORSHIP THAT MAKES SENSE FOR YOUR TEAM

At FINIS, our main focus is helping athletes and coaches perform at their very best. We recognize that every team has unique needs and we will work with you to incorporate that into your team sponsorship



#TEAMFINIS PERKS

TEAM DISCOUNTING

Receive discounts on all the FINIS gear your team needs to perform at the highest level.

PARTNERSHIP OPPORTUNITIES

We've partnered with JOLYN Swim so athletes can wear what they want! Outfit your male and youth swimmers in FINIS and your female swimmers in JOLYN. (U.S. only).

NON-EXCLUSIVE

We're all about flexibility. Buy what you need from whoever you need.

1ST TO TRY NEW FINIS PRODUCTS

Receive special discounting on our new products and samples so your team can gain that early edge.

ELITE TECH SUITS

Race in the same suits that won 7 medals and broke 2 world records at the 2020 Olympic Games.

WE'RE READY FOR YOU

Go to apps.FINISswim.com/Join-TeamFINIS to get started.



FROM YOUR EDITOR

The old joke about dieting and losing weight is that all of your accomplishments and gains during the year go down the drain, out the window, into the... well, *you know*, when the winter solstice rolls around each year. The goodies, treats, and FEASTS of Thanksgiving, Christmas and other holidays, bowl games, and then the Super Bowl just run over our nutritional and diet dreams and goals like a Zamboni on an ice rink.

This issue of the Journal is getting to you late because of a compounding confluence of similar type reasons, none any more important than the others, but the delay is frustrating just the same. I've tried to make up a little for the tardiness by adding some extra pieces and experimenting with more color, hope you will consider it a welcome lagniappe (a little extra).

We welcome two new regular contributors to the Journal in the physical training/strength area, **Avery Adams** of Charleston SC, and **Charlie Hoolihan** of Mandeville LA. I was coaching in South Mississippi when I met Charlie back in 1973 or '74, and we struck up a good but interrupted friendship when I moved to Texas several years later. Imagine my great delight when I ran into him again as he was teaching a strength and conditioning course for ASCA when NISCA traveled to Las Vegas for meetings this past September, and then again a week later at TISCA in Austin!



Avery and Charlie have their first articles in this issue and I think you will enjoy them, but they are just the tip of the iceberg, with lots more coming your way in upcoming issues of the Journal.

Glenn Mills' centerfold insert is on hiatus while he launches a new GoSwim platform and hopefully will return next issue.

NISCA JOURNAL STAFF

Editor: Dana Abbott

Contributors: Dr. Karl Hamouche, Mike Peterson, Aimee Schmitt, Michael J. Stott, Dawn Weatherwax, Don Mason, Avery Adams, Charlie Hoolihan

Medical Consultant: Karl Hamouche, M.D.



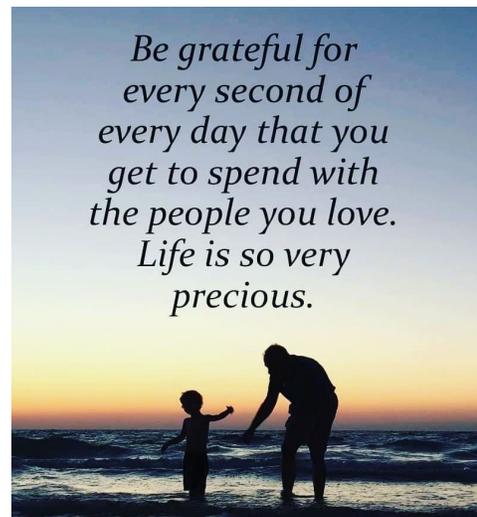
All America Diving Chair **Don Mason** had an interview with Boys National Diving Champion for 2021-2022, Max Weinrich, and we think it is a good "springboard" to what will hopefully be greater coverage of diving in the Journal. Thanks, Don!

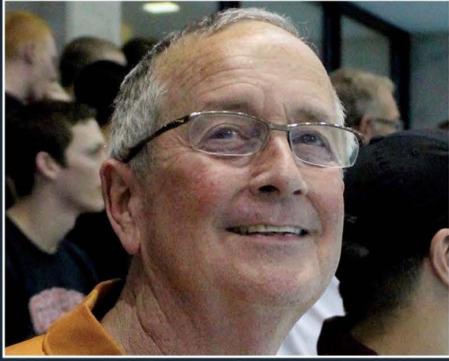
It's hard to believe we are again halfway through the school year, but it is actually starting to feel more normal after the disruptions in 2020 and 2021. Let's hope it continues to improve!

Outreach Coordinator **Arvel McElroy** continues to serve up weekend coaching workshops around the country and sent us news about the latest one in Denver in October. You, too, can get Arvel to come and deliver a motivating and inspiring day of stories, tips, and ideas to elevate your area coaches. Email him!

As we move along the path of our personal coaching journey, we meet numerous coaches and athletes, and some of them make lasting impressions and generate great friendships. We caught up with one of those "greats" who retire, unretire, retire again, and unretire again, seemingly incapable of staying away from the chlorine and making a difference in young peoples' lives. Our reflections and current news about former NISCA Journal Editor **Tom Caccia** is included in this issue.

Sadly, as we continue to move along these pathways we have trod for so many years, we lose some really good coaches and friends, too. Please see "Passages" for comments on **H.G. "Pete" Payne** of Oklahoma and Texas fame, and **Danny "DJ" Johnson** of Illinois. Both are greatly missed by family and friends.





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**

[Adapted excerpt from book, on *Competitiveness*]

“Personally, I try to get better at everything I do every year.”

Science says that the entire cellular makeup of a human being is replaced every seven years. As our time on earth passes, we have the choice to strive for personal growth mentally and physically, or not. Like all of us, Eddie Reese isn't physically the same person he was years ago, yet he makes sure that his mind continues to grow. And as he will gladly admit, with that passing of time perhaps a little of his internal fire has been traded for a more philosophical view of competition. In an interview in 2018, he had this to say:

Now when we compete, we're still as competitive as can be when that gun goes off, but afterward you shake hands and are happy for the winner. I heard something years ago, “At the end of the contest you should not be able to tell the winners from the losers.” I realize that might be impossible. But it sure sounds good.

***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

PASSAGES: Those We Have Lost

Harold G. "Pete" Payne

2019 Texas Swimming and Diving Hall of Fame coach, H.G. "Pete" Payne has passed away. Coach Payne was one of the only three NISCA coaches to have won five or more state championships in two different states, having won 11 swimming and diving championships in Oklahoma and Texas. He was selected Texas Coach of the Year three times and nominated for National High School Coach of the Year. He led his teams to 11 or more regional championships in Texas and five in Oklahoma. Based on times, he led the nation in high school swimming in 1999 and was runner-up three other years. Throughout his career, he coached 141 All-Americans, three of whom set NISCA records, and 60 All-American relays. In 2006, Pete Payne was awarded the NISCA Outstanding Service Award. He was most proud of the knowledge he acquired in the sport of competitive swimming and of having motivated young people to accomplish more than they thought they could. Coach Payne was a mainstay of Texas Swimming and Diving for many years and our thoughts and prayers go out to his family.

Danny Ray Johnson

Usually called "DJ" by his friends, Dan graduated from the University of Northern Iowa in 1975, as a member of the four-time Conference Champion swim team, where he excelled in distance freestyle events. There, he met his lifelong mentor, Coach Glen "Bullet" Henry, as well as friends he stayed connected with until his final days. With Coach Henry as his role model, Dan started the career he knew he wanted to pursue since grade school, and that was to be the best swim coach he could be. And he was.

After college, Dan's first job was as a P.E. teacher and swim coach in Boone, Iowa. Being the best swim coach never meant winning to Dan. He measured success by how he connected with each swimmer and helped them through their adolescent years. Dan was the coach of the West Chicago Sharks Swim Team for 38 years, from 1978, when the high school built the pool, until his retirement in 2016. During that time, he said his No. 1 job was simply to make sure each kid loved being a swimmer. And they did. Thanks, DJ.

*It's your world now
Use well the time
Be part of something good
Leave something good behind
The curtain falls
I take my bow
That's how it's meant to be
It's your world now*



The Swimmer's Job

By Karl Hamouche, M.D., and Mike Peterson, *Swim Smart*
Concepts and Ideas To Build Team Meetings or Discussions Around!

Swimmers in a way have it easy. They don't have to come up with abstract visions of the future and continually worry about the affairs of the club. They have to show up, work hard and make sure the person next to them does the same. That alone will take care of 90% of their responsibilities. But we don't want to be 90% of a good swimmer, we want that 100%!

If you see yourself as part of a team, you want to identify with that team's values and beliefs. We do it all the time in real life; it's called brand loyalty. When you wear a Nike shirt or drive a Tesla, you are (at some level) saying you identify with what those companies believe. You "Just do it" for instance.

Being part of a team is similar, and everyone should clearly see this part of you. Wearing a team cap to practice is like wearing a uniform. If all the players on a football team wore different colored shirts and logos, you won't think they are part of the same team, right? Ideally, the club would provide the caps, but it's not going to be feasible all the time. Wearing a team suit (at least a racing suit) would be even better, but we make compromises since it may be financially challenging or may be challenging for everyone to agree on "fashion". And that's ok. Know which battles to pick. A good way to compromise on different fits is to go with a solid team color that can be bridged into different suit brands.

Another concrete way to show you are all on the same team and are showing up to help each other out is to start warm-up and training sets together. Nothing bugs a person (swimmer or coach) more than someone working hard while others are on deck dragging their feet. If you're going to be there, be there 100%.

For those swimmers who can drive, that means showing up early and being ready well before practice starts. This shows you actually WANT to be there. You want to be part of the team. Coming barely on time and slowly getting in reflects you don't really want to be there. Your body language says it all. This wouldn't be acceptable behavior at work, and it won't (shouldn't) be accepted at practice. Now, getting the parents to drop off the kiddos early for the same reason is another challenge, but also worth the effort to encourage.

In addition, teams are made up of FRIENDS, especially for the younger kids. They don't come to practice to be fast swimmers, they come because that's where their friends are. They don't always have the opportunity to make friends while they are training, so we have to create that chance for them on deck before and after practice. During practice, you can also use team-based games to build comradery. If kids make or have friends on the swim team every day, that's where they will want to go... every day.

At meets, you have to act like a swim team too. Sit together, cheer together, warmup together, win AND lose together. On our team, we set up tents and bleachers for the coaches and swimmers to hang out separately from the parents. The separation again forces kids to "detach" from parents and be a part of a team. The added hours together also help build those friendships that kids want more of on a daily basis during the season. If kids just sit with their parents for a four-hour swim session, what's the point of being on a swim team!? Save the money and train on your own and race on your own.

When other swimmers, coaches and parents see one of your swimmers race, act and cheer, they should know which team that person belongs to. It should be obvious. They should want to be part of your team!

Another part of the swimmer's job is to set goals. These should be made with your coach, but there should also be a thought-out plan on what a goal is and how to set them.

A goal is just something you want to achieve (duh), but not all goals are created equal. A dream goal is something you hope for but realistically is out of your wheelhouse, like win a gold medal at the Olympics. While it's ok to have a dream, it's not ok to see yourself as a failure when it doesn't happen. That's just silly and immature.

A results goal is something you want to achieve long term or every season. Results goals can be purely time based (break a minute in the 100) or achievement based (earn a DI scholarship). These types of goals are starting to lose favor because often times they become the sole purpose behind what we do. As we spoke extensively before, your purpose should be grander than making the clock read a specific number. But that doesn't mean results goals don't have their place. These goals should be MOTIVATION during the daily grind. Whether you reach them or not is actually not that important. What is more important is whether they help you struggle just a bit longer during a set, push you harder during a race or wake you up a little earlier to stretch and take care of nutrition before morning practice...

Process goals are by far the most important. These are the short-term goals we create as stepping stones to reach our results goal (or maximize our potential in general). A process goal is not a time we want to achieve, it should be a training achievement. Once achieved, a new process goal should be set. You can have multiple process goals running at the same time for different strokes, training sets or even just kicking.

Here are a few **Process goal** examples:

- ◆ Attend practice 80% of the time this month
- ◆ Force 4 dolphin kicks off every wall from warm up to cool down
- ◆ Don't "dolphin dive" on my butterfly in my next race

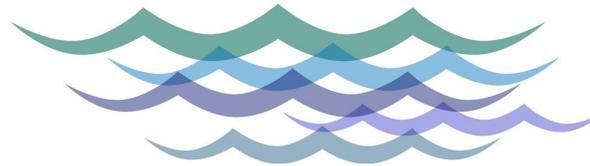
Why are **process goals** so important in swimming? Because we can't see our progress as well as other sports can. Take weightlifting for example. If you have 100lbs on the bar and bench-press it, you can bench 100lbs. If you want to bench 110lbs, you put that weight on the bar and it's real. It's something you can touch and feel and be scared by. But when you successfully bench it... that's it. Forever and ever you can bench that much weight. In weightlifting, this happens every day with 100s of different lifting variations at different reps...etc. We don't get the same experience in swimming. We can't see our progress as clearly as a weightlifter, but we can use process goals to act as a surrogate. This will build "mastery," a concept we will talk about more later.

After you have put in all this hard work and planning, the hard part comes and you just have to wait. At first, it's easy to work hard and push yourself because every time you jumped on the blocks, you go a best time. That won't last forever. Before you know it, weeks, months, seasons and years go by between best times. But those moments still come around, they are called "window shots." The window stays closed most of the time, but the most successful swimmers are the ones that are ready at all times to jump through the window when it opens. You have to maintain a high level of performance, work ethic and grit regardless of your swimming speed in the moment. You have to believe the window will open, you have to be ready for it when it does, and you have to be patient and wait for it.

One thing that is NOT your job as a swimmer is to be "better" than someone else. Constantly worrying about being faster than your nemesis is small picture thinking. If you look far and wide enough, there is almost always someone out there that is faster than both you and your nemesis. What that means is that you are not training, racing or being part of the team to make yourself better, you are doing it for your own ego. This has limited short term benefits and ultimately backfires. You either find someone you can't beat or you attain your goals of victory. If that's all you swim for, both will lead to a loss of motivation to keep pushing yourself. We want something that keeps pushing us forward.

A coach is a good start, but a worthy rival is even better. Instead of looking at your opponents as swimmers who want to take you down, see them as competitors who push you to be your best. They help you become a better swimmer. In a very real way, your rivals are helping you achieve more of yourself. That isn't something an enemy or nemesis does, it's something we expect out of our teammates and coaches. So, ditch the attitude and ego when racing a rival and see them for what they are: another assistant in your journey to achieve more.

The last job you have as a swimmer is to take responsibility... for everything! After all, you are in the water, you are on the block, you are the reason the swim team exists. It's easy to blame your teammates, coaches and parents for a bad race or bad season but every successful swimmer and person takes personal responsibility for everything that happens to them. Coaches come and go; teams rise and fall and parents can't take care of you forever. So, at the end of the day, if you want to make yourself and your team better, it's up to you.



The Parents' Job

By Karl Hamouche, M.D., and Mike Peterson *Swim Smart*
A Springboard to Crafting Your Personal Message to Team Parents

While we coaches may think that we serve our swimmers, in reality the parents are the paying customers. From a financial point of view, our swim team business model runs on serving parents and providing them with the product they want to buy. The product parents want to buy can vary from parent to parent: fast swimmer who earns a scholarship, babysitting time for their kid, friends, life skills like discipline, confidence, gratitude, work ethic... The only time parents get upset is when their dollars aren't buying the product they want. This is why it's so important to both be clear about what you are selling and to help your customers understand what they really should be buying. You have to be a little bit of a car salesman. Your customers know they want a car (to be part of the swim team), but they don't know exactly what kind (a problem child who happens to swim fast).

But it's not just the money they put in that matters, it's time (which, in a way is free labor because we can't afford to pay the actual cost). I've met parents who didn't want to put their kids into swimming because it would consume too much of their time (and money). That's totally fair because once a parent puts their kid on your team, they become part of the team too. The best teams run on great parent volunteers who want their kids to have a great time and lots of swimming opportunities. Let's talk about how you can build up these great parents just as you build up great swimmers.

If all you do as a parent is get your swimmer to practice early, that is half the battle! We will admit (and many coaches will agree) that it is one of our biggest pet peeves when kids roll into practice late. And by late, we mean right on time. If practice starts at 6:00, that means swimmers hit the water at 6:00. That means swimmers need to be at the pool at 5:45. There are several reasons for this. Firstly, even if you don't care about the rest of the team culture and making friends, swimmers need some time to get ready for practice: stretching, filling up water bottles, getting equipment ready... etc. Secondly, the few moments before practice begins is where kids make their friends. If you want your swimmer to ask to go to practice instead of you forcing them to go, they need to make friends who hang out at the pool. Lastly, it teaches a valuable life lesson. If you show up to work late or show up on time but start working after the clock is ticking, the boss notices and regards it as laziness. Some will consider it outright theft! When on company time, you should do company work. It's just the right thing to do. Swim practice is the same and should be treated the same.

Show up ahead of schedule and be ready to hit the water 100% when the clock starts ticking.

The most difficult job you have as a parent on a swim team is to hold yourself back. It is instinct to want to help your kid be successful and to hold their hand and give advice. DON'T! Your kids are not married, they don't have careers, they aren't trying to graduate medical school... they are on a swim team. What is the worst that could happen? They swim slow, big deal. But when you interfere and take over, you actually take away the most important lesson every swimmer (and young person) should learn the hard way: dealing with failure.

We (coaches) want your kids to fail in swimming so they don't fail in something more important. We want to help them overcome those failures and learn that on the path to success there will be ups and downs. If you jump in and take away the downs, there can be no ups (at least none that the swimmer gained themselves). The most successful people in history failed and failed often, but it wasn't their failure that made them great, it was how they learned from their mistakes and did it right the second time around. If you save your kid from failure in swimming, they will experience it later when the stakes are higher and the cost will be higher too.

This doesn't mean you can't be supportive; it just means you shouldn't fix your kid's problems for them. Let's take a real-life example and play it out. Your swimmer trains all season and doesn't go a best time at the end of the season. A common scenario. A parent concerned about their kid's swimming future in college, concerned about whether their kid will continue swimming at all or just out right concerned about their own ego will try to jump in and "fix" the problem. Switching clubs, complaining to coaches or giving technical and workout advice are all examples of this behavior. All of these actions take the pressure off the swimmer and blame someone else for the current situation. This pattern of "entitlement" rubs off on the kids and will pervade their lives. Remember that the universe (and the pool) owes you nothing and this behavior implies to the kids that it does.

The extreme opposite reaction and saying everything is ok is also not very helpful. That does not change the current reality and does nothing to prevent the same thing from happening again. So, what's the best response? We mentioned it earlier in the form of two questions:

1. What did you do well and why?
2. What can you do better and how?

We want these failures to be teaching moments and what we want to teach is how to focus on real ways of improving rather than on sulking on what went wrong. Helping your kids answer these questions themselves is the best way to be supportive without interfering or overtaking their experience. Bottom line: the kids need to own their swimming. In the rest of their lives they are told where to go, what to eat, when to sleep. In swimming, they have the first opportunity of freely taking charge of their destiny. They will inevitably hit bumps in the road. They must learn to drive over them without stopping!

When it comes to giving technical advice, research shows that athletes do not appreciate or want it from their parents, especially if those parents have no background in their sport. Beyond what we have already talked about, a parent giving technical advice can actually hinder the long-term plan of the coach. We often make kids race with a goal: certain stroke count, dolphin kicks off each wall, technique focuses... We personally have had kids race drills in swim meets and break rules like the kickout limit in order to force the swimmer to adapt their habits and take on a better way of swimming. Any time you change what a swimmer is doing, they will be slower in the moment. But our goal is not to swim fast today; it is to swim faster tomorrow. Taking one step back to take three forwards is our goal as coaches. If you (the parent) interfere with this process and give technical advice that is contrary to ours, this disrupts the grand plan and ends up holding your swimmer back in the long term.

So, what should you do when your swimmer gets done with a race and comes straight to you? Tell them "great job, I love watching you swim," then send them back to their team! If they ask for technique advice, send them to their coach for it, don't tell them anything yourself. On our team, it is the rule that each swimmer must talk with their coach before and after every race. Before cooling down, before getting a snack, before checking in with their parent they must talk to their coach about what went well and what can be improved in their race. Swim meets are a special place where a swimmer's focus is heightened, so it becomes easier to make them adapt to changes. We will talk more about how to coach at swim meets later, but this is our advice and reasons for the parents.

Don't ever make swimming about beating a certain swimmer or time. You can consistently improve something in your own swimming and character, but you can't consistently beat a time or person. When they eventually lose to a person or don't get the time they want, this only builds resentment, failure and quitting.

Maybe one of the most time consuming parts of being a swim parent is helping with swim meets. Imagine if you had to pay for all the labor that goes into running a swim meet: officials, volunteers, set up/tear down... would the team make any money at all? Probably not.

Swim meets can be one of the team's best sources of income to pay for coaches, pool rent and equipment. In order to run properly, swim meets need good volunteers (parents) in order to provide those opportunities for swimmers to compete and to keep the monthly dues lower for everyone. We will dive into more detail later on how to run great meets, but these are the reasons we need parents to up their game and be part of our swim team.

One of the tougher volunteering spots that needs filling is officiating. Having good officials and meet managers takes A LOT of effort, but the dividends pay out in the long run. Being able to run an efficient meet and double participation can double the club's revenue. This helps keep the monthly costs of being on the swim team low, allowing more families to be a part of the team. The extra money can be used for scholarship opportunities to include more low-income families. It pays for training equipment and for the coaches to attend clinics, improving training and performance... and on and on and on. More money helps the entire team, and running a great meet makes more money. Parents in this way become an essential part of our swim team.

One last message for coaches reading this: Parents want what's best for their kids. This never changes, and it helps explain their behavior. They will fight for this purpose and if they think you are in the way, they will fight you too. It is your job as a coach to educate them and be clear and transparent so that conflict can be avoided. Just don't take it personally when a parent does something contrary to your desires, they just want what's best for their kid, *even if they aren't doing it in the right way.*



Because SMART swimming
is FAST swimming!

We are swim coaches
fixing swimming problems.

Find solutions that come from
our pool deck to yours.

www.swimsmarttoday.com

Step Up Your Game With These Products From SwimSmart

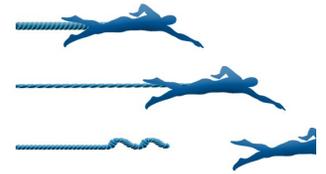


Push Paddle

Fix bad dolphin kicking!
Resistance from the top
Moon cut-out for streamlining
Three sizes for any ability

Break-Away

Fix bad resistance sets!
Automatic release system
Use with Power Towers
A whole new ability

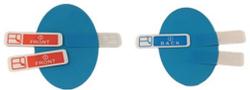


Power Harness

Fix bad body alignment!
Drive with the shoulders
Use with any resistance tool
Carabiner for quick exchanges

The Biology of Swimming

Fix bad knowledge!
Swimming science for beginners
300+ illustrations
Fun and easy to read



Fog-X

Fix foggy goggles!
Lasts weeks to months
Fits virtually any goggle
Two pairs included

Squeezline

Fix bad streamlines!
Audible BEEP for feedback
Soft silicone case
Every streamline, every wall

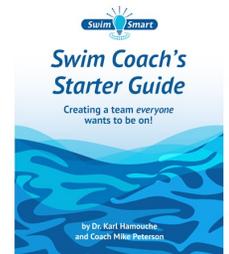


E(xchange)- Paddles

Fix dropped elbows and train EVF
Exchange all paddles for variety
Incentivize the body to grip with the forearm
Ala-carte combinations available by email

Swim Coach's Starter Guide

Written by Swim Smart founders
Perfect for new coaches
A resource for head coaches
Directly applicable guidelines



Free Download-ables

Fix bad organization!
Improve your coaching ability
Tools to build training guidelines
Learning for the whole team

Courses

Fix bad swimming knowledge!
Easily digestible presentations
Wide range of topics
Other companies offered too



Because **SMART** swimming
is **FAST** swimming!

We are swim coaches
fixing swimming problems.

Find solutions that come from
our pool deck to yours.

www.swimsmarttoday.com

Catching Up With The Lochtes, *by Dana Abbott*

In 2004, The USA Swimming Foundation established the **GOLDEN GOGGLES AWARDS**, an awards ceremony that recognizes and honors the accomplishments of swimmers who represented the United States during the previous year. The awards ceremonies have been held every year since, and are always a must-attend event for the swimming community, but even more so in post-Olympic years.

In 2008 after the Beijing Olympics, often referred to as “The Phelps Olympics”, USA Swimming invited NISCA letterhead to attend the event in New York. Representing NISCA were President Lanny Landtroop, President-Elect Dana Abbott, Secretary Arvel McElroy, and Treasurer Tom Wojslawowicz. The event was held at the New York Hilton.

Watching our USA Olympians on television is one thing, but rubbing elbows and chatting with them at the dinner table and the reception afterwards was exhilarating. It was during this time that the four of us enjoyed some quality chat time (and of course the PHOTO OPS!) with the likes of Tom Dolan (seated at our table), Ian Crocker, Coaches Eddie Reese and Bob Bowman, and a flashy young super-star, **Ryan Lochte**, who enjoyed kidding around for this photo:



Fast-forward to 2022 and the annual coaching clinic and meetings of TISCA, the Texas Interscholastic Swimming Coaches Association. Who shows up to give a stroke and training talk but the same **Ryan Lochte**? And to make things even better, not only Ryan, but his coach-father, Steve

Lochte! They put on quite the presentation, and here are some of the **tips and advice** they shared with the gathered coaches:

To teach using the hand to keep pressure on the water at all times, move a sheet of paper with the palm through air as long as possible (back and forth, up and down, zigging and zagging; it’s not easy but you learn really quick how to do it better, and it can lead to much-improved sculling ability!)

“Swim in a tube.” Not an inner tube, but -imagine- you are in a tube; a long, straight tube, keep your body alignment and swim straight.

For breathing in freestyle, the face and eyes should not breathe behind or on a line perpendicular to the body line (at 9 and 3 o’clock), but slightly *-ahead-*, at 200-230/930-1000 .

Hold a tennis ball under the chin in breaststroke to reduce/eliminate head bobbing, also keeps eyes and head down more instead of looking at the far wall (or like some beginners, at the ceiling) when taking a breath.

Do breaststroke kick without a board, both head-lead and hand-lead. Body position kicking with a board is nothing like the real stroke.

Breaststroke arms: Recover the arms (the “shoot”) to a locked-elbow flat extension in front and in line with the shoulders, *“forget about the hands”*, and do it quickly.

Butterfly 2-2-2 drill (2 left arms, 2 right, 2 both), breathe forward every other stroke.

Backstroke entry (this will generate some debate) at 10 and 2, not 11 and 1, drive arms deep *-before-* the catch (elbow bend), snap the hands **HARD** at end of stroke finish.

Teaching butterfly: do “human stroke” (body surf action); some teams call this “acceleration drill”.

Backstroke: Spin drill, 8 cycles, sit up almost straight initially, then flatten gradually during the 8 strokes. This is one of our favorites, and we did it a LOT at Texas in Coach Reese’s first years there; we think he brought it from Auburn.

In freestyle, the fingertips are pointing down at the bottom, **ALWAYS**.

Butterfly recovery: thumbs down, pinkies up.

More backstroke: drive the arms deep, focus on rotating the hips, ignore shoulders. The HIPS must rotate, the shoulders will follow, not the other way around!

Short-axis turns: "Hit your brother, call your mother." IYKYK

Butterfly: drive the chin forward to breathe, don't lift it (this goes hand-in-hand with the "human stroke" or acceleration drill.)

Coming off the wall to do your underwater travels, keep increasing the tempo until breakout.

SWIMMING IS A KICKING SPORT. Learn to kick WELL.

As Ryan and Steve wrapped up their well-received talk, they were besieged by coaches and other attendees wanting a photo, an autograph, an answer to a coaching question, and so on. As the crowd began to thin out, my coaching pal from Bay City, TX, Bob Button, who had trained with Steve Lochte in his younger days, finally got a chance to talk with his old coach and they enjoyed a few stories and laughs. As Ryan returned from another conversation, I pulled out my cell phone and showed him the picture on the previous page and asked him if he remembered it. "Yeah! That was 2008 in New York, that was a fun time, I absolutely remember it!" Emboldened now, I asked him, "Want to do it again?"

He broke into an enthusiastic boyish grin and laughed, "Heck, yeah, **LET'S DO IT!**" So we did.

NO LAZY WALLS, QUICK IN&OUT!

Dryland:

Medicine ball Russian twists (feet on ground, feet off ground)

Ab workout, 4x (20, 15, 10, 5)

Straight leg crunches, leg lifts, streamline flutter.

Fins/paddles/snorkel long swimdown; L paddle/R fin, 300, switch.

Do every stroke right!



CLINICS AND WORKSHOPS:

OUTREACH is Reaching Out!

News on the Latest NISCA Outreach Activities



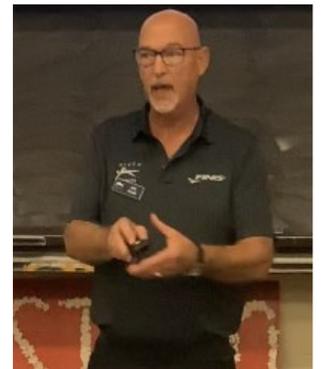
A NISCA Coaching Workshop was held at Smoky Hill High School in Aurora, Colorado on Saturday, October 8. Ever the dynamic presenter, NISCA Outreach Coordinator Arvel McElroy was the featured clinician/speaker and led discussions on a wide array of topics:

- ◆ Coaching Philosophy
- ◆ Setting Goals
- ◆ Concepts of the Week
- ◆ Legal Issues Concerning Swimming
- ◆ Leadership Retreat for Team Captains
- ◆ Helping Athletes Deal with "Failure"
- ◆ Season Planning
- ◆ Staying Informed
- ◆ Keeping Workout Sessions Fun



Each coach received products from NISCA partner FINIS as well as a workshop notebook and electronic copies of all presentations and handouts.

An enthusiastic McElroy stated that the workshop was well received and he is busy lining up and scheduling other workshops in the future. Discussions are currently underway for the Metro Detroit area and Wisconsin. Previous workshops have been held in Knoxville TN and Wilkes-Barre PA.



NISCA Coaching Workshops

NISCA presents Coaches' Workshops covering a variety of topics including, but not limited to, *Coaching Philosophy, Goalsetting, Developing Leaders, Dealing with Failure and Some Advice concerning Legal Issues,*

NISCA provides: the Workshop Speaker, Workshop Notebook, Electronic Files of the Presentation and Handouts, and possible sponsor-provided products.

*NISCA covers: travel and lodging expenses for the workshop speaker, all workshop materials, the registration process, and a **percentage of the profits from registration fees for your organization or your program.***

YOUR RESPONSIBILITIES: provide a location for the Workshop with a projector and screen, provide food and beverages for the workshop attendees, make arrangements for lodging for the speaker, and provide local transportation for the speaker

Call or email the NISCA Outreach Coordinator today to reserve your workshop.

Arvel McElroy
niscacoach@aol.com
(785) 218-1912



Max Effort - An Interview With Max Weinrich

Interview Conducted by NISCA All America Diving Chair Don Mason

I recently had an opportunity to connect with Max Weinrich the 2021 - 2022 NISCA Boys National Champion. What follows is a brief question-and-answer session.



DM: Max, when did you begin diving?

I began diving at a summer league program in Montgomery County, Maryland called Tanterra when I was 7 years old. When I turned 9, I joined Montgomery Dive Club, and trained there throughout my senior year of high school. I have been diving for 11 years.

DM: Do you practice year-round?

Yes, I do practice all year round, with short breaks around holidays. How many hours a day do you train? I usually practice about 3-5 hours per day, including water training, dryland, and weights.

DM: Did anyone inspire you to start diving?

I began diving because I was a gymnast, and my mom thought I would enjoy it. I did it casually my first year, but after watching the 2012 Summer Olympics, I was very inspired by David Boudia.

DM: Besides diving what are your other interests?

I enjoy music; both listening to and playing it. I grew up in a very musical family, so I learned to play the guitar. I also enjoy playing video games both alone and with my friends.

DM: What kind of support did your family provide for your diving?

My family has supported me immensely throughout my diving journey. My mom has given up a lot of her free time to take me to practice, and to travel with me throughout the years. She has never once forced me to do it, and to this day, she tells me that even if I want to quit, she will support that decision as well (I'm not ready yet lol). My siblings have also supported me by telling me that I can do anything I want to do. I love those guys.



DM: Have you had to give up anything to become successful in diving?

I have definitely had to give up many social experiences to become successful in diving. Sometimes my friends will be hanging out on a Friday night, but I can't because I have Saturday morning practice. It's all worth it though, and my good friends understand my goals and help me in whatever way they can.

DM: What does being a High School National Champion mean to you Max?

Being a High School National Champion means a lot to me. It's extremely rewarding to know that all the hard work, struggles, and injuries I've been through have paid off in this moment. It makes me feel like this isn't the end, and that there is still more to come. It also highlights the amazing people in my life that have helped me get here. My coaches, family, and friends have all played an extremely important role in my life, and I wouldn't be here without every single one of them.

DM: You mentioned struggles and injuries How have you overcome difficulties during your career?

*I have experienced many difficulties throughout my High School career. Whether it be injuries, or mental health issues, I have been through it all. Being an athlete with high expectations for yourself can really take a toll on both the body and the brain. It's important to listen to your body and give yourself breaks and time to rest if you need it. **One thing that has helped me mentally, is to remember that diving is not who I am, it's just something I do. Whenever I am stressed about my sport, I remember this, and it helps me calm down.***

DM: How did your High School diving help you in other aspects of your life?

High School diving helped me in many aspects of my life because it highlighted the community that is built around diving. No matter the skill level, the group of guys that I competed with throughout high school were always super cool and friendly. They showed me that it doesn't really matter what your experiences are, we are all just diving because we enjoy it. This is something that I plan to take with me throughout all my years of diving.

DM: Did you enjoy your experience in High School?

I really did love High School diving. It's a special, fun environment that is great for getting people involved in the sport.

DM: Max, what would you like others to know about you or your sport that they might not know?

I would like others to know that diving is a pretty extreme sport. Pushing yourself to the limit to see how many flips you can do in a single jump, while trying to enter the water as clean as possible is very challenging. I feel like it is sometimes seen as "boring", but if you actually watch it and think about what the athletes are doing, it's pretty wild.

DM: What is the hardest thing for you about diving?

The hardest thing about diving is facing your fears. Whether it be learning a new dive or trying to make a change on a dive you already have, fear of landing wrong and getting hurt, or fear of the unknown can really hold you back from your full potential. You must learn to let go of that and be okay with getting knocked around a little bit. What has been your hardest dive to learn? The hardest dive for me to learn was 107c (front 3.5 tuck) on 3 meter. I kept on trying it, and I kept on belly flopping, but with some persistence, I was able to do it successfully.

DM: What Olympic diver do you most identify with, and why?

David Boudia. I think he and I are similar in a lot of ways mentally. To this day he is a huge inspiration to me.

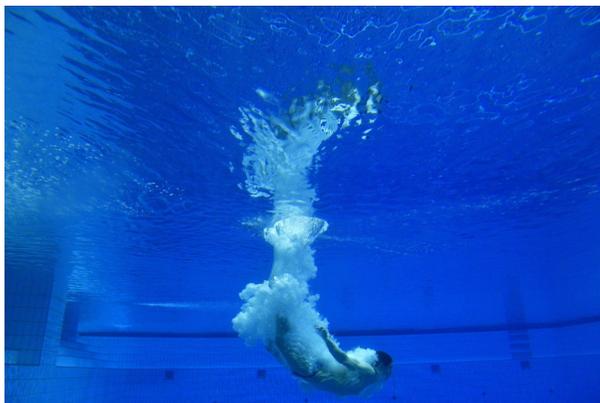
DM: Where are you planning to go to college?

I am diving at Indiana University beginning the 2022 - 2023 school year.

DM: Is there anything else you would like to share?

I want to thank you so much for this opportunity. I truly am grateful for all of my diving experiences, and thrilled that people want to learn about me. I really hope that I've offered some good insight.

DM: Thank you, Max, we are sure that you will be successful at Indiana, wish you the best of luck, and look forward to watching your collegiate career.



WHERE ARE THEY NOW?

Tom Caccia

Former NISCA Journal Editor

via email (and certain social media sources)

For those of us who have been active in NISCA for more than decade or two, we have come across, met and worked with, and grown to admire, respect, and have genuine affection for a lot of our colleagues and friends.

Tom Caccia has to rank at the top of most people's lists in those last regards. Always a smile, a joke, a big hearty laugh, and absolute care and compassion for his NISCA brothers and sisters. A high school coach and shop teacher for many years, then retired, then a college coach, then retired, then coaching again, and last we heard he was making caskets in a monastery. That's not a misprint or a joke, it's true.

Allow us to share some of his post-high school coaching adventures, and then catch up with him in the present.



FEB 23, 2021:

INDIANOLA, Iowa -- Simpson College announced today that Tom Caccia, head coach of the men's and women's swimming and diving programs, will retire from coaching.

Caccia came to Simpson in 2013, leading the Storm to new heights during his tenure. His swimmers set more than 130 school records in more than 35 events and achieved multiple academic honors over eight seasons. Caccia's hall of fame career spanned nearly 40 years at both the high school and collegiate levels.

"Simpson Athletics would like to extend our sincere gratitude for the years of service that coach Tom Caccia dedicated to the college and the student-athletes in his programs," Director of Athletics Marty Bell said. "He was a valued colleague to all and we wish him the very best in this next chapter of his life."

During his career, Caccia coached 12 all-conference and all-liberal arts performers. Under Caccia's tutelage, Kyle McKim won back-to-back Iowa Conference titles in the 100-yard breaststroke in 2014 and 2015. Christina Amburgy and McKim were named to the 2014 All-Liberal Arts Championship team and Danny Turner received the honor in 2020.

Outside of the pool, Caccia's teams excelled in the classroom. His women's teams compiled 16-straight College Swimming and Diving Coaches Association of America Scholar All-America Team awards while the men earned 13 honors during that span.

"I have enjoyed every minute of working with the staff and student-athletes at Simpson," Caccia said. "This department is full of wonderful, dedicated people that are passionate about the success of their student-athletes and the College as a whole. My student-athletes have exceeded my expectations in the pool while maintaining excellence in academics. I'm confident they will be successful long after they leave Simpson."



In 2019, Caccia was voted into the National Interscholastic Swimming Coaches Association Hall of Fame, the highest award presented by NISCA for leadership in interscholastic aquatics. Caccia became the 35th coach in NISCA history to be presented the top three awards of Outstanding Service on a National Level, the Collegiate/Scholastic Award for National Contributions to the sport and the Hall of Fame for success as a coach.

Prior to Simpson, Caccia spent more than 30 years establishing himself as one of the premier high school coaches in the state of Wisconsin. He was a four-time Wisconsin High School State Swimming Coach of the Year while at Platteville High School, earning the award on the girls' side in 1999 and on the boys' side in 2001, 2005 and 2006.

Caccia was a finalist for the national coach of the year award in 2006 after being selected as the Midwest Region Coach of the Year by the National Federation of High Schools.



As a student-athlete at the University of Wisconsin-Platteville, Caccia recorded a long list of accomplishments. After transferring from NCAA Division I Northern Illinois University, Caccia set 25 school records, led the team in scoring each season and was selected as a two-time team most valuable swimmer. He also qualified for nationals in the 400-yard individual medley on two occasions.

Caccia's coaching career began in 1980 at Platteville High School, where he also served as a high school and middle school technology education instructor.

Caccia was inducted into the UW-Platteville Hall of Fame in 2011 for his contributions as both a student-athlete and coach. In 2003, Caccia was selected by Aquatic International Magazine as one of the top 100 Most Influential People in Aquatics in the United States, an honor that includes all of aquatics, not just coaching.

Tom and his wife Theresa have a daughter, Ashley, a son-in-law, Paul, and two grandchildren, Sean and Jillian.



At the same time his "retirement" was announced at Simpson, Tom posted the following on the Facebook:

It's about time that I make it "Facebook Official." After 45 years of teaching and coaching, I have made the decision to retire. I can't say that I am out of coaching for good, I still really enjoy working with kids and the sport, but for now, it's time to pick up my bat and glove and go home.

The people I have met and worked with and become friends with in this journey are the best people in the world. I appreciate every one of them. I appreciate the friendships I've made and the remarkable example they have set.

But, I have always preached to my kids that family must always come first. I look forward to going home to be with Sean and Jillian (my grandkids) more and pick up on that part of the next chapter.

But, what to do? What to do?



Never one to let sawdust gather under his feet, we saw this post soon after his Simpson retirement, and wouldn't you know, he found time to make his way back to the chlorine?

From Facebook:

[To] catch up quickly, I've taken a part time job in Peosta at the New Melleray Monastery building caskets (or at least casket parts) for Trappist Caskets. I'm working with some very talented people who, together, produce incredible work for people's loved ones. It's very rewarding and very humble work. I like it a lot.

And lastly, I'm happy to announce that **this is my third week of working as an assistant swimming coach for the Dubuque Hempstead Mustangs**. As many of you know, I took a year hiatus last season and it was tougher than I thought. **This is the first time since I started coaching swimming that I am an assistant and I like the change.** First time I've ever coached in anything but red as well! Rick Loeffelholz is the head coach and does an outstanding job and our other assistant is first year coach Dalton Hammel. So far, it's been fun. Looking forward to a great season. Go Stangs!

Your faithful Editor picked up the phone and gave Tom a call a few months ago and we had a great and rollicking conversation, just like every conversation we've ever had in the last 25 years or so.

A little later the same day, I got this follow-up email:

It was good to hear from you this morning! I worked all morning at my part time job. I've been working 2 1/2 days a week for about 6 months at a Monastery about 25 miles from here. I work making caskets out of walnut, cherry, and oak. It's pretty interesting. I occasionally work with Brother Joseph, who is affectionately called "Papa Smurf" by the guys there and Brother Phillip. Brother Joseph is a really interesting guy. He's about 5 foot nothing and probably weighs 100 pounds dripping wet. He says he's in his 60s, but I think he's older than that. He's really into wood-working and gardening. He'll come over and work for a couple hours in the morning. He'll sometimes have Brother Phillip, who is probably in his 30's with him. Brother Phillip is from Texas. He went to school down there someplace and earned a degree in mechanical engineering and then went into the Marines. He served a couple tours in Afghanistan and then when he came home, went into the Monastery. He's got a bit to go before he takes his final vows. Other than working with those guys, I pretty much work alone, as do most of the guys there. If you go to this page (https://trappistcaskets.com/premium_rectangle/), I build the lid to these premium caskets. I like the work, but getting up at 4:00 am is kind of tough.

I'm heading to the Black Hills in a few weeks. I've tried to revive my photography skills so I'm hoping things like Spearfish Canyon will have some color changes about that time. I'll only be gone for about a week. Ashley has made mention of the fact that she would like to come to NISCA with me in March. She is trying desperately to get the twins interested in swimming/diving. Our grandson Sean isn't going to get there. He's all set to be a wrestler like his dad. Although, Jillian is liking swimming, so that's good.

I really missed coaching swimming last season. It was my first time not coaching in 45 years. So, I was given the opportunity to get back into it at Hempstead High School in Dubuque, about 15 miles south of where I'm living, this winter. The boys team is pretty good and the coach is a guy I've known since he was in high school more than 20 years ago. We're going to give that a try.

I have to confess I think about you every time I hear about a hurricane or those massive rains. I hope all is well with you and that things in Katy are okay.

Well, I've taken up enough of your time. I hope all is well and I really do appreciate you reaching out. Since Bill Wadley passed away last year I haven't had much contact with my swimming friends. I really am looking forward to Knoxville!

All the best...

-Tom

And that is what all of us have always come to expect from Mr. Caccia:

"All the best."



Take Your Markers!

By Joseph Groscost

"Good body position . . . face in the water . . . ears a little wet . . . inhale, exhale . . . elbows up . . . catch, pull, push . . . feel the water . . . stretch legs . . . toes pointed." Try and remember all that at once."

Almost impossible, yet we expect a youngster to assimilate this and a great deal more at the beginning level. Usually, within the framework of this muddled confusion and in spite of all our teaching, most of them, miraculously, succeed.

Through years of observation and a good deal of trial and error, I have discovered a tool which seems to minimize a great deal of the individual frustration associated with learning to swim: a magic marker. A felt tip pen is used to mark various body parts during the learning process. This method might sound somewhat strange and, at times, certainly does produce some rather weird-looking children marked up with dots, lines, circles, stars, and the like. However, these victims of "body art" indeed learn faster than the average beginner.

The marker method functions through focusing thought processes on the motor skill to be learned, while virtually eliminating associated thought processes. Further, communication between teacher and student is delineated to a simple, understandable level. The visual stimulus of a mark has an extremely strong effect on the learning skills, more so than verbal input.

Let's examine the marker process using one of the most basic, yet difficult, skills learned by any beginner: freestyle breathing. The general procedure is to introduce this process after the armstroke has been learned and the youngster can swim a coordinated, non-breathing front crawl for an adequate distance. After this has been accomplished, the youngster is usually taken

through: 1) inhale-exhale bobbing; 2) dryland practice; 3) determination of which side to breathe on; 4) dryland practice; 5) in-water practice using both breathing and head turn. After this the fun begins—trying to incorporate the breathing and head turn into the stroke cycle.

Now envision yourself as a 5-year-old being told the following: "When the hand opposite the shoulder that you turn your mouth toward touches the water out in front, exhale your air and turn your head to the shoulder you always turn to and take a breath of air and do this while keeping all those other things you've learned going." Wouldn't you agree that this is confusing? Even using the terms left and right is frustrating because most youngsters at this age have a difficult time remembering left from right without some thought and certainly no concept of the two while things are moving.

The marker method begins as soon as the youngster decides which shoulder is easier for him to turn his head toward to breathe. An O is placed on that shoulder; the swimmer is instructed to make an O with his mouth to match the O on his shoulder whenever he turns his head in that direction. Breathing development is done now with the O as the focal point, not the shoulder.

When the breathing is introduced into the arm cycle, the back of the hand opposite the shoulder with the O is marked with a big X. This leads to the simple statement, "When your X touches, exhale and turn your mouth to the O and breathe." The X and O allow for two easy reference points in an otherwise confusing and frustrating situation. It is also easier for the coach as he simply repeats the X and O reminder during subsequent practice and need not remember which shoulder each child turns toward. Directions are simplified and learning progresses at a faster rate.

Now that a basic description of the process has been given, it might be useful to put forth a partial list of the

various marking patterns which have proven successful for me in the past. Possibilities are limited only by the imagination of the coach. This method works at all ability levels and serves to correct stroke faults in addition to teaching proper stroke mechanics.

Freestyle:

- Breathing: Described earlier.
- Stroke feel: Put a dot on the palm of the hand. This is a "go" button which the youngster tries to push by finding resistant, dead water. Keep reminding swimmers to push the button through entire armstroke. This works for all strokes.

- Push: Place an X on the front of the legs just below the suit. Push your "go" button all the way to the X before bringing the elbow out of the water. Teach youngsters to relax their hands when at the X to eliminate hand throw on the recovery. Also good for butterfly.

- High elbow recovery: Put stars on each elbow. Remind swimmers to pick their stars up. Elbows are a rather vague term to a youngster, but a star is important. In addition, stars can be seen easily on movies or video tape.

- Elbow-up pull: Draw stars on each elbow. Tell the athletes to make the stars point to the side wall of the pool while pulling. Also good for butterfly.

- Head position: Put dots on chin and chest. Tell the child to either make the dots touch or be as far away as possible, depending on the position problem needing correction. Also good for backstroke.

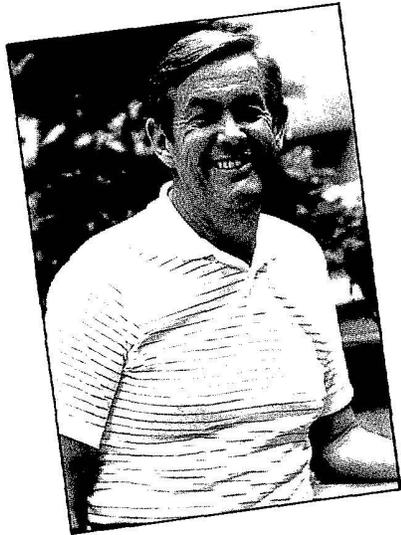
- Plantar flexion: Draw dots on top of the foot and the front of the ankle. Tell youngster to make the dot on his toe be as far from the dot on his ankle as possible.

Butterfly:

- Breathing: Put a dot on the chin. Push forward and make it stay wet all the time while breathing.

- Feet together: Put a V on the bottom of the feet with the point nearest the toes. Remind youngsters to keep the V together. In addition, the point of the V near the toes has a tendency to force

Joe Groscost is the swim coach at Perkins High School and Vacationland-Rocket Swim Club in Sandusky, Ohio.



AT YOUR SERVICE

Some of the finest U.S. coaches as well as 1987 Olympic team members to instruct you in their specialties

Don Gambriel's Gold Medal Series

Each tape in the GOLD MEDAL SERIES provides Olympic highlights, winning techniques, training and motivation by Coach Don Gambriel and the top U.S. Olympic swimmers in each event. Using underwater, slow-motion and freeze-frame photography, they offer extensive instruction to help the beginner, as well as the serious competitor, im-

prove his performance. **\$72.45 each.**

FREESTYLE—Rowdy Gaines gives insight into his "classic" freestyle form. Includes actual footage of Rowdy's 1984 gold medal win. Covers starts, turns and the importance of executing them correctly.

BREASTSTROKE—Coach Gambriel and Steve Lundquist discuss the history and evolution of this stroke. Demonstrations of proper body position, timing and mechanics by the U.S. gold medalists.

BUTTERFLY—Race footage of the top stars, World Record Holder Mary T. Meagher and Pablo Morales, with an analysis of their particular kick and stroke techniques. Gambriel and Lundquist review their performances, give tips on body position, water entry, drills and dryland exercises.

BACKSTROKE—Coach Gambriel and Rowdy Gaines discuss everything from getting started in the stroke to refinement of techniques at the Olympic level. Film clips of Mark Rhodenbaugh, Rick Carey and other Olympic backstroke swimmers and slow-motion analysis of the skills they utilize for backstroke sprint and distance events.

Don Gambriel's Classic Series

Men's Swimming—Expert technical instruction from top coaches for sprint and distance freestyle, back, breast and fly. **\$52.45 each.**

Swimming Techniques—Teaching and learning techniques for sprint and distance free, butterfly, breaststroke and backstroke. **\$62.45 each.**

Coaches' Drills—Featuring tried and tested drills for freestyle, backstroke, breaststroke, butterfly, and starts and turns. **\$62.45 each.**

Mail to:
Swimming Technique
P.O. Box 45497
Los Angeles, CA 90045

Total price of video includes postage and handling charges.

Gold Medal Series	Classic Series	
<input type="checkbox"/> Freestyle	<input type="checkbox"/> Men's Swimming	<input type="checkbox"/> VHS
<input type="checkbox"/> Breaststroke	<input type="checkbox"/> Swimming Techniques	<input type="checkbox"/> Beta
<input type="checkbox"/> Backstroke	<input type="checkbox"/> Coaches Drills	
<input type="checkbox"/> Butterfly		

Total enclosed \$ _____

Name _____

Address _____

City/State/Zip _____

Allow 4-6 weeks for delivery.

MasterCard/VISA _____ Exp. Date _____

Enclose Check Outside U.S.A. add \$5.00 per year all countries. Remit by International money order or foreign draft in U.S. Dollars.
 Money Order

No COD's. No invoicing unless on institutional purchase order. All subscriptions start with current issue.

Markers

the feet to always plantar flex.

- **Knee bend** (in relation to kick): Draw a line on the back of each leg. Tell the child not to let the line bend kicking up and to bend the line when kicking down.

- **Plantar flexion**: If the V is used as described above it does not work well, use the dot method described earlier for freestyle.

Breaststroke:

- **Breathing**: Put a dot on the chin. Insist that the dot be pushed forward and stay wet all the time they are breathing.

- **Inward sculling action**: Put stars on each elbow and lines on the thumb side of the index fingers. Have the swimmer scull in with the stars pointing to the side of the pool and lines pointing downward.

- **Dorsiflexion**: Put dots on top of the foot and on the front of the ankle. Instruct swimmers to make these dots come as close as they can to each other as the feet are being drawn up.

- **Finish of kick**: Draw a star on the back of each thigh. Remind the youngster to make these stars come to the top of the water as the legs straighten. Also, if toe-point at the finish of the kick is lacking, simply have the child use the dorsi-flexion dots as plantar-flexion reference points (described earlier).

Backstroke:

- **Body position**: Draw a star between the navel and top of suit for boys. Put a piece of masking tape in same area for girls. Instruct youngsters to push star to the sky to correct a sitting-down body position. Reverse the technique to correct over-arching.

- **Kick**: Draw arrows on top of each foot with the point nearest ankle. When the swimmer tries to push the pointed end of the arrow up, a combination of good plantar flexion and up-kick is obtained.

- **Arm recovery**: Put stars on the palm of each hand. Swimmers should be told to make each star face the side of the pool when it is out of the water. In addition, stars can be easily seen when using movies or video tape.

These are just a few of the ideas that work well for me. I hope some of them may benefit you. One thing of which I am relatively certain: The easier it is made for any youngster to learn skills correctly, the greater will be their possibility of eventual success. ○

Nutrition vs *Sports Nutrition*

By Dawn Weatherwax, RD,LD,ATC,CSCS

All of the probing and poking around in the realms of nutrition and physiology has resulted in a science that combines the best knowledge from both arenas. Good nutrition is essential to good health, no matter who you are. Sports nutrition takes the principles of good nutrition a step further. It looks at what you do with your body, and tailors both the things you eat and when you eat them to enhance your activities. It takes into account the big picture – all your trainings and competitions – whatever it is you like to do.

Sports nutrition also takes into account the various nutritional needs of different sports. If you're a weight lifter, you're going to eat differently than a swimmer. Tailoring nutrition to activities can do amazing things for athletes of all shapes, sizes, and persuasions. It can do the following:

- ◆ **Maximize concentration**
- ◆ **Minimize fatigue**
- ◆ **Reduce errors**
- ◆ **Attain and maintain ideal body composition**
- ◆ **Decrease the use of harmful supplements and illegal substances used to “get up” for the game**
- ◆ **Optimize trainings**
- ◆ **Minimize recovery time**

Sports nutrition gives “eating to live” a whole new meaning. Nutrition is just nutrition. Sports nutrition will get you to where you want to go. Following a good sports nutrition program can enhance athletic performance and decrease injuries. Sports nutrition focuses on three main factors that help support optimal health and exercise performance: appropriate food and fluid selection, timing intake to enhance performance and recovery, and appropriate supplementation.

What is the difference between a Nutritionist and a Dietitian?

Nutritionist

Aim of Profession: Often work at a community, organization and population level, providing information and advice about foods to promote health and food sustainability. They may also work with healthy individuals seeking to improve general health well-being vs individuals with medical or complex conditions requiring nutrition therapy.

Accrediting body: There is no national industry authority governing nutritionists.

Level of education: Nutritionist courses can vary in length and quality, ranging from university degrees to online courses.

Dietitian

Aim of profession: Dietetics is a specialization on top of nutrition studies. As such, dietitians can work in any of the areas that nutritionists work but, additionally, they provide nutritional advice for treatment of diseases and conditions to optimize health.

Sports Dietitian

Aim of profession: A sports dietitian provides individual and performance Aim of profession focused, nutrition plans for athletes. They use testing, blood work, and any other science based techniques to further the athlete's goals.

Accrediting body: Complete an Accredited Dietetics Program. Accredited Practicing Dietitians and Accredited Sports Dietitians commit to ongoing training and education.

Level of education: Bachelor's and Master's degree, 5+yrs of study at university, takes an average 6-7 years of schooling

SUMMARY

If you want your swimmers to maximize their training and performance outcomes, remove the guess work, save time and minimize sickness, it is important to make nutrition as much a part of your program as the training. Reach out to a sports dietitian in your area. If you do not have one locally then search for one to do virtual options. The goal is to set up the swim team for optimal success in all areas and create a network that allows that outcome!

Dawn Weatherwax (RD, LD, ATC, CSCS) is a registered/licensed dietitian with a specialty in sports nutrition and is the founder of Sports Nutrition 2Go and Dawn Weatherwax Sports Nutrition Academy. She has been working with swimmers for over 25 years and has launched an online nutrition program for swimmers. In addition, she is an athletic trainer with a certification in strength and conditioning from The National Strength and Conditioning Association.

Dawn Weatherwax
Sports Nutrition 2Go

Dawn Weatherwax's Sports Nutrition Academy

www.dawnweatherwax.com

www.SN2G.com

513.779.6444

Swimming Nutrition online programs for swim teams and individuals!

Short course season is here!

It's the perfect time to share information about online swimming nutrition programs!

Cultivate a positive team culture around food and performance!

Take out the guesswork!

Menus are available to guide swimmers to success in and out of the water.

Access to a sports dietitian directly via chat for a year!

A private Facebook community to promote continuous support.

What to Eat & Supplement for Daily Swimming

What to Eat & Supplement for an All Day Swim Meet

What to Eat & Supplement for Holiday Training

Gain Weight (Get Leaner) accelerated program

For information and description on these programs: www.dawnweatherwax.com

Contact us for
discounts!



**WHAT TO EAT & SUPPLEMENT
FOR DAILY SWIMMING!**



**2 HOUR ACCELERATED COURSE/CAN DO ON YOUR OWN TIME
FOR YOUTH SWIMMERS (AGES 12-18YO)**

Dawn Weatherwax Sports Nutrition Academy

DAWN WEATHERWAX SPORTS NUTRITION ACADEMY WWW.DAWNWEATHERWAX.COM 513.779.6444

team

Building A Better Athlete through Sports Nutrition

DWSNA



www.DawnWeatherwaxSportsNutritionAcademy.com

Try for One Month Free!

Aimed for parents of athletes ages 6-18 years old, our overall goal is to provide you safe and effective nutritional guidelines and optimize health and performance.

We do this by being:

- A resource you can trust
- A ONE stop resource
- Know what, when & how much to eat
- How many calories needed
- Taking out the guess work
- Stay healthy, tons of energy, avoid plateaus, grow, optimize recovery
- Questions via chat!
- Online Programs:
 - **WHAT TO EAT & SUPPLEMENT FOR DAILY, SWIM MEET, HOLIDAY TRAINING**
- SO MUCH MORE!



JOIN
EXPERT
MENUS
SUCCESS



Athletes' Stories

Grant H -Gained over 55lb of lean weight, Top 10 in the country. Added nutrition age 14yr.

Mariah D.-Gained 25lb of lean, got leaner, Top 10 in the country. Added nutrition age 13yr.

Emma D-Got leaner. Won State! **HS**-13yr. Tired & barely improving to Rocking it at every meet, growing:



Team *Work Is A Team Effort*

by Aimee Schmitt

FIVE ESSENTIAL ELEMENTS FOR WINNING TEAMS

Why do people like to be a part of a "team"?

Accomplishing something independently can be very satisfying--but being a part of a larger, successful, like-minded group brings the level of excitement and satisfaction from each achievement to a whole new dimension. People don't just like to be a part of a team, they want to be a part of a **winning program**.



So what makes up a successful team? Simply put, *twenty individuals in a room does not equal a team*.

What are the essential elements that change a group of people into a "team"--and moreover, what helps set up a winning team that people want to be a part of?

1. Core BELIEF system -- Every team must have a core belief system that members are willing to buy into. Can you identify your team's belief system? This is the mindset that binds the individuals to a team culture. A core belief system can be several items--hard work, toughness, fun, friendly, supportive, etc. Identify what your core belief system is and then be proud of it. Make it official by making it a team mission statement. Better yet, put it on a team shirt and wear proudly.



2. Common GOALS -- Every team needs to have a purpose. What is your team trying to do together as a whole? As the coach, you are directing what those common goals are, and each member needs to buy in to focusing on those goals, both individually and collectively. Identifying the common goals helps solidify the team bonding and provides a vision for the effort members are asked to put forth. Common goals need to be clearly presented and then addressed on a weekly basis. The best way to do this is at team meetings, through team handouts, and via team goal setting. An example : **"Our team's goal is to be top 3 at State this year and we need everyone to participate in reaching this goal. Are you all in? We have 15 weeks to get in shape and work on where we will outscore our opponents. What will you (the swimmer) do to help make this happen? I have goals for each of you individually--and how you can reach your personal bests in your events and be team scorers."** Emphasizing how each member matters and that they have an important role to play helps to unify the team atmosphere and participation.



3. Common CHALLENGE -- When team members have a common challenge to overcome, it creates a bonding atmosphere. This can be a team building meeting with fun activities out of the pool, as well as challenge sets in practice.

Challenges need to be done in a way that allows team members to step out of their comfort zone and push themselves in a new way and be encouraged by teammates. Challenges are best when they are bite size and can be accomplished and celebrated, and then built upon throughout the season.

The ongoing team message is how their effort and hard work will have significant payoffs down the road toward the common goals. Team members can view themselves as "tough" and "stronger" and "capable" because of these

team challenges and as a result they encourage other teammates to do the same.



4. Camaraderie - An essential part of a successful team program is how the team members get along. Camaraderie is the foundational glue that separates the great programs from the good ones. Do members make others feel like they belong? Successful programs have fun, and offer a friendly and safe environment where connections are made and members want each other to be successful.

Successful teams cheer for each other and plan activities together. This is fostered by coach-planned events and establishing specific criteria for team leaders to aspire to in their code of conduct. Often letting the team determine things like team mottos, team t-shirts, team cheers, and other **TEAM TRADITIONS** also help to foster an environment that allows every team member feel like they are a purposeful part of the program.



Aimee Schmitt is the author of The Ultimate Swim Log and Goal Planner, and a former USA Swimming National Team Member, Stanford NCAA Championship team member, and avid believer in goal planning.

5. COLORS -- Successful teams look and act like they are a team. This starts with branding your program with a cohesive look--everything from the team uniform, logo, hashtag slogan and cheers. Every part of the team experience needs to tell a story to the on-looker at first glance: This group is together, unified, and on a mission; their members like being together, working hard and being successful. Actions include how the team warms up, how they dress, sit together at events, as well as how they arrive and leave an event. It includes championship behavior every time team colors are worn--sportsmanship, gratitude, respect for the game and an attitude of positivity.



Bottomline, **building a team takes teamwork**. The results will shine when the components are there. Ultimately, every team can foster a winning environment when members sense that they belong to something that allows them to feel like they are becoming a better person and athlete by participating.

Have a great season!



HOW DO YOU PLAN YOUR SEASON?

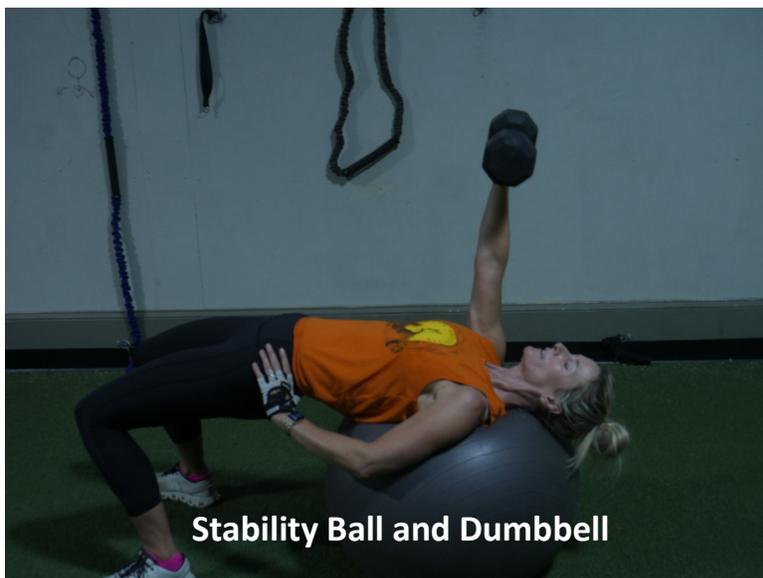
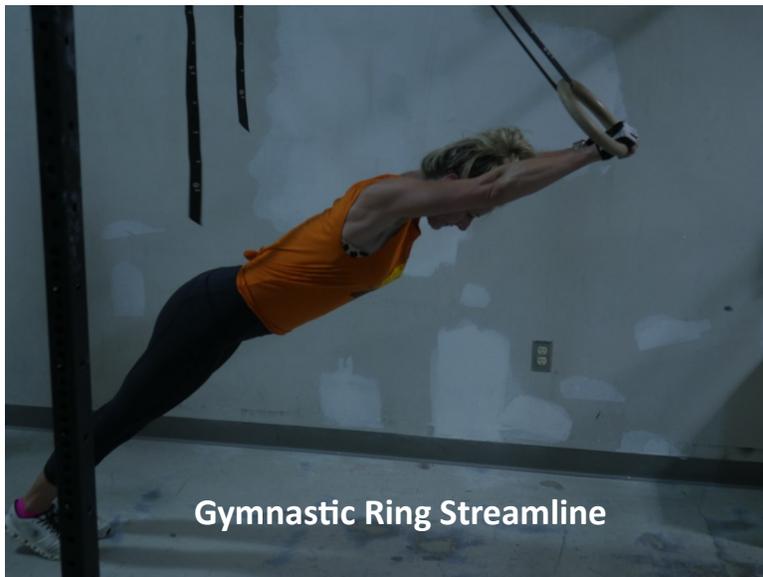
This is essential swim equipment written by a former USA National team member. Use the five sections to log practices, track dry land training, set and evaluate goals, record meet times and stay motivated. Goal planning made textbook easy.

www.ultimateswimlog.com

Just \$29.99--use code **NISCA** and save 25%.

THE ULTIMATE SWIM LOG AND GOAL PLANNER
AIMEE SCHMITT

**These photos accompany the article
on the following two pages
by Charlie Hoolihan**



Designing Resistance Programs for High School Swimmers

Charlie Hoolihan, *ASCA Swimming Strength and Conditioning Specialist (SSCS)*

High school swim team rosters are usually an amalgam of seasonal and year-round swimmers. As such there is a wide range of abilities, interest levels and point scoring potential on every team.

While highly ranked year-round swimmers tend to dominate the top spots in championship meets, experienced hard-working seasonal swimmers can contribute points in the semifinals and relay events. These points can often be the prime determinant in team standings as the year-round swimmers have lower ceilings for improving their rankings than the seasonal swimmers.

Using well-planned resistance training a few months before and during the season in "conditioning" sessions can help extend the training season for seasonal swimmers. This training can help them to faster times, higher team rankings, healthier bodies, and develop team camaraderie.

Components of a resistance training plan

Thanks to the internet and social media, we are exposed to hundreds of thousands of exercises. Making sense of which ones to use and when to program them is difficult, especially for swim coaches trying to combine gym training with water training.

The accompanying pictures demonstrate three primary exercise types – stability, strength, and power. All are important to athletic performance regardless of sport, but the key is combining them into a coherent program at the correct phase of each season.

Stability

Stability exercises are designed to create a solid platform throughout the hip and shoulder musculature from which the arms and legs can create propulsive force. Some training programs will call this "core" muscle training, but in the SSCS, we prefer to refer to it as "conduit" muscle training since the definition of a conduit is a place where energy is transferred from one place to another.

In stability training, it's important to cue the swimmers to feel the muscles engaged during the process.

Usually, the arm and leg muscle groups move while the hip muscle groups are isometrically (non-moving contraction), stabilizing the conduit flow.

In the accompanying gymnastics rings picture, the trainer is stretched out into a streamlined position, effectively creating hands to feet isometric "plank" to help establish how the muscles can create lengthened stability before movement of the appendages.

The swimmers can also feel how the hands to shoulders need to be engaged before the catch of the front phase of a stroke. Emphasizing this awareness can help transfer the land activity to the pool.

Various other exercises can be performed from this extended position – push-ups, leg lifts, roll-outs, single-arm extended plank, and butterfly recovery patterns. Cueing maintaining a still conduit about the hips during these movements can help foster efficient swimming movement designed for hydrodynamic propulsion

Strength

Strength exercises are designed to increase an athlete's ability to move a specific weight for a particular number of repetitions to generate effective muscle force for propulsion. The strength gained from the exercise helps create a resilient athletic body that can withstand the rigors of training and competition.

The development of strength is essential and traditional, utilizing familiar exercises like lunges, squats, deadlifts, hip extensions, step-ups for the lower body and bench presses, single-arm presses (shown in the picture), dumbbell rows, pull-ups, and triceps extensions.

For the most part, there are minimum speed requirements for strength-development exercises. (Note: there is recent research indicating slow lifting to failure may not be as critical as once thought) Absolute strength is gained by moving weight in a technically correct manner as slowly or quickly as needed.

Power

Power training is a subdivision of strength but has velocity requirements. Excellence in almost all sports require movement performed as quickly and efficiently as possible. The weight of the exercise is essential, but the speed of motion is more so.

Power exercises are seen in Olympic weightlifting, where athletes lift enormous amounts of weight overhead. The speed of getting the weight to each position in the lift is vital in creating momentum.

The key to power exercise transfer to the pool is to help cue what specific part of race the movement helps. Cueing box jumps for starts and turns push-off speed and vertical medicine ball throw for strong and fast stroke finishes can help the swimmers get a feel for enhanced performance characteristics. Power can also be developed through plyometrics – broad jumps, box jumps, and

bounding for the lower body and power-push-ups, medicine ball throws (horizontal medicine ball throw shown in picture), and banded rapid rate exercises.

Each type of exercise should be used throughout the pre-season and season but with varying levels of emphasis depending on the athlete's ability and experience, the date of the primary competition, and individual needs.

Designing the program

For this article, a five-to-six-month training period will be examined with a pre-season of four to eight weeks and a swim training season of sixteen weeks leading up to the championship meet.

Pre-season emphasis would be on stability coupled with a slow strength build. The first eight weeks of the swim training would prioritize strength gains while introducing more power exercises. The final four to six weeks leading up to the peak meet prioritize power exercises and strength maintenance.

Daily workout structure

There are dozens of ways to structure daily workouts but performing full-body workouts two to three times per week is the best for the variable schedules of high school athletes. Research indicates full body training is as good as rotating muscle groups in increasing strength, and full body allows for diversification of exercises. If an athlete misses a workout during the week, a full-body split reduces the need to make up for missed muscle groups.

8 to 12 exercises per workout done in multi-circuit style with athletes moving from station to station can also increase the workout's efficiency by limiting fatigue in muscle groups while alternating leg and arm exercises during the circuit.

Circuit examples are deadlifts, dumbbell rows, side plank, triceps extension, and vertical medball throw in one circuit. Squats, single arm chest presses, suspension streamline with gymnastics rings, shoulder presses, and broad jumps can be a second. Athletes perform three to four rounds of each circuit, pending time available.

Changing focus during the season

The circuits above contain stability, strength, and power exercises, and sets and repetitions are altered during each season phase.

During the pre-season conditioning period, more sets of stability exercises are prioritized, while strength and power exercises are performed for technique development. Ten to 20 repetitions of the stability exercise are appropriate and adding a band or light dumbbell movement to the planks can keep it interesting. For example the first circuit could include a side plank station in between each of the other and performed in this order – deadlift, side plank, rows, side plank, triceps, side plank, medball throw.

Emphasis on gaining strength during the next phase can be achieved by returning to the original order but adding a final round

of the circuit of just the strength exercises. Five to 15 repetitions of the strength exercises are most suitable for swimmers, pending their event.

As the season gets closer to its competitive peak, the focus on developing power is the focus. Strength set goals are to maintain or slightly reduce weight during the workout. Stability exercises can be dropped, and extra power sets substituted.

Athletes are given more rest between sets to limit fatigue while trying to develop speed and explosive power. Power exercise repetition shifts to one to three performed at high velocity.

Timing of taper

Tapering off strength and power varies from athlete to athlete and improves as the swimmer gains more experience. Some athletes may need to eliminate most two to three weeks out, while others can and should perform some strength and power maintenance a week out. Only experience can help determine what's appropriate for each, but a rule of thumb is those with the most muscle mass tend to need a longer taper time, while those with lower muscle mass need more maintenance closer to the meet.

Using strength test sets like the best 5-repetition strength weight and the best distance of a medball throw for power the week after a meet can help determine what performance qualities were maintained during the taper.

More information

The American Swim Coaches Association provides more information on strength training for swimmers at their ASCA Swimming Strength and Conditioning Facebook page, workshops throughout the country and the Swimming Strength and Conditioning Specialist Certification course.

Questions? Contact Charlie Hoolihan, charliehoolihan@gmail.com



Charlie Hoolihan is the Swimming Strength and Conditioning Specialist (SSCS) Coordinator for ASCA, the American Swimming Coaches Association. He is a presenter and author for several national fitness organizations and a certified personal trainer with the National Strength and Conditioning Association and the National Academy of Sports Medicine. He is also an experienced swimming coach of all ability levels, from beginner six-and-unders to national and collegiate swimmers.



Part I: Making Sense of It All

Avery Adams

It's the year 2022 and we are inundated with a plethora of exercise content on Instagram, Facebook and the absolute ether that is the internet.

However - every article contradicts itself, every exercise is flashy, every exercise is targeting specific muscles and you're struggling to make sense of it all.

It is okay, I have been there. Early on in my career I would stay up late every night, trying to absorb and make sense of every stitch of information that I came across.

Now this exorbitant amount of time spent diving into the material went on to shape the last 16 years of my coaching career, and for that I am thankful. Like any coach striving to get better every day, I still dive into the best information that I can find, I am just more specific in what I go looking for.

However, are there some simple questions that we can ask ourselves that help direct our intentions? Unequivocally, yes.

One of the most common questions that I receive is "what is your favorite exercise for this or that", and my answer is almost always "It depends", and it is for good reason.

The unfortunate part of seeing individual exercises virtually, is that we're lacking context.

Where did it come from?

Where is it going?

Is this movement a need or a want?

How can I use this ONE movement for my ENTIRE team?

These are questions coaches must ask before they put pen to paper with their program design.

For the sake of this series of articles we are going to look at a few important topics that I think are overlooked in regards to exercise selection, programming and ultimately putting every movement into practice. (See what I did there?)

Part 2. Exercise Selection

Part 3. Programming Bottom to Top

Part 4. Coaching Movement with Simple Effective Cueing

So what do I want you to take away from this opening article?

Simply put, I want you to think BIG, think beyond the session in front of you and begin to see how the exercises you are programming fit into your team plan for the duration of an athlete's career.

Email Coach Avery Adams:
elevatedryland@gmail.com

Coach Avery Adams has a long history of coaching swimming and has a passion for coaching age group athletes. From stints at Lakeside Seahawks, Wildcat Aquatics, Volunteer Coach at Kentucky and most recently, South Carolina Swim Club. Avery believes coach education is a continual process. His work has given him the opportunity to coach at LSC, Zone and National Select Camps as well as work with some of the best coaching minds in the country. This passion for growth has led to his newest venture in strength training and creating movement programming specific to the developing swimmer.



Don't lose sight of why you coach.

It is easy to get frustrated with parents, with spending every weekend on the pool deck, or being away from your family far too often. We all got into this because we love what we do. We love to make an impact on our swimmers and families lives. Instead of thinking of the hard times - look back at every single amazing moment you've had.

The smiles, the on-deck conversations, the silly moments - all of it. I promise you - that you will remember that very moment when you decided to be a coach, and when you felt nothing but a full heart.

I am so thankful for every single bad day and every amazing day.

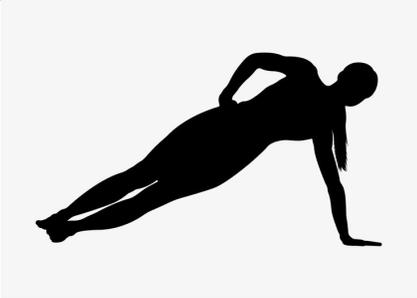


What can we gain from dryland



OTHER THAN

Strength & Mobility?



1 →

We gain opportunities to connect with our athletes.

Lending an open ear for our swimmers during the good, bad and everything in between builds trust.

2 →

We gain visual feedback on how they're feeling.

Yes they may be tired sometimes and that's okay, however when they're overly fatigued, that's when we run into issues

3 →

We develop team unity

The classic definition of a team, is to work together towards a common goal.

When they work together in and out of the pool, special things can happen.



ELEVATE THE PROCESS

SPEND MORE TIME WITH YOUR FRIENDS AND FAMILY

WE ARE ON THIS PLANET FOR A SHORT PERIOD. WORK HARD. YES, BUT MAKE SURE YOU'RE NOT IGNORING THOSE WHO CARE ABOUT YOU.



www.elevatetheprocess.com



A Look at Olympians Past and Present

Kara Lynn Joyce

By Michael J. Stott, *Courtesy Swimming World Magazine*

This is one of a series of athlete profiles by Mike Stott on past Olympic swimmers for whom the high school experience was integral for their eventual success. As Stott quotes Kara Lynn Joyce in the following paragraphs, ***“High school swimming is an amazing experience. It is fun to swim for your team and represent your school, be with your best friends and just do something that you will remember forever. I absolutely have my best swimming memories from high school and college.”*** (We couldn't have said it better!)

22.04 -- Kara Lynn Joyce's lead off leg in November 2002 on the Pioneer (Ann Arbor, Mich.) 200 free relay stood for 10 years as the fastest public (or independent) school 50-yard free of all time.

Prior to the 2012 London Olympics Joyce, a 6'0" 18-time NCAA All-American (University of Georgia, where she won four consecutive 50 and 100 free titles), veteran of two USA women's Olympic teams (2004, 2008) and winner of four Olympic silver medals, plied the waters in Denver, Colo. swimming for Todd Schmidt's Colorado Stars. A member of the USA National Team since 2002 Joyce trained with Missy Franklin, among others, hoping to earn a trip to London.

"At the National Team level a lot of people forego high school swimming to train with their club or main coach," says Joyce. "I started swimming high school in seventh grade in upstate New York (Irondequoit). It is an amazing experience. It is fun to swim for your team and represent your school, be with your best friends and just do something that you will remember forever. I absolutely have my best swimming memories from high school and college."

Joyce leveraged a high school career that ended with four national records (22.04, 48.69 100 free, 200 yard free relay and 400 free relays (1:32.77, 3:25.91) into a stellar stay at the University of Georgia. The Bulldogs finished second at NCAA's in 2004 and 2006, were national champs (and won all five relays) in 2005 and finished fifth in 2007. In 2007 she was named the Honda Award winner for swimming and diving and national swimmer of the year for the second straight time.

Nine of Joyce's NCAA titles came on relays. "She always loved being part of the team. That showed at Georgia as well," says Jon Urbanek, her coach at Club Wolverine in Ann Arbor. "Without high school swimming I don't think she would be where she is today. Your peer group is extremely important; you are part of the team. It is more than just swimming for yourself. It is something above and beyond you. It is important for all kids to have the team feeling and experience and share it with others," he says.

The Ann Arbor connection came as a result of the three Joyce siblings (older brothers Kevin and Sean ultimately swam at Eastern Michigan University) being sent to the University of Michigan swim camp. Michigan and Club Wolverine had tremendous teams in 1996 when stocked with eight Olympians. The 1995 Michigan

squad won the NCAA championship while claiming all the freestyle events.

It was then that Kara's mother Kathy, a swim coach, took notice and subsequently entrusted her children to Urbanek. "They would come to camp for four or five weeks, which was unusual. I was most likely a babysitter for the Joyce kids," says Urbanek. Kara attended the camp starting in 8th grade and developed "a great relationship" with the Michigan coach. Then one day Urbanek got a call saying the family had made a decision to move to Ann Arbor to enhance Kara Lynn's training opportunities.

"As soon as I got that phone call I called Denny Hill (coach at Pioneer High School) and we got the high school and realtors lined up so she could go to Pioneer. It worked out extremely well," he says.

In Ann Arbor Joyce swam the fall high school season for Hill, the winter for Ann Arbor Swim Club and the rest of the year under Urbanek at Club Wolverine. "She loved high school swimming," says Urbanek, "and I supported her 100 percent in that endeavor." It didn't hurt at all that Urbanek and Hill were very good friends even if their philosophies on volume differed.

"Denny is an awesome coach," says the current FAST coach for the Post-Grad and Pro Team in Fullerton CA. "Denny would kill them. Kara was an anaerobic explosive swimmer and was going 80,000 during hell weeks with Denny. They were doing a lot more than I was at Club Wolverine or with the college kids. She was broken down during most of the high school season, but he'd give her three or four weeks rest and when the state meet rolled around she was ready," he says.

"Jon was her main coach," says Hill who credits much of Joyce's ability to finish strongly with the Urbanek practice regimen. "His swimmers can always finish a race because they always do their fast stuff at the end of practice," he says.

"We did do a lot of yardage," Hill confesses. "Kara was amazing for being a sprinter. Watch her in practice and you wouldn't even think she was a sprinter. She trained for the 200, the 500. You name it; she could do it very well. Part of the fun going to practice every day was because Kara was there just going out of sight. It helped the other girls, and we had some good ones. They learned a lot from her.

"Kara was a fantastic trainer. It's pretty rare you get someone with that talent and who likes to do the work too," he says. Hill recalls one set of:

- 5 x 100 hold under a minute
- 4 x 200 hold under 2 minutes
- 3 x 300 hold under 3 minutes
- 2 x 400 hold under 4 minutes

"At that time our guy's team couldn't handle that kind of workout. She really went after it. She was there every day pulling the kids along just showing them how it is done."

"She was very personable and well liked by all her teammates," says Hill. "We really had a very good high school team when Kara came and she just put the icing on the cake." Joyce set her first national record in the fall of 2001 when she posted a 22.73 in the 50 free to take down the public school 50 free mark. More national recognition came the following year.

"Going into the 2002 state meet Denny and I knew I was going to be faster than 22.7. I don't think we knew how fast. I remember when I touched the wall -- 22.04 --. It was such a surprise. I looked over at Denny. He was hugging Liz (his wife and fellow coach) and they were jumping up and down. It was one of those magical moments in swimming," says Joyce.

The players and splits on that relay were: Joyce (22.04), Margaret Kelly (23.46), Leigh Cole (23.47) and Jennifer Merte (23.80) for a 1:32.77. Before the meet was over the Pioneer women claimed the national public school 400 free mark as well with Cole (52.45), Melissa Jaeger (52.35), Merte (52.32) and Joyce (48.79) going a 3:25.91.

"What an incredible experience," says Joyce. "It was a prelude to college swimming."

"Kara's coming really elevated our thinking and it became part of our goals. Arrowhead in Wisconsin had a really good team. We'd see their meet a week ahead of ours and say 'OMG, how can we ever do their times' and then we'd go out and beat them. The Pioneer girls tracked Germantown's results at Easterns. "This would go on until the rankings were decided," remembers Hill. In 2003 Pioneer was named mythical national high school champions. They tied Germantown Academy in 2005 and then won the crown outright in 2006.

"Swimming in high school taught me how to be part of a team," recalls Joyce. "There is no better feeling than swimming on relays and having people depend on you. I looked for a similar feeling when I was looking at colleges. I wanted a close knit and very strong team all around with boys and girls training together. I found all of that at Georgia."

"Club swimming is a team sport, but it's different. In high school and college you swim for points; you swim for your team. There is just something really special about that." In August Joyce hopes to carry that feeling one step farther onto her third Olympic team.

Kara Lynn Joyce is a three-time USA Olympic swimmer living in Long Beach, CA. Kara competed in the 2004, 2008 and 2012 Olympics for team USA winning a total of four medals. As a swimmer for the University of Georgia, Joyce won 18 NCAA titles and set the American Record in the 50 yard and 50 meter freestyle.

In 2010 she moved to Denver to train with Olympic star, Missy Franklin, in an attempt to make her third Olympic team. Her journey has been captured in the beautiful film, "Touch the Wall" which has been screened globally in theaters and is available via blue-ray, dvd and amazon prime.

In 2017 Kara founded the Lead Sports Co. for teenage girl athletes. Lead focuses on connecting female athletes with accomplished women in sports through yearly summits and regional seminars.

Over the last 4 years the Lead Company has grown from not only a yearly event, but an online community and Academy. The Lead Academy is the home base for teenage girl athletes, parents and coaches with comprehensive online courses in Leadership, Confidence, Sports Psychology, and more.



Photo Courtesy Taylor Baucom - The Players' Tribune

Cumberland House
Tapestry Collection by
HILTON
1109 White Ave.
Knoxville, TN 37916
Check-In Time: 3:00 PM
Check-Out Time: 12:00 PM

NISCA Hotel Reservation Form

90th Annual NISCA Conference

Wednesday – Saturday, March 15-18, 2023

**Cutoff Date for
Reservations is
Feb. 10, 2023**

Room Rates: Single \$149.00 + Taxes and Fees per night
(**NISCA recommends SINGLE Occupancy**)

Complimentary Wi-Fi (in the meeting space). Basic guest room internet access included in the room rate.

No Smoking, no pets allowed

Hotel reservations must be made by Feb. 10, 2023. Reservations made after this date will be taken on a space available basis only.

Parking – overnight is valet and charged at \$25.00 per day

Call the Hotel at 1-865-971-4663 and refer to the NISCA 2023

Conference

Or use the link below [NISCA](#) to go directly to the hotel's web page or through the Hilton Honors app.

Date of Arrival: _____

Estimated Time of Arrival: _____

Date of Departure: _____

Please Reserve: _____ room(s) for _____ people

Rev. 1.2.08-27-2022

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip: _____

School: _____

AMEX _____ VISA _____ MASTERCARD _____ DISCOVER _____

Card Number _____ Exp. Date _____

CVC (Security) Code _____

Signature _____

In Association with
the NCAA Women's
Swimming & Diving
Championships

CONFERENCE REGISTRATION FORM

90th Annual NISCA Conference

Wednesday - Saturday, March 15-18, 2023

Knoxville, TN

In Association with the
NCAA Women's
Swimming & Diving
Championships

Reservation Options:

Option 1...Conference Registration. Cost \$265.00

Option 2...Banquet Only. Cost \$50.00

Option 3...NCAA All Sessions Tickets Only. \$130.00
Limited to 25 sets.

PLEASE MAKE COPIES OF THIS

FORM FOR ADDITIONAL REGISTRATIONS

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone () _____

e-mail address: _____

Reservation Options:

Option 1 - Please reserve _____ @ \$265.00 \$ _____
Option 2 - Please reserve _____ @ \$50.00 \$ _____
Option 3 - Please reserve _____ @ \$130.00 \$ _____

TOTAL \$ _____

Arrival Information:

Date and Time _____

Spouse's name, if attending the convention: _____

Shirt Size (*available to NISCA Coaches Who Pre-Register Only*):

Sm. Med. LG XL XXL (Circle One)

Banquet Meal Choice:

Beef Chicken Fish (Circle One)

Send Form to Eve Julian at secretary@niscaonline.org

Checks should be made payable to NISCA.

Send to:

Thomas Wojlawowicz

3015 Shiloh Ln.

Charleston, SC 29414-8025

Bits and Pieces To Give You Ideas

It's Like Cracker-Jacks --- Sometimes The Prize Is Really Good!



We coaches are always striving to improve the fitness of our athletes, but what are we doing when it comes to ourselves?

“General fitness is nebulous. What actually matters when it comes to exercising for general health isn’t about performance, or training to run your fastest or lift the most weight. What follows are some myth-busting or clarity-bringing concepts around fitness for the general population.”

So begins a great article by Steve Magness of *The Growth Equation* titled *“The Basics of Fitness: A Program for Everyone”*.

Two excerpts:

[I hate] the phrase “cardio.” All exercise is cardiovascular training. All training is muscular and neural.

When we reduce training to ‘cardio’ we overemphasize things like heart rate zones. Forget them. What you should think about instead is how easy or hard is it to breathe? Can you talk during the exercise or not?

This gives you an indicator of intensity or effort. The harder it is to talk, the more intense the workout is. As a heuristic, the easier the work, the longer it takes to develop our fitness in that area, but the longer-lasting it is.

For general fitness, especially as we age, it’s about maintaining strength, power, and balance. The goal isn’t necessarily to get jacked. It’s to make sure your body can utilize those harder-to-recruit fast-twitch muscle fibers. If we don’t remind our body that they are there, not only will strength and power dissipate at a muscular level, but also the electrical pathways from the brain to the muscle become like old, never repaired country roads.

So lift heavy things? Well, that’s one path towards accomplishing that goal. But it’s not the only one.

Read the whole article (*it’s really good*) here:

<https://thegrowtheq.com/the-basics-of-fitness-a-program-for-everyone/>

Hey what do you do for exercise?
I lift weights.
Yeah, but what about cardio?
I lift weights, faster.



ARE YOU A “SuperAger”?

By Sandee LaMotte, CNN

Sun November 27, 2022

A “SuperAger” as defined by Northwestern U researchers, must be over 80 years old, but there are some interesting defining characteristics that we of much less (some of us) elderdom than 80 years might benefit from thinking about.

- ◇ Their memory is as good or better than cognitively normal people in their 50s and 60s.
- ◇ SuperAgers are required have outstanding episodic memory — the ability to recall everyday events and past personal experiences.
- ◇ They have similar levels of IQ, so the differences are not just due to intelligence.
- ◇ SuperAgers share similar traits. These folks stay active physically. They tend to be positive. They challenge their brain every day, reading or learning something new — many continue to work into their 80s. SuperAgers are also social butterflies, surrounded by family and friends, and can often be found volunteering in the community.

“When we compare SuperAgers to normal agers we see that they tend to endorse more positive relations with others,” Rogalski said.

“This social connectedness may be a feature of SuperAgers that distinguishes them from those who are still doing well but who are what we would call an average or normal ager.”

Something to think about!

Whether you want to be a Jeopardy! champion or just need to remember where you parked your car, here are 11 things you can do right now to turn your mind from a sieve into a steel trap.

1. Concentrate for 8 Seconds.
2. Don’t Walk Through a Doorway.
3. Make a Fist.
4. Exercise.
5. Sleep.
6. Use Crazy Fonts.
7. Chew Gum.
8. Write Things Out.
9. Know When to Turn the Music On—and Off.
10. Visualize.
11. Doodle.

Read a full paragraph about each bullet point **HERE**:

<https://www.mentalfloss.com/article/52136>

THE DAILY COACH

"Your work ethic is developed and defined when no one is watching. Work ethic is not a talent or a skill. It's built one commitment at a time. It's built one choice at a time — until choice becomes habit."

"Living for other people, waiting on others to see you, to value you, to reciprocate the love and energy you offer, will drain you. Set boundaries. Be intentional. And love yourself enough to know when to let go of what is no longer meeting you where you are."

— Joél Leon, *Writer*

The 'Someday' Disease

The 5-Step Method for how to stop procrastinating:
Awareness — become aware you are procrastinating.
Deconstruction — break the big into the small.
Plan Creation — create a real plan of attack.
Stake Creation — establish public stakes.
Action — create initial movement.

"Someday" is a disease that will take your dreams to the grave with you. — Tim Ferriss

Source: Sahil Bloom, *The Curiosity Chronicle*

"When talent meets talent, talent is no longer enough."

— Inky Johnson

10 Things That Take No Talent:

- ◇ *Being on time*
- ◇ *Being prepared*
- ◇ *Bringing energy*
- ◇ *Working hard*
- ◇ *Being coachable*
- ◇ *Putting the team first*
- ◇ *Cheering on teammates*
- ◇ *Challenging yourself*
- ◇ *Staying positive*
- ◇ *Doing extra*

A Lifelong Project

Here are 3 simple rules in life:

1. If you do not go after what you want, you'll never have it.
2. If you do not ask, the answer will always be no.
3. If you do not step forward, you'll always be in the same place.

"Life does not begin when everything is perfect. It does not start when you think you're worthy. It's happening right now. You are not anywhere but where you are supposed to be, because there is nowhere else to be. The idea that you might have to earn your way into the life that is already yours is an illusion. We do not create ourselves once and then never again, we are a lifelong project, an ever-shifting, continual blossoming." — Brianna Wiest

"To anyone reading this and feeling stuck in life, feeling stuck in a job, feeling stuck in a bad relationship, feeling stuck in old bad habits, feeling stuck in seemingly unbreakable cycles—if you are being called to change and shift into a new direction, look up. Take your power back. Set your own table by creating the life you want. By allowing baby steps to matter just as much as the big steps. We can decide to do things differently. It doesn't matter if it's about our career, our relationships, how we eat, think, or raise our kids—each shift and change into growth heals, not only ourselves but generations to come after us."

— Alex Elle, *Gratitude Journal*

"If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security. It may mean a giving up of familiar but limiting patterns, safe but unrewarding work, values no longer believed in, relationships that have lost their meaning. As Dostoevsky put it, "Taking a new step, uttering a new word, is what people fear most." The real fear should be of the opposite course."

— Gail Sheehy, *Passages*

Cultivating Self-Awareness

Becoming self-aware involves the practice of self-witnessing. This means, seeing yourself from a macro or "overhead" perspective. Many of us lack self-awareness because we're constantly trapped in our thinking mind. Unable to actually see ourselves.

Here are [4 steps](#) to become more self-aware:

1. **Notice when you're triggered** — Most people get triggered and then go into habit reaction (autopilot).
2. **Practice pausing** — Before you habitually react, pause. Say to yourself, "I am triggered right now" and breathe.
3. **Practice asking "Why"** — By asking why you got triggered, rather than reacting to the trigger, you'll understand yourself.
4. **Become the movie of yourself** — Learn to witness yourself like you're watching a character in a movie. Self-aware people know how they behave and why.

Living By Design

Gentle reminders as we welcome a new week and the final month of the year. May we stay open and remain present:

- Mindset matters. Routine matters. Consistency matters.
- The way you speak to yourself can change your whole world.
- Doing your best looks different every day. Be patient with yourself.

Focus less energy on what you can't control and more on what you can create and impact.

"Life can change in an instant. Don't take anything or anyone for granted today."

"To whom this may concern: You are trying, and sometimes doing just that is more than enough. Your effort isn't meant to be perfect every time. The energy you put in isn't required to be at its most potent to be valuable. There is love in your intentions to change your situation."

— Billy Chapata, *Velvet Dragonflies*

How We Spend Our Time

"Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life." — Eckhart Tolle

- ◆ Family time is limited — *cherish it.*
- ◆ Friend time is limited — *prioritize real ones.*
- ◆ Partner time is significant — *never settle.*
- ◆ Children time is precious — *be present.*
- ◆ Coworker time is significant — *find energy.*
- ◆ Alone time is abundant — *love yourself.*

Source: Sahil Bloom, *The Curiosity Chronicle*

Life Is About Growth

Be proud of how you have handled these last 11 months:

- The silent battles you have fought.
- The moments you had to humble yourself.
- The times you have wiped your own tears.
- For quieting the noise and focusing on cultivating a life that feels nourishing.

Each day is a unique opportunity to celebrate our journey, story, strength, and resiliency. As we embark on these final weeks of 2022, let's take breaks, prioritize our peace, and allow ourselves to start and start again.

Coaching Skills Every Leader Needs

We're all capable of learning, growing, and bettering ourselves. But our journeys to better ourselves — and our organizations — hinges on one key component: coaching. Whether you're coaching a team or an individual, good coaching skills can be the difference between thriving and languishing.

Here are 9 essential coaching skills for leaders:

- ◆ Inclusive leadership
- ◆ Effective communication
- ◆ Psychological safety and trust
- ◆ Emotional intelligence
- ◆ Active listening
- ◆ Ability to give (and receive) feedback
- ◆ Empathy
- ◆ Goal-oriented
- ◆ A growth mindset

Source: *BetterUp: The People Experience Platform*

"We must stop thinking so much about why we can't, and we start wondering how we might. Instead of seeing dead ends, we must start seeing redirects. Instead of seeing impossibilities, we must start seeing possibilities not yet made reality. Instead of disbelief, we must start seeing dreams that have not yet found a vessel to hold them, one that will see them before anyone else might. You were never waiting on the right time or to be handed every resource of any answer you think you need. You were only waiting on yourself. You came to this life to light your own torch and pave your own road and see what finds you on the other end."

— Brianna Wiest, *The Pivot Year*

Your work ethic is developed and defined when no one is watching. Work ethic is not a talent or a skill. It's built one commitment at a time. It's built one choice at a time — until choice becomes habit.

The Daily Coach

A daily hands-on approach to becoming a better leader. With the help of some unique wisdom as well as an action plan to tackle your day, **The Daily Coach** aims to be an inspiration in your email inbox each morning. Plus, it's FREE.

Sign up for **The Daily Coach**: <https://www.thedaily.coach/subscribe>

**EVERY COACH
HAD A COACH
THAT INSPIRED
THEM TO BE A
COACH.**

A Coach's Diary



Jeff Leach @CoachJef... · 5h ...

Athlete:

- Work on your game
- Respect the coach
- Love your parent

Coach:

- Work at the game
- Respect the parent
- Love the athlete

Parent:

- Don't work at the game (relax)
- Respect the coach
- Love your athlete



**IF YOU AREN'T
WILLING TO
WORK FOR IT.
DON'T COMPLAIN
ABOUT NOT
HAVING IT.**

Authentic Leadership: Inside the Mind of Dr. Patton

“

Persistence is probably
the single most common
quality of high achievers.
They simply refuse to give
up.

JACK CANFIELD

INSTA/@thwonder_

"If you
really want to do
something, you'll
find a way. If you
don't, you'll find
an excuse."

THOUGHTS
WONDER

FB/@thoughtswonder

"Why are you holding back? What are you saving for---for another time? There are no other times. There is only now."

George Balanchine

"Those that do teach young babes / Do it with gentle means and easy tasks."

Desdemona, in Shakespeare's 'Othello'

"Many men go fishing all their lives without knowing it is not fish they are after."

Henry David Thoreau

“

"Small disciplines repeated
with consistency every day
lead to great achievements
gained slowly over time."

~JOHN C. MAXWELL

"People do not
decide their
futures, they
decide their habits
and their habits
decide their
futures."

—F. M. Alexander

You're not going to
master the rest of your
life in one day. Just relax.
Master the day. Then
just keep doing that
every day.

BRAIN FOOD: Ideas, Thoughts, Insights, and Links To Get You Thinking (<http://fs.blog>)



THE MOUNTAIN

Short-term easy is long-term hard. Short-term hard is long-term easy.

We'd rather do the easy thing than the hard thing. That's natural and normal. I call this the mountain. You can climb it, or you can avoid it, but it's not going away. There is always a mountain. There is always something in front of us that we know we should do, but it just seems so ... hard.

On any given day, we can avoid the climb. We can stand at the bottom, look up, and say, "I'll wait. Hopefully, the mountain isn't here tomorrow." But we all know the mountain is still there tomorrow. And instead of looking smaller, it's even larger.

When I talked to Jerzy Gregorek* about the mountain, he said. "*Easy decisions, hard life. Hard decisions, easy life.*"

The easy path today makes a hard path tomorrow. The hard path today makes an easier path tomorrow. The choice is yours, but the mountain isn't going away. The longer you put off the hard thing you know you need to do, the harder it becomes to get started.

The climb is the fun part. -by Shane Parrish, *Farnham Street*

**Jerzy Gregorek is a Polish former weightlifter who won 4 World Weightlifting Championships. He is also the author of the fitness book 'The Happy Body'.*



ALL IN, ALL THE TIME

There are a lot of things in life that only work when you commit.

I don't mean dabble. I don't mean half-in. I mean commit.

Commitment means all in, all the time.

It's easy to trick yourself into thinking that if you put in half the effort, you can get 80 percent of the results. While that might work for some things, it doesn't work for anything important.

If you're half trustworthy, you're not trustworthy.

If you're often reliable, you're not reliable.

If you're mostly consistent, you're not consistent.

The key to doing anything well is commitment. Not only does commitment help you become better at what you do, but it also makes other people want to help you.

If you see your job as punching the clock, not only will you never be great at it, but your employer won't invest in you. The best relationships are the ones where both partners go all in all the time to make the relationship amazing.

If committing sounds like a lot of work, it is. That's why so many people are half-in. The problem with half-in and half-committed is that it doesn't get you the results you want. If you're not committed, get out.

The committed person gets both the opportunity and the results.

All in, all the time.



The Knowledge Project Podcast uncovers the best of what other people have already figured out so you can use their insights in your life.

Laurie Santos is Professor of Psychology and the Head of Silliman College at Yale University. She teaches Psychology and the Good Life, one of the most popular courses at Yale.

Laurie Santos on what makes us happy:

"We're happier when we do nice things for others. We're happier when we are focused on our healthier habits, things like improving our sleep and getting more exercise, we can really see the effects of this stuff, and often quite profound effects.

One of my favorite most profound effects is the effect of taking a little time for gratitude, the simple act of counting your blessings. There's evidence that in as little as two weeks, the simple act of writing three to five things you're grateful for down on a piece of paper can improve your well-being, and significantly improve your wellbeing.

There's also evidence that expressing gratitude to other people, like writing a detailed thank you note to someone that you've always wanted to thank but never got a chance to, the act of doing that, at least in Marty Seligman and others' data, can improve your wellbeing not just significantly immediately but can give you an improved wellbeing effect that lasts for over a month, right, which is crazy.

If I was like, "There's this pill that you can take that will improve your wellbeing significantly for over a month," you take one pill, and months later you're feeling good, you'd be like, "Man, I'm going to do that." The simple act of writing a thank you letter can do that."

Can you accurately identify what aspects of life make you happy? Would you even know if you found true happiness? Leading psychology professor Laurie Santos dives deep on the factors contributing to our happiness, evidence-based methods to boost your happiness, and why it's crucial to protect yourself from unhappy people. Listen to Laurie's conversation with Farnham Street's Shane Parrish on The Knowledge Project Podcast on YouTube here:

<https://youtu.be/2yWxi9clgv8>



The **Brain Food** section in the *NISCA Journal* is curated material from the *Brain Food Newsletter*, a free weekly offering of *"insights and wisdom that makes things easier, not harder"*. The *Brain Food Newsletter* is produced and distributed by **Farnham Street**, a rich source of lessons and strategies that has been gathered together to help improve and enhance your work and life.

Their weekly newsletter *"offers quick and useful multidisciplinary wisdom."* Their articles *"explore timeless ideas and people."* Their podcasts *"offer deep and nuanced conversations."* Their books *"offer a deeper exploration of ideas that never expire."*

They write about enduring topics like making better decisions, accelerating learning, and more. You'll also find articles explaining how to use mental models, how to read better, and finding your purpose.

Every Sunday they send out their newsletter to stimulate the minds of over 440k people. They share a selection of thought-provoking material, including links to articles and podcasts, book recommendations, and more. Feed your brain and enrich your life with the best of human thought.

If you haven't yet, give it a try and see what you've been missing. (<https://fs.blog/>)

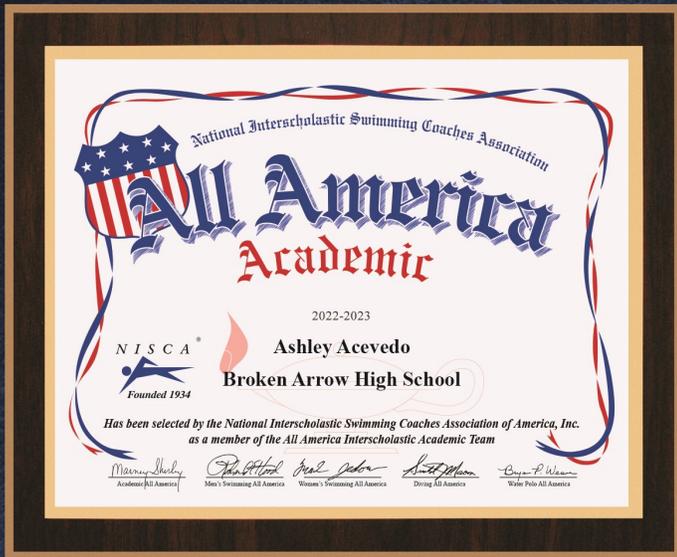
BONUS! BONUS! We recommend listening to a conversation with Paul Rabil, the Michael Jordan of lacrosse. Paul Rabil goes in-depth on the roots of a competitive nature and work ethic that made him the best lacrosse player ever. On this episode Rabil discusses the mindset, competitiveness and drive that made him the best, and how they helped him stay the best throughout his career. He also discusses where competitiveness and confidence come from, the mental tools to recover after making a mistake, how to handle stress, and much more.

<https://youtu.be/t3thdtopAUo>

PLAQUES

\$49.95 / PQ-NISFAC

Wood plaque displays the All-American certificate printed on a clear acrylic overlay so it's waterproof. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



\$79.95 / PQ-NISLAM

Laminated certificate plaque displays actual All-American certificate laminated on a wood plaque. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.

\$54.95 / PQ-NISFDE

Engraved certificate plaque depicts the All-American certificate laser engraved directly into a black brass plate. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



\$79.95 / PQ-NISACR

Acrylic plaque with stand-off displays the All-American certificate printed directly on the acrylic. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.

Products produced and distributed by Hasty Awards. All products featured must be purchased through NISCA. See order form for details. For other awards or free catalog, call 1-800-448-7714 / www.hastyawards.com

Prints of Nancy Bryant's Art Work Now Available For Purchase
Color Individual Stroke Prints or a Sepia Quartet of All Four Strokes
All Are *Limited Editions* and Individually Signed and Numbered by the Artist



12" x 12" Premium Giclee Color Prints

Individual Stroke (Back, Breast, Fly, Free)	\$75
Special Package of All Four Strokes (SAVE \$50!).....	\$250
12" x 12" Sepia Montage of All Four Strokes (see cover of May-June 2022 Journal)	\$100
Secure Packaging and Priority Shipping	\$15

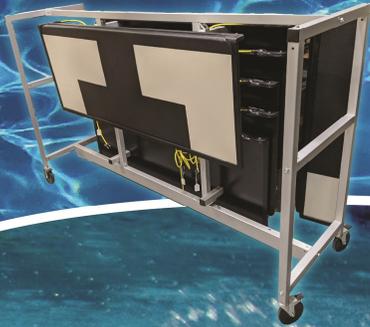
Order your prints from: nancybryantstudio.com

Questions? Contact Nancy here: <https://www.nancybryantstudio.com/contact>

Nancy donates a portion of all sales from these prints to NISCA!



Offering the best hardware and software solutions for your aquatic center at unmatched prices, backed by the team you trust



YOUR LOGO GOES HERE

IST	BK GR, #4	50	BK, #5	50	BRST GR, #6	IST
1	CIRCLE SWIM*****NO DIVING					1
2	FEET FIRST ENTRY* * *CIRCLE SWIM					2
3	CIRCLE SWIM*****NO DIVING					3
4	TREVANS					4
5	CIRCLE SWIM*****NO DIVING					5
6	FEET FIRST ENTRY* * *CIRCLE SWIM					6
7	CIRCLE SWIM*****NO DIVING					7
8	FEET FIRST ENTRY* * *CIRCLE SWIM					8

(800) 835-2611 ISTIME.COM





Nancy Bryant, 2022, *"Breathe - Medley Relay"*