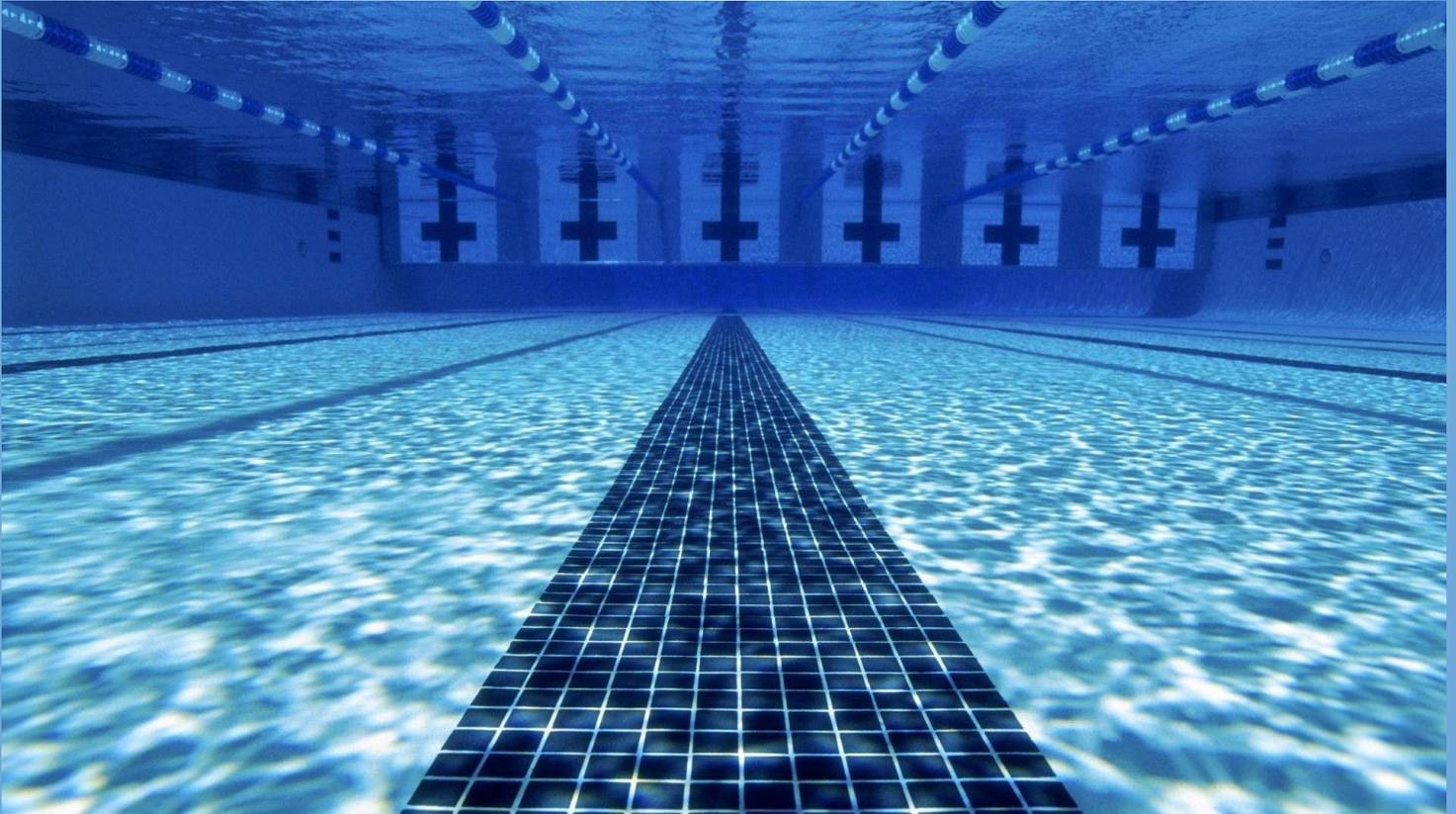


The JOURNAL

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



Take almost any path you please, and ten to one it carries you down in a dale, and leaves you there by a pool ...

Herman Melville, *Moby Dick*

In this Issue:

Strength Training: Converting Strength to Speed
(Part 3 of 3)

An Inside Look at PARA Swimming

Interview With a PARA Swimmer

Dealing With Conflict

The Importance of Providing
An Explanation

The Benefits of Sports Drinks

How to Refuel, Rehydrate, Rebuild

Book Review: *The Obstacle is the Way*

Bits and Pieces, Daily Coach, Brain Food

The Rearview Mirror and The Road Ahead

Motivation Poster

September-October 2023



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THE NISCA JOURNAL

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September - October 2023



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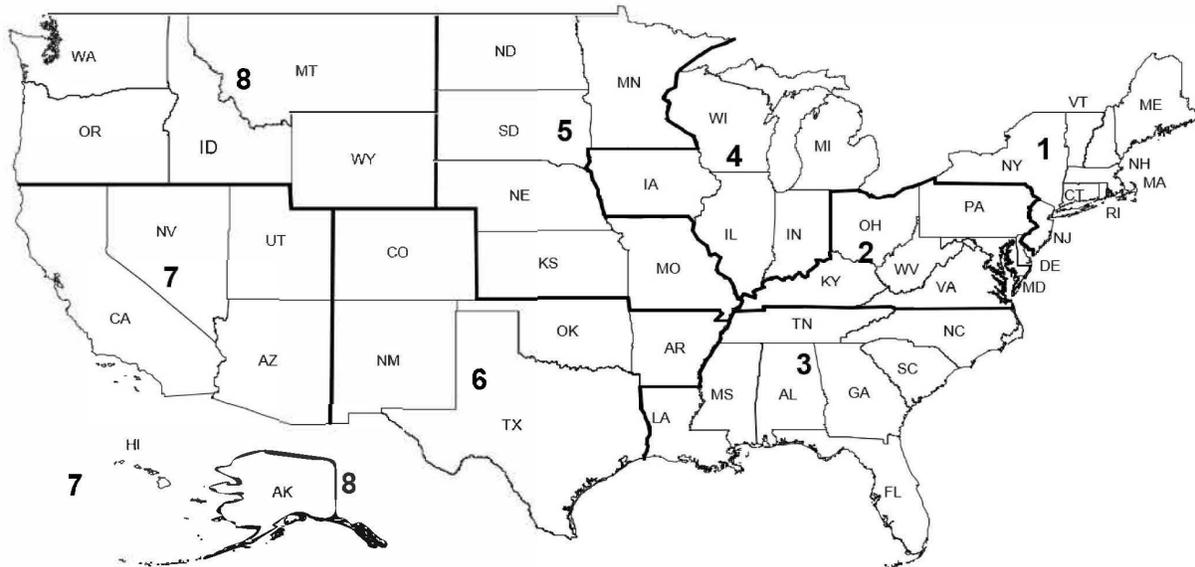


91st Annual NISCA National Conference, March 2024
Indianapolis, IN in conjunction with the Men's NCAA Swimming and Diving Championship
March 27-30, 2024

Conference Registration will be posted in November 2023
Hotel Information: Hyatt Place Indianapolis Downtown (103 S. Pennsylvania St., Indianapolis IN)
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National Interscholastic Swimming Coaches Association of America

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

Dear NISCA Members,

Its hard to believe the new school year has arrived. Summers never seem long enough. I hope you were all able to find some time to recharge your batteries for the upcoming school year. As we look forward to the new school year, please take a moment and think about any new coaches that have taken up the cause to guide and lead our next generations of athletes. If possible, please reach out to them and offer your expertise as a mentor coach. We all can remember our first year as a swimming coach. The countless questions that arise prompt searches for someone who could answer them. Please invite them to visit the NISCA website and become a member of our organization.

Each year, without fail, we hear that some student-athletes did not make the All-America lists because their coach was new and did not know how to submit an application. We also hear from coaches who forgot to renew their memberships at the beginning of the school year, so they did not receive the countless reminders of the upcoming deadlines. No one in our organization wants to see a deserving athlete miss out on an award. However, there is only so much the NISCA organization can do. We are all volunteers whose love for sport led us to serving our fellow coaches. We have heard from a few parents this summer who feel that NISCA should be reviewing every single high school meet result looking for All America qualifiers and then reaching out to the coaches. They do not realize that there are over **15,000** high school swim teams in the U.S. (7800 boys, 8079 girls, as per 2021-2022 survey by NFHS). The number of meets each school year would make this an impossible task. This year alone I sent out a congratulatory message to 230 Coaches who had won a state championship. We do not have the workforce to complete this task. The responsibility for ensuring an athlete is considered for All America rests upon the coach to submit the application. It is THEIR responsibility.

In June, the NISCA Executive Board met at the All America Diving Selection committee in Michigan. Our All America Diving Chair, Don Mason, does an amazing job putting together a committee of judges from around the nation to select our Diving All America list and crown a Girls and Boys National Champion. The committee also heard exciting initiatives coming forward to the NCAA level of diving for a **team** diving event. There was discussion about a proposal working its way through Texas about piloting a 3-meter diving event at the state level, and a desire from some diving coaches to try and add Synchronized Diving as an option.

If you have ideas for rules changes, please note that the NFHS requires that all rule change proposals be submitted through your state governing body. The state governing bodies will have to submit any proposed rule changes by the end of January 2024 for consideration for the next school year.

Lastly, please make a visit and share our NISCA social media sites, we are found on Facebook, Twitter, and Instagram. The QR Code below links to each of these sites. Hope you all have a great season and school year.

Sincerely,

Mark Jedow



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FROM YOUR EDITOR

In the last Journal (July-Aug), I briefly touched on the importance and significance of explaining to swimmers the **WHY** of making changes or doing things differently. The wrong way to explain, if you haven't already discovered or accepted this as a universal truism, is "Because I said so" or some variation. Wrong, wrong, wrong. *Except when it's necessary.*

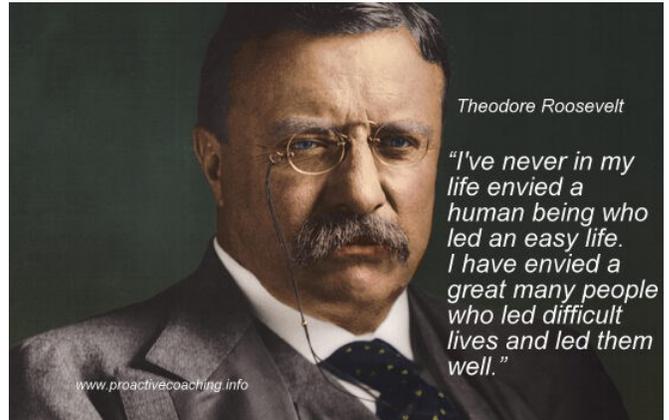
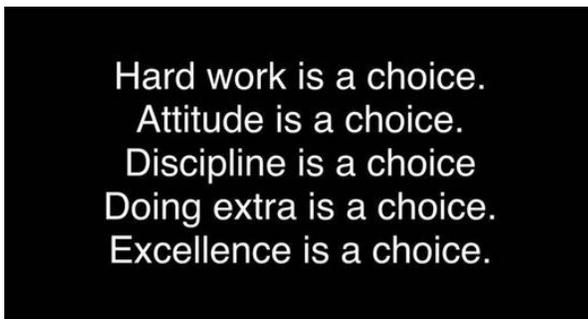
Former head coach at the Collegiate School in Richmond, VA, and a regular contributor to the NISCA *Journal* and *Swimming World Magazine*, **Mike Stott**, spoke to NISCA past-presidents Mark Onstott and Tim Sirois about this specific issue last January. Excerpts from his conversations and subsequent article in S/W can be found beginning on page X of this issue.



Overheard at 2023 World Champs in Fukuoka, Japan:
'Streamline, Focus, Put the Blinders On and Race'



I wanted to share a few pithy mini-posters to close out this Editor's Letter, hope you enjoy them and find them useful!



NISCA JOURNAL STAFF and Writers

Editor: Dana Abbott

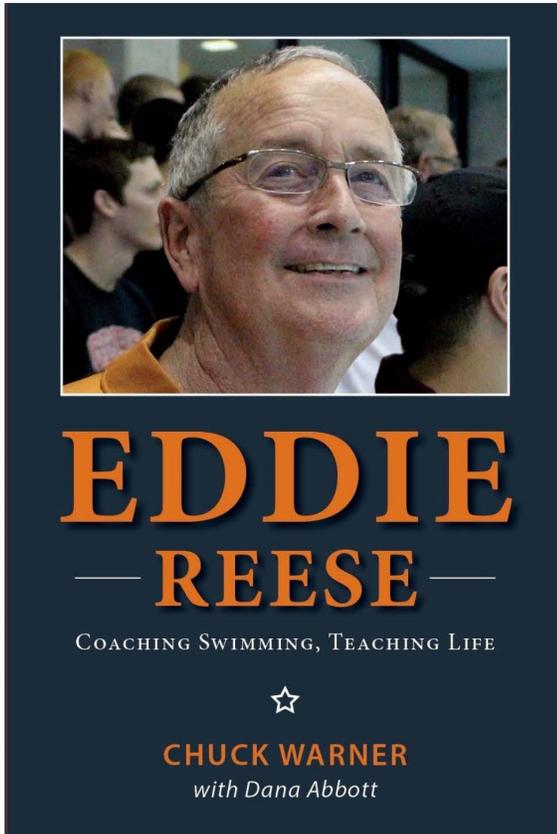
Contributors: Dr. Karl Hamouche, Mike Peterson, Aimee Schmitt, Michael J. Stott, Dawn Weatherwax, Don Mason, Charlie Hoolihan

Medical Consultant: Karl Hamouche, M.D.





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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.”

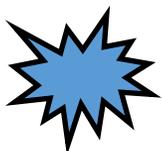
Science says that the entire cellular makeup of a human being is replaced every seven years. As our time on earth passes, we have the choice to strive for personal growth mentally and physically, or not. Like all of us, Eddie Reese isn't physically the same person he was years ago, yet he makes sure 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.

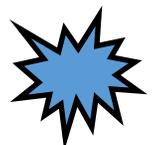
-Rudyard Kipling



The Eddie Reese Audiobook is coming!!!

Keep checking for details at

www.eddiereesebook.com



Back to Pool Perspective

by Aimee Schmitt

The start of the school year always has an excitement about it. Day one represents potential. It represents a purpose. Today is the day to begin the process to be better. Are you ready as a coach? How do you bring perspective to your athletes about the swim season?

For most student-athletes, the championships seem light years away. In their mind they don't need to worry about it--they have plenty of other things on their plate to focus on. But while the excitement is high, and their minds are open, NOW is the time to bring the end of the year perspective to the beginning so they can start off in the right direction.

Here are three simple ways to provide perspective to your team:

1. Spell it out for them--Your swimmers WANT a roadmap. So give it to them. What is the fastest route to a successful season? A simple goal sheet can help them put these thoughts on paper. What specific times do they see themselves achieving, and what do they need to do in practice to achieve those times? Finally, outline how many weeks and days there are to the championship meets. Emphasize making each day count.

2. Build Bridges--the concept of time is hard for young people to understand. They are not old enough to have a perspective. Here is where you as their coach, can bridge the gap with visual concepts on how you plan to guide them from point A to Z. What will happen from day 1 through the championships? What are the daily, weekly and monthly routines and traditions your team will have?

Do you have 12 weeks to prepare or 20? How will your training progress from week to week? What are the midpoint events the team needs to be aware of? How will you measure their progress over the season? What other events make up the season?

Providing a plan from the starting point to the finish line will help your team get focused and keep their enthusiasm going strong throughout the season. Journaling or logging their swimming can help them see their personal progression through the season, and help you as a coach communicate encouragement to them each week.

3. Reminders of the rules of the pool-- With limited time to get in shape and progress, the swimming season does not have room for absences or lazy effort levels. What are the non-negotiable rules for practice and competitions? Everything from how to push off the walls, to the team uniform, to how to approach the blocks can be explained as your team traditions of success. Encourage your team to take their training seriously; that each day will build on the next. Explain how effort is tied to racing. Encourage them to care of themselves, stay healthy, and understand the importance of training through holidays, with their club program. Helping them recognize the effort they put in to their training is directly related to the results they will have at the end of the championship season.

As the newness of the new school year begins to transition and wear off, you will stay the course of your season and the season will continue to be focused, fun and engaging. Before you know it the anticipation of "are we there yet?" will turn into planning for taper and warming up for the big races!

Have a great season!

Aimee Schmitt is a former NCAA All-American swimmer for Stanford University, coach, author, and avid believer in goal-setting.

An advertisement for a book titled "THE ULTIMATE SWIMMER'S AND GOAL PLANNER" by Aimee Schmitt. The book cover is blue and white with a swimmer's silhouette. The background of the ad is a swimming pool with the text "HOW DO YOU PLAN YOUR SEASON?" in large, glowing blue letters. A text box on the left contains promotional text.

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

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The Importance of Providing An Explanation

Michael J. Stott, *Courtesy Swimming World Magazine*

Three minutes into the coach's monologue on butterfly technique, ninth grader Sam raised his hand and asked, "why?"

"I thought I was a good coach," said his former coach. "I had state-championship teams, high school All-Americans, but that question changed my approach to coaching forever."

Two-time NISCA president and retired 20-year boys coach at New Trier Township High School, Mark Onstott, observes: "Perhaps Sam never had a reason to ask why. Everyone has their 'why' at a different time. During explanations, not every kid asks 'what does he mean? Why are we doing this?' So what I try to do is explain things in many different ways and answer questions such as 'why.' So it's an ongoing process. Some kids are not ready physically, physiologically or mentally ready to ask 'why' and some may only understand the 'why' in a broad sense.

As an example to the question, "Why are we doing 20 x 20 underwater?" Onstott may reply: "*We are working on underwater dolphin kick trying to replicate what you are going to feel coming off the wall on the last turn of 200.*" "That explanation is not given every time," he says, "but it is given multiple times when it seems appropriate. Of course, any 'reasonable' questions are answered and help shape the future explanation of sets."

A Deeper Take on Why

"Why? by itself, in its simplest, purest and most honest form, is a statement of curiosity," says Tim Sirois, NISCA Past President, and retired mathematics teacher and boys and girls swimming coach at Highland Park (IL) High School. "In the classroom, there are so many different levels of 'why,' and the levels are based on the depth of a student's understanding. More advanced students ask higher levels of 'why?' When the classroom culture is as it should be, with students respectfully listening to the conversation surrounding the 'why,' everyone benefits.

"The same applies to the pool. We talk a lot about swimming IQ, which is different from swimming ability. I've had some very high-level swimmers who didn't have high swimming IQs. They have benefitted from listening to a newer swimmer or someone who wasn't as fast asking all sorts of questions about swim-related topics. Those include season planning (i.e. why we were doing certain types of training early or late in the season), why a practice was structured the way it was, why a certain race strategy may be best for them, etc.

"I've always viewed the question 'why' as a statement of trust between a swimmer and myself. It gives them a better understanding of what I'm looking for as a coach, whether it is in a practice or a meet. It gives them a better understanding of how to get to the next level. It also gives me a better understanding of what they are trying to learn and where the mind is going into a practice or meet.

"Years ago, I had a freshman swimmer who asked a million questions his first few months. He was extremely invested in improving and understanding how he could race and train better. As a student his senior year he brought the same curiosity to the classroom. All of his 'why' questions closed the gap between him and the more experienced swimmers he trained with. He really never had a bad workout in four years.

"The question 'why' at meets comes in different forms. 'Why are they so fast?' leads to a whole discussion of technique and training. That question arises when we have a dual meet and I've juggled the lineup for competitive purposes. I had a swimmer who typically swims the 200/500 in meets competing against a really fast 100 freestyler. She had less confidence in her sprinting ability but the entire team listened to my explanation of faith in other swimmers' abilities to handle the 500. It increased the trust teammates had in each other stepping up to the job at hand.

"I ask swimmers 'why' in a lot of different forms, too, especially in post-race conversations. Why they swam a set differently in the second half compared to the first half. Then I listen to their reasons and how it impacted their experience.

"This season our girls team started coming in about 15 minutes early to morning practice on days that follow meets. The meeting is team-led and I just sit back and listen. It requires each girl to identify what went well for them and what they can improve upon. What I've observed is girls listening to one another and offering their own opinion of 'why' for each swimmer. Their willingness to initiate this is largely based on the open lines of communication and the trust they've built with each other and with the coaching staff."



© Brooke Wright via Swimming World Magazine

Michael J. Stott is an ASCA Level 5 coach, golf and swimming writer. His critically acclaimed coming-of-age golf novel, "Too Much Loft," is in its third printing, and is available from store.Bookbaby.com, Amazon, B&N and distributors worldwide.

An Inside Look at PARA Swimming

by Arvel McElroy

NISCA Outreach Coordinator and Past-President

In my 46 years of coaching high school, I had coached several athletes with intellectual impairments but had never coached a swimmer with a physical impairment until five years ago when I returned to coaching after a short two-year retirement.

That's when I met Yaseen. Yaseen was starting his junior season with the high school team. During the second week of the season I noticed that Yaseen appeared to have one hand smaller than the other. When I asked, Yaseen stated that he has Poland Syndrome, a condition where a child is born with missing or underdeveloped chest muscles. The shoulder, arm, and hand also can be involved, although usually only one side of the body is affected.

This was the first year that NISCA offered the Para All America program so the program was on my radar. I immediately asked him about Para Swimming, asking if he was familiar with Para Swimming or if he had ever thought about participating in the sport.

He replied that his club coach had mentioned it to him a few months before but that was it. After I made a few calls and sent a few emails to USA ParaSwimming and our state activities association, it was arranged for Yaseen to go to Colorado Springs to be evaluated. While there he participated in a long course meet, setting a new national breaststroke record. By the end of the season Yaseen had qualified for All America in four different events and set six ParaSwimming breaststroke records.

During his senior year Yaseen was coached by a former colleague of mine while I experimented with retirement. He again was a four-time All American and was part of six school records. That summer he participated in the Paralympic Trials without a coach. While there he was texting me for advice about what to do for warm-ups, how to approach various races, and what he should do after each race.

For the next several years I sent him workouts via text messages or emails when he was between coaches or teams. A year ago I took on the role of his full-time coach. Between emails, texts, and on deck coaching we worked around his school schedule. In May I was able to travel with him to a Citi Para Swimming World Series meet in Limoges, France for his permanent evaluation and a meet against swimmers from as far away as China and Australia as well as most of the European countries.

This was my first experience of coaching at a Paralympic meet. It was a great learning experience for me. I was able to witness Yaseen going through the steps of being permanently classified as an international Para Athlete, was able to coach him at the meet, and was able to assist in coaching two other U.S. ath-

letes who were present at the meet. Of the three athletes, including Yaseen, who participated in the meet, two had been members of their high school swimming team and the third was a swimmer of high school age but her school did not have a swimming team. Yaseen won the 100 meter freestyle in the Youth Division and placed in the Top 10 in the 100 meter backstroke and 100 meter butterfly.



Yaseen El-Demerdash

In conjunction with the international meet, this was the French national para swimming meet. Seeing swimmers aged 6 – 60 compete was exhilarating. I must admit it was one of, if not **the** most rewarding experiences of my coaching career to attend and coach at this international meet. Currently Yaseen and I are preparing him for the Para-Pan American games this fall in Santiago and the upcoming 2024 Paralympic Trials and Paralympic Games.



Rachel Keehn, Yaseen El-Demerdash, and Aiden Williams

What is Para Swimming?

To be eligible to compete in Para swimming, a person must have an eligible impairment and meet the minimum impairment criteria set out in the World Para Swimming Classification Rules and Regulations.

World Para Swimming caters for three impairment groups - physical, intellectual and vision impairment. There are 10 eligible impairment types in Para swimming. These include Impaired Muscle Power, Limb Deficiency, Leg Length Difference, Short Stature, Hypertonia, Ataxia, Athetosis, Impaired Passive Range of Motion, Vision Impairment, and Intellectual Impairment. The sports classes names in swimming consist of a prefix and a number (S or SB plus the number). There are 10 different sports classes for athletes with physical impairments.

<https://www.paralympic.org/swimming/classification>

How does one become a Para Swimmer?

Information about becoming a Para Swimmer or having one of your swimmers classified as a Para Athlete can be found at <https://www.paralympic.org/swimming/classification>

All necessary forms for classification can be found at this site as well.

What resources are available for coaches?

The USA Para Swimming organization offers a 4-level certification program for coaches interested in furthering their knowledge of coaching Para Athletes.

Info: <https://www.usparaswimming.org/coaching-certification>

What options are available for Para Swimmers?

According to Sandy Searcy of the National Federation of High Schools, ten states currently offer Para Events as part of their state championships. If you are interested in having your state join the list, talk to your state association. In addition, the University of Arizona added the first Collegiate Para Swimming Team to its athletic department this year. In the past there have been opportunities for para swimmers at the collegiate level, but the University of Arizona program appears to be the first to recruit and offer scholarships solely for para swimmers.



Coach Arvel McElroy and Yaseen El-Demerdash



INTERVIEW: PARA ATHLETE YASEEN EL-DEMERDASH

My Experience As A Para Athlete

Email interview conducted by his coach, Arvel McElroy

Yaseen, when did you start swimming?

I started swimming competitively when I turned 7. Before that I had just taken swim lessons so I could swim unassisted. My parents put me in swimming to make sure I was confident without a shirt on.

When did you become identified as a Para Swimmer?

I was informed about Para Swimming being an option as a junior in high school. That was also when I was selected for the National Team for the first time.

How did you find out about Para Swimming?

I had a club team coach mention Para swimming when I first started high school, but I never investigated it or considered myself as eligible until my high school coach (Arvel McElroy) suggested I go try out my junior year.

What did you have to do to qualify as a Para Swimmer?

First, you must have an eligible impairment accepted by World Para Swimming (WPS). Then the first step is to get classified nationally at a domestic meeting. From there you can be nominated by Team USA to be internationally classified, that way you can be ranked globally.

What kind of support did/does your family and/or coaches provide for your swimming?

The amount of support I have received from family and coaches has been immeasurable. Without them I would not even be able to compete at a basic level. My parents were never swimmers, so as I progressed in the sport their role was less technical and more logistical. They helped me decide on what opportunities to pursue, where to train, and how to pay for it. My past coaches, and current coach have focused on technical performance throughout my career. My current coach, Arvel, has taken an even larger role in my success through both coaching me in the pool, but also traveling with me to help me with all the aspects of competition and recovery.

What did becoming a NISCA Para All American mean to you? In what events did you become an All American?

I was named an all American in the 100 backstroke, 100 breaststroke, 200 freestyle, and the 50 freestyle. Becoming a NISCA

All American was the perfect accomplishment to represent the amount of work and struggle I went through up to that point in my career. It has given me an opportunity to have my name hung on the walls of my high school forever.

Being a Para Athlete comes with challenges and struggles. How have you overcome those difficulties during your career?

I was very fortunate to have parents who supported me and raised me with the idea that my disability was not a "disability" per-say. I always viewed it as something that made me unique, not something that limited my ability to accomplish. When I was originally suggested I try para-sport, I was apprehensive because I truly did not believe that I would meet the minimum impairment requirement. With that said, as I developed physically, the effect of my disability has become more apparent and influential in my training and performance. I have started to strategize more on how I can train effectively to maximize the potential of both sides of my body, affected or not.

How did High School swimming help you in different aspects of your life?

High school swimming helped me discover my love and appreciation for the sport. Without it I would never have continued to swim. It provided me with lifelong friendships and a brotherhood I can always fall back on if I need help. As a sport, it has provided me with an infinite amount of life lessons. Swimming helped me develop a mindset that I can apply to anything in life, it has helped me learn how to motivate myself through struggles and celebrate my accomplishments. High school swimming gave me a fun and competitive environment to safely learn these lessons.

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

Swimming is an individual sport in nature. Having a team makes training more enjoyable and often more effective. But ultimately it falls on each athlete to have that drive and motivation to succeed, otherwise the rest is just a band-aid. Make sure you spend time early in your career finding what you enjoy about the sport so that once you need to find that motivation later in your career, you know where to look.

What is the most difficult thing for you about swimming?

The most difficult part of swimming for me is the fact that it is an individual sport, yet training is much more effective with a team/group. It is very difficult to gauge how well you are training without others helping push you to your limits.

What opportunities has being a Para Swimmer provided to you?

Para Swimming has provided me with many opportunities. Career-wise, it has connected me with many individuals who can help me professionally long after I retire from sport. As for experiences, I have been privileged to meet many unique and gifted individuals through para-sport. It has also allowed me to travel and visit other cities and countries while competing. It is a fantastic opportunity for athletes to be exposed to the world through something they enjoy.

Is there anything else you would like to share?

I am very thankful to all those who have got me to where I am today, and who continue to support me each day. I am the product of those around me, and those who mentored and supported me throughout my life and career thus far.



In order for a swimmer to be considered as a NISCA U.S. Paralympics Swimming High School All-American he/she must compete for an interscholastic team and be scholastically eligible as determined by his/her state athletic association or school authority. All swimmers must be in at least the 9th grade level of school to be eligible. Swimmers are limited to 8 consecutive semesters of eligibility. Fifth year seniors, 7th and 8th grade students are not eligible for consideration. See NFHS National Records Committee Policy Handbook Definition #1. Athletes must have a National Sport Class through U.S. Paralympic Swimming.

All times submitted must be achieved in a regularly scheduled interscholastic meet (no time trials) and will include times achieved up to and including State Meet Performances. USA Swimming, World Para Swimming approved, or YMCA meet times will not be considered. The meet must be competed in accordance with National Federation rules.

In order to be eligible for the U.S. Paralympic All-America team, athletes must have a National Sports Class through U.S. Paralympic Swimming, and a copy of the classification must be submitted with the application. Paralympic swimming competition is open to athletes from all three impairment groups (visual, intellectual and physical). A system of letters and numbers is used to distinguish the sport classes: "S" is for freestyle, backstroke and butterfly; "SB" is for breaststroke; and "SM" is for individual medley. Swimmers with physical impairments compete in sport classes 1 - 10. Swimmers with visual impairments compete in sport classes 11 -13. Swimmers with activity limitations due to an intellectual impairment compete in S/SB/SM14.

To familiarize yourself with the classifications, please visit <https://www.teamusa.org/US-Paralympics/Sports/Swimming/Classification>

In order to be eligible for the NISCA U.S. Paralympics All-America team, the qualifying time must have been accomplished in an interscholastic competition. This does not have to be a championship meet, but meet results from the interscholastic competition must be submitted to NISCA for verification of the performance. **THE TIME MUST HAVE BEEN ACHIEVED IN A HIGH SCHOOL MEET.**

The time standards for each event are listed for both short course yards and meters. There are different time standards based on a swimmer's classification for each event.

After reviewing state meet results for states that currently include paralympic events, we have seen many "unclassified" athletes in those results. Please work with any paralympic athlete in your program to get their classification documented as soon as possible.

For further information on U.S. Paralympics national classification policies contact U.S. Paralympics at 719-866-2030

Power: Converting Strength to Speed

Charlie Hoolihan

ASCA Swimming Strength and Conditioning Specialist (SSCS)

NISCA Strength and Conditioning Consultant

Strength and power development are sometimes confused because one needs to be strong to produce a lot of power. Where the two differ is in the velocity of movement.

In terms of athletic programming, strength is how much weight one can lift during a specific exercise, while power is how fast one can lift the weight during the exercise.

An athlete trains for strength by trying to find the heaviest weight they can lift in a specific exercise regardless of repetition speed. A 200 lb. best bench press repetition may take 1.5 to 3 seconds.

Athletes training for power will reduce the weight in that exercise and focus on how fast the movement can be performed over a specific number of repetitions. The athlete with the 200 lb. bench press seeking to develop power would reduce the weight to 150 lbs. and try to complete as many repetitions as possible between .75 to 1.5 seconds per repetition.

The weight and speed of a power exercise would be determined by the athlete's sport and the specific movement to be trained.

Sometimes, several movements within a sport can benefit from different types of power moves. In swimming, jumping as high as possible with handheld weights can help increase the power and velocity of starts and turns, while medicine ball throws accomplish the same for the upper body stroke power.

The difference being the start and turn power is only required for a split second a few times per event, while arm strokes require longer-lasting power applications.

As can be inferred from the above descriptions, power training aims to make an athlete faster for their specific event. Power training accomplishes this by activating as many neuromuscular motor units (nerve-to-muscle connections) as possible.

Learning exercises that require more motor-unit activation can increase the speed of movement, reaction time, and coordination at high velocity to create efficiency.

Throwing a 10-20 lb. medicine ball as fast as possible stimulates more connections than pushing a heavy barbell slowly during bench press. The strength gained from the latter is essential, but it takes training in the former to utilize strength efficiently.

Power exercises for swimmers

Power training for swimmers is highly nuanced, with many factors to consider.

- ◆ Age (Chronological and Training) – physical maturity and training experience.
- ◆ Individual variables – limb lengths, gender, and genetics, to name a few.
- ◆ Event needs – stroke and distance can have multiple and sometimes very different needs.

Most power exercises require reactive forces from many body segments, and developing progressive teaching techniques and drills for athletes to learn them is crucial.

Sagittal (front-to-back) movement patterns are the most popular power patterns, and the dominant principle in these movements is to try to stimulate getting into full extension in multiple joints as quickly as possible. This pattern occurs in swimming during full extension of breaststroke, butterfly, and complete streamline during turns and starts.

Barbells, dumbbells, medicine balls, kettlebells, Vipers, bands, bodyweight exercises, and more can develop high-velocity reactive force to achieve full extension and rotation patterns. A few examples are provided, but you can find comprehensive video examples with technical instructions on the ASCA Swimming Strength and Conditioning Facebook page.

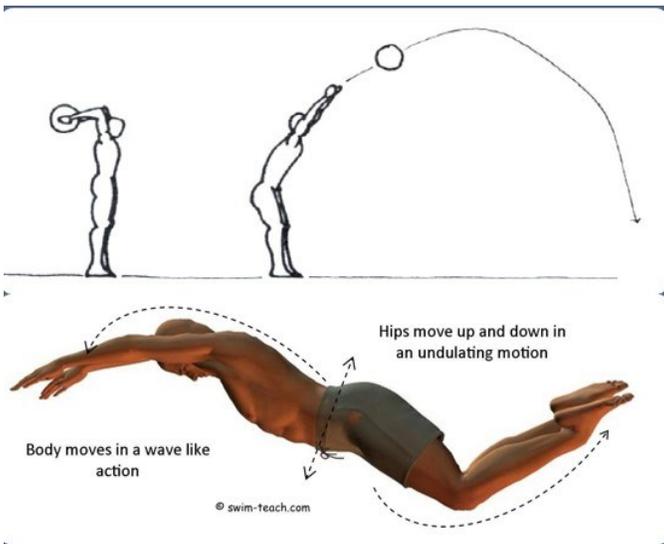
Medicine balls, kettlebells, bodyweight plyometrics

Medicine balls are probably the most effective power training tools for swimmers due to their ease of use for all chronological and training ages and relatively quick learning curve.

They can also provide movement patterns that can be contextually related to swimming, as seen in the butterfly/overhead medicine ball throw on the next page.

The steps in this example are:

1. Hold the medicine ball overhead.
2. Pre-loading throw by leaning backward slightly.
3. Cue the athlete to initiate the throw by contracting the abdominals and then the arms.
4. Finally, throw the ball as far and fast as possible.



The first three steps are similar to the arm and hip movements in the butterfly.

Medicine balls can also stimulate the triceps motor units via isolated throws like an overhead throw with minimal body movement patterns other than a rapid elbow hinge and extension.

Rotational quickness can also be stimulated with medicine balls by starting a throw at one hip and then throwing the ball across the body to a wall next to the opposite hip.

Bodyweight plyometrics are equally effective swimming power tools for swimmers. Broad, box, and single-leg split jumps can produce the leg power needed for quick starts and turns. The key for all three is performing the exercises at angles and limb lengths similar to the training of athletic movement.

The box jump is often trained inappropriately when the focus becomes the box height rather than the jump's movement mechanics. Good starts and turns require reactive forces with knee and hip angles between 90 and 110 degrees. Sometimes efforts to jump onto the highest box possible produce joint landing angles of 60 degrees or less.



Kettlebells require technical expertise to derive optimal power development benefits but are worth the time. They can be used as an adequate substitute for Olympic-style lifting, which requires extensive specialized training and mature training age to master.

The basic **two-handed swing** works the muscles predominantly in the back of the body or posterior chain- glutes, hamstrings, hips, core, and back. The shoulders, forearms, and lat muscles are used during the kettlebell swing. From a swimming context, it's like breaststroke and butterfly hip and back movements.

Much like the two strokes, mastering movement from the hips, using momentum, and contracting and relaxing quickly are the critical techniques needed.

An extensive tutorial on hip hinging and developing dynamic hip movements for kettlebell swings can be found here.

<https://tinyurl.com/25swsu6b>



Once the basic swing pattern is learned, **single-arm swings** and **overhead snatch** (pictured below) can be added to include more upper body power and reactive strength.



Programming Power

Power exercises should be added to training throughout the year in different doses, with the beginning of the training year including 10-20% of the exercises per week and the middle of the year, 30-40%.

As championship meet season gets closer, a higher percentage of strength and conditioning should consist of power training and strength maintenance but be more individually structured for the athlete and their events.

Sets and repetitions for power also vary by individual and exercise, significantly closer to the championship season. Explosive movements like medicine ball throws, box jumps or weighted jumps can be done in three to five sets, but enough rest should be provided between sets to maintain height or distance. Start an athlete between one- and three-minute rest, with sprinters getting more rest and distance less.

Reactive exercises like kettlebell swings will have a higher repetition count (10 to 20), but repetitions' speed and full range of movement need to be maintained. The set should end once either drops off more than 10-20%. Rest intervals are also one to three minutes between sets.



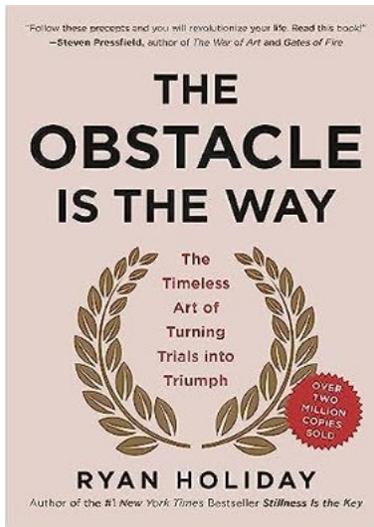
Charlie Hoolihan is the Swimming Strength and Conditioning Specialist Certification Coordinator for the American Swim Coaches Association and has been strength training swimmers since 1990. He's also a presenter and writer for numerous national fitness organizations and publications.

You can set up a complimentary team-specific dryland training analysis of your resources and programming by contacting him at charliehoolihan@gmail.com



Ryan Holiday's *The Obstacle Is The Way*

Reviewed by Journal Contributor **Annette Thies**



Ryan Holiday, who describes himself as a “modern Stoic, has written a book that I’ve referenced many times since I read it eight years ago. I’ve given it to former swimmers when they graduated because it offers good advice for navigating the world they will move into after graduation. In a short two hundred pages the author distills the core principles of Stoic philosophy (made famous through Marcus Aurelius book Meditations) and makes the principals understandable for those of us who haven’t studied Stoicism extensively.

We all encounter obstacles in our lives and coaching a swim team has its own set of obstacles: not enough pool space, sharing swimmers with club coaches, over-interested parents, not enough support from administration or the swimmer that isn’t fulfilling potential. Why do some coaches have such successful programs when others don’t? It may be because they employ many of the techniques that Holiday writes about in this book. He believes that the obstacle itself is the way because within the obstacle there are always opportunities to improve our condition.

But how do we find or realize these opportunities? Holiday says we can overcome obstacles through a process based on three disciplines. In his words “It begins with how we look at our specific problems, our attitude or approach (**Perception**); then the energy and creativity with which we actively break them down and turn them into opportunities (**Action**); finally, the cultivation and maintenance of an inner will that allows us to handle defeat and difficulty.” (**Will**)

These three disciplines are interconnected through a process and the author shows, through his extensive review of history, business and literature, how successful coaches, businessmen, and Presidents achieved success using the disciplines.

Holiday defines Perception as “how we see and understand what occurs around us and what we decide those events will mean.” These perceptions can be a source of strength or weakness. And in the case of John D. Rockefeller Holiday shows how Rockefeller’s ability to remain resilient, objective and calm propelled him from the son of a criminal who had abandoned his family to the creator of Standard oil who at one point controlled 90 percent of the oil market.

Holiday says there are a few things to keep in mind when confronted with what seems an insurmountable obstacle:

- ◆ *To be objective*
- ◆ *To control emotions and keep and even keel*
- ◆ *To choose to see the good in a situation*
- ◆ *To steady your nerves*
- ◆ *To ignore what disturbs or limits others*
- ◆ *To place things in perspective*
- ◆ *To revert to the present moment*
- ◆ *To focus on what can be controlled*

And he stresses how we can train ourselves to view obstacles as opportunities and reminds us that “Where the head goes, the body follows. Perception precedes action. Right action follows the right perspective.” This is no more applicable than with our athletes.

Get Moving, Follow the Process, What’s Right is What Works, and Channel Your Energy are just a few of the chapter titles within the **Action** section of the book that are applicable to sports. One can see why this book has been described as a cult classic among professional athletes. Holiday points out that “**As a discipline, it’s not any kind of action that will do, but directed action. Action occurs in steps and requires persistence and flexibility.**”



Take the example of Coach Nick Saban, who teaches The Process. Saban is quoted as saying “Don’t think about winning the SEC Championship. Don’t think about the national championship. Think about what you needed to do in this drill, on this play, in this moment. That’s the process: Let’s think about what we can do today, the task at hand.”

Or the example of how Amelia Earhart made her first transatlantic flight come to be. She couldn’t make a living as a pilot in the 1920’s because no one believed a woman could be a pilot. So, she took a job as a social worker. Then one day she got a call from a man telling her he had someone willing to fund the first female transatlantic flight. Their first choice had already backed out and Amelia wouldn’t actually fly the plane. They would send two men along as chaperones and she wouldn’t get paid. And she could very well die while doing it. It wasn’t her ideal, but she said yes, and the rest is history.

Holiday believes people that take action “don’t care if the conditions are perfect or if they’re being slighted. Because they know that once they get started, if they can just get some momentum, they can make it work. They are willing to take risks and have learned to persist. He quotes the famous Stoic philosopher Epictetus who said, “persist and resist” Those that see obstacles as opportunities persist and resist giving in to distraction, discouragement, or disorder.

But what if everything doesn’t go as planned? Holiday discusses what to do when you fail but first says you need to “prepare for adversity and turmoil and learn how to acquiesce and surrender when needed.” This doesn’t mean giving up. It is realizing there are times when we can benefit from acceptance.

The discipline of Will is what Holiday describes as “our internal power, which can never be affected by the outside world. It is our final trump card. If action is what we do when we still have some agency over our situation, then will is what we depend on when agency has all but disappeared.” He says, “if Persistence and Action are disciplines of the mind and body, then Will is the discipline of the heart and soul.”

Many times, you don’t get to choose what happens to you, but you can always choose how you feel about it. Holiday points out you can “flip the obstacles that life throws at you by improving in spite of them, because of them. You can choose to get outside yourself and think about others as William Stockdale did when he was a POW in Viet Nam.

Stockdale, then a commander, knew he was the highest-ranking Navy POW the North Vietnamese had captured. He realized he could provide leadership and support to his fellow prisoners. He set up a support network to show the POW’s

they were in it together and he gave them a watchword to remind them, U.S. – Unity over Self. This enabled the POWs to keep going as well as Stockdale. He was released after seven and a half years as a POW.

Holiday points out there is a pattern to every story in the book:

“Something stands in someone’s way. They stare it down, they aren’t intimidated. Leaning into their problem, weakness, or issue, they give everything they have, mentally and physically. Even though they did not always overcome it in the way they intended or expected, each individual emerged better, stronger.”

Finally, he leaves the reader with these reminders:

See things for what they are.

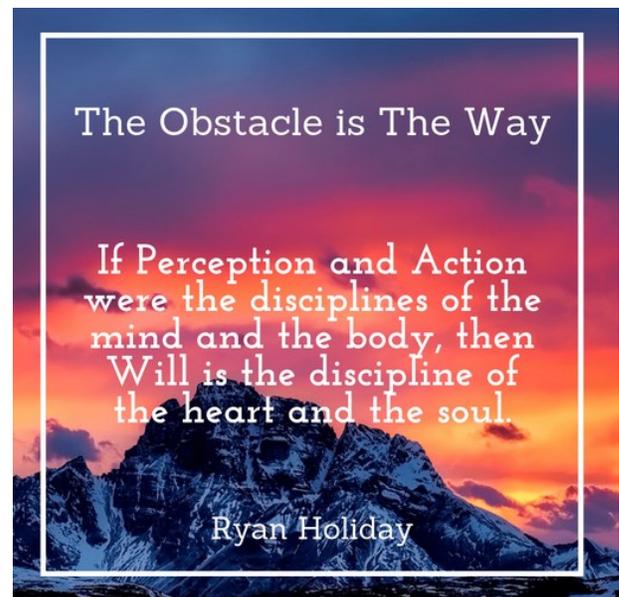
Do what we can.

Endure and bear what we must.

What blocked the path is now the path.

What once impeded action advances action.

The Obstacle is the Way.



The Benefits of Sports Drinks

What Constitutes An Effective One?

By Dawn Weatherwax, RD, LD, ATC, CSCS

Sports drinks have been around for several decades. However, in the past five years, what constitutes a sports drink has gotten cloudy with social media and misleading advertising.

WHY ARE THEY IMPORTANT?

- * If you are 1% dehydrated, performance can decline up to 12%!
- * Reduces speed and recovery
- * Decreases concentration and focus
- * Increases susceptibility to injuries
- * Accelerates fatigue
- * Promotes muscle breakdown
- * Promotes storage of fat
- * Decreases absorption of nutrients and removal of toxins
- * Enhances the possibility of muscle cramps during activity

TIMING

Sports drinks were designed to be consumed around activity. They must have at least three essential ingredients in the right amounts to qualify:

- * Fluids
- * Carbohydrates
- * Sodium

FLUIDS

Water is the main fluid used as the foundation for a sports drink. Some brands add additional fluids such as coconut water or juice.

CARBOHYDRATE MIXTURE

Carbohydrates are an essential ingredient in sports drinks, as they provide energy to athletes during exercise. The breakdown of carbohydrates in sports drinks typically involves a combination of simple and complex sugars, such as glucose, fructose and maltodextrin within 6-8 percentage range for optimal absorption. On average, sports drinks contain around 50-80 calories per 8-ounce serving.

SODIUM AMOUNTS

Many people believe that potassium, magnesium and calcium are the main electrolytes for optimal hydration, but they are wrong. Sodium is the electrolyte that is essential. Sodium helps bring the fluid into the muscle cell versus getting urinated out by the kidneys. Athletes can lose from 200 mg up to 2,000 mg of sodium per pound of sweat versus ~30-150 mg of potassium per pound. Magnesium and calcium losses are negligible through sweat.

IMPOSTERS

Always look at the food label first to make sure the product is meeting the hydration goal for activity.

One product promoting optimal hydration contains ONLY 5 mg of sodium, 10 calories and sucralose and acesulfame (non-nutritive sweeteners) as additional ingredients.

Another contains 353 mg of potassium and ONLY 20 mg of sodium per 8 oz.

* * *

RECIPE FOR AN EASY SPORTS DRINK SLUSHY

You'll need:

- * Sports drink of choice
- * Ice tray
- * Blender

Steps

1-Pour some of the sports drink in an ice tray and freeze it for a few hours. Don't use the whole bottle to fill up the ice tray, as you'll need some of the liquid when you are blending.

2-Once frozen, take the ice cubes and place them in the blender.

3-You can also add a small amount of leftover sports drink to help with the consistency of the slushy.

4-Blend all the ice cubes and sports drink together, and after a couple of seconds, you will have a perfectly-made sports drink slushy.

Slushy Variations

Add a slight touch of frozen fruit: tart cherries, pineapple, mango, berries

Add a squeeze of lime, lemon, orange, grapefruit

If you have a high-end blender, then you can skip the ice trays. Just pour the liquid in with ice and blend. Add more ice as needed to create the slush consistency.

* * *

SUMMARY

When sports performance is the goal, it is important to have a product that meets the end objective.

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

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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.

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- A ONE stop resource
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- How many calories needed
- Taking out the guess work
- Stay healthy, tons of energy, avoid plateaus, grow, optimize recovery
- Questions via chat!
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 - **WHAT TO EAT & SUPPLEMENT FOR DAILY, SWIM MEET, HOLIDAY TRAINING**
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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:



How to Refuel, Rehydrate and Rebuild the Swimming Machine!

By Karl Hamouche, M.D., and Mike Peterson, *Swim Smart*

The next great workout starts right now! If you want to keep up the good work in the water, you have to plan ahead and get the most out of your recovery. Other than having good sleep habits, nutrition is the biggest factor that determines the quality of your workouts, and therefore, the amount your Swimming Machine can adapt and become better.

By the end of a tough workout, your muscles have torn themselves apart, you've sweated out liters of fluid and run your fuel tank dry. ALL of this needs to be fixed, and the clock is ticking because the next workout is coming up fast, so if you neglect your nutrition, you are really just neglecting your training and can even lead to overtraining.

An elite swimmer training four hours a day will need about 4000-5000 calories a day. Swimmers who were constantly fatigued were found to be 1000 calories under their daily requirements, muscle glycogen (sugar) stores were much lower than usual and their distance per stroke was 10% less in workout.

Tangent: Tour de France riders will burn upwards of 12,000 calories a day on their month-long race!

The goal of good nutrition is to refuel the muscle's sugar stores as much as possible while also limiting how much nutrition gets sent to fat cells. This has nothing to do with looking good and maintaining a socially acceptable body weight, it's just that fat cells don't have anything to do with creating motion and will just eat up valuable sugar and turn it into fat and make it virtually unavailable for the muscles. With some understanding and planning, we can create the ideal environment throughout the day that will maximize muscle sugar stores and minimize fat creation.

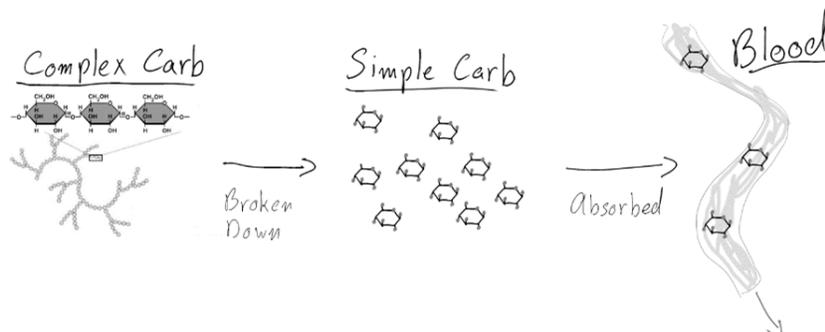
	Hours Per Day Training	Grams of Carbs Per KG of Bodyweight Per Day	Example at 70 kg/160 lbs
Non-Athlete	0	3-5	350g/day
Athlete	2	5-8	560g/day
Elite Athlete	4	8-10	700g/day!!

Carbs are the most important fuel source to replace after a tough workout, which can burn up to a gram of sugar a minute! Because of this massive burn rate, athletes need to increase their carbohydrate consumption compared to non-athletes. The more you work out, the more carbs you need. Here are the guidelines:

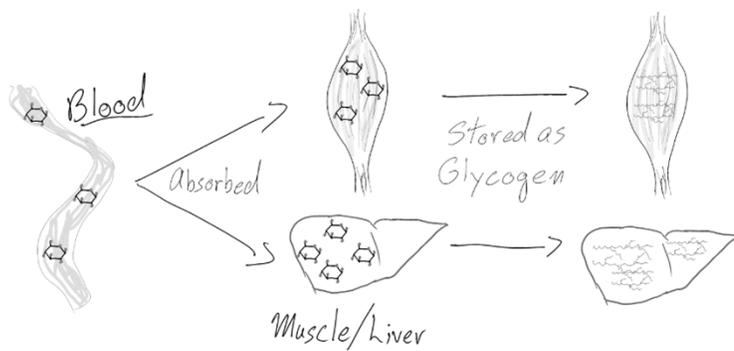
The base unit of any carb is a simple sugar which is a single molecule that is a ring of carbon with attached H₂O molecules. Depending on the specific direction of the H₂O molecules and the number of carbon atoms, you can create a multitude of different simple sugars. The most important to us is **glucose**, which is the *preferred* fuel source for all cells in the body.

Like amino acids, simple sugars can be attached to each other to create very large storage molecules called complex carbs. Foods can either contain simple sugars, complex carbs or both. In order for the body to absorb eaten carbohydrates, they must be broken down into simple sugars first before they can cross the gut barrier into the blood.

This takes time (about four hours from mouth to muscle). On the other hand, drinking a bunch of dissolved simple sugar (like in sports drinks) can have very quick absorption and we are going to take advantage of both the quick and slow absorption of different carbohydrates in our meal planning.



Once in the blood, sugar can be stored inside muscles and the liver as glycogen, another complex carb specific to animals.

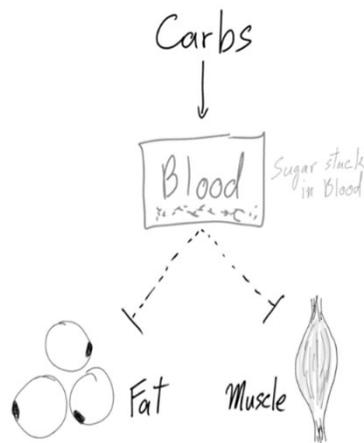


Tangent: Depending on how they are connected together, glucose molecules can be linked to form either starch or glycogen. Starch is the preferred sugar storage form in plants, while glycogen is the preferred sugar storage form in animals.

Carbohydrates hold on to three times their weight in water because ... they just do. That's why you can only hold about 40 minutes worth of sugar in your muscles during hard workouts, and why the body stores most of its energy as fat.

Insulin, Glycemic Index and the Workout Loophole

Before we dive into our meal plan, there was one detail we skipped over that is confusing but important. After being eaten, carbohydrates are broken down into simple sugars, absorbed in the intestines, enter the blood and are then distributed throughout the body as simple sugars.

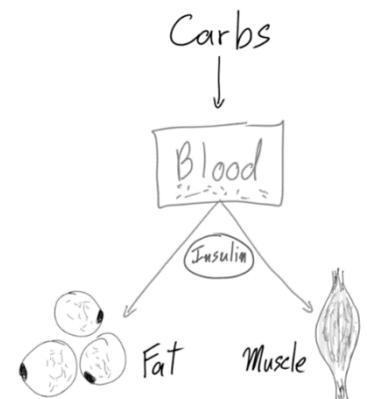


BUT, the sugars in the blood are not allowed to be simply absorbed by muscles, fat cells and other organs. They need a hormone called insulin to give permission for the muscles to take sugar out of the blood and store it inside the cell as glycogen.

This confusion exists because a very selfish organ called the brain gets first dibs on sugar in the blood, because sugar is the *only* fuel source the brain likes to use. The brain is special and doesn't need insulin's permission to take sugar out of the blood. Once the brain gets its fill, *then* muscles can start absorbing sugar. This is actually a good thing because if the brain doesn't get its sweet tooth fix it can stop functioning normally really quick and cause you to feel tired, pass-out, and ultimately have seizures, and die.

Type 1 diabetics have no insulin, so their blood sugar can skyrocket because the body never gets permission to absorb it. At the same time, the cells starve because all their fuel is outside in the blood.

The amount of insulin released in the blood is proportional to the amount of sugar that enters the blood. So, if you have a couple sports drinks full of simple sugars that absorb within minutes, then insulin has to dump into the blood all at once and the insulin levels spike in order to get the sugar inside muscles and fat cells quickly. If you have a complex carb meal of veggies and pasta, the absorption of sugar will slow down and insulin won't have to rise very high to maintain sugar levels at a reasonable level.



The speed and amount that blood sugar rises from different foods is called the Glycemic Index (GI) and it is a good estimate of how much insulin will rise as well. The higher the glycemic index of a food, the faster sugar is absorbed and enters the body, and the higher insulin will go to bring the sugar levels back down by allowing muscles and fat to absorb the sugar. Instead of trying to memorize every food's index, it is easier to group them as low, medium and high glycemic index foods. The glycemic index is affected by how simple or complex the carbohydrates are in any given food. Dietary fiber that is found in fruits, veggies and unprocessed foods also slows down the absorption of sugar in the intestines and further reduces how high insulin levels go, and therefore will lower the glycemic index.

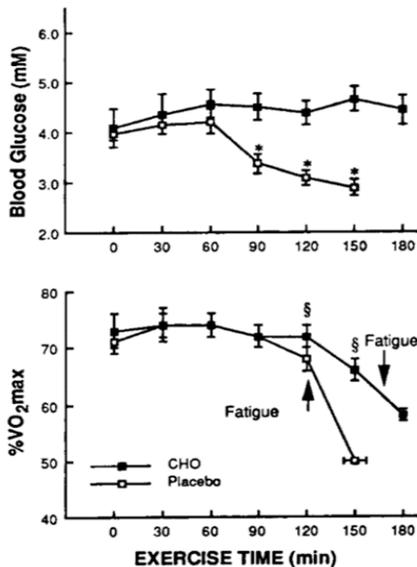
Here's a handy chart to help you organize different foods into glycemic index categories:

Low GI Foods	Moderate GI Foods	High GI Foods
<p>Breakfast Cereals: All Bran All Bran Fruit' n Oats Fiber One Oat Bran Oatmeal(not instant)</p> <p>Fruits and Fruit Juices: (Limit 1-2 Fruits/day) Apples, Apple juice Apricots Blackberries Blueberries Cherries Cranberries (not dried) Grapefruit Grapefruit juice Peaches Pears Prunes Plums Raspberries Tangerine Strawberries Tomato juice</p> <p>Beans and Legumes: black eyed peas, butter beans chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus</p> <p>Non- starchy vegetables : asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips.</p> <p>Grains: barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta</p> <p>Nuts, olives and oils: almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives walnuts, oils that are liquid at room temperature</p> <p>Dairy, fish, meat, soy and eggs: skim milk, soy milk, almond milk, lowfat cheese, yogurt (lowfat or greek) lean red meat, fish, skinless chicken and turkey, shellfish, egg whites, egg yolks(up to 3/week) soy products, Egg Beaters</p>	<p>Breakfast cereals: Bran Buds Bran Chex Just Right Mini Wheats Special K Swiss Museli</p> <p>Fruits: Banana (under ripe) figs grapes kiwi Mango oranges raisins Cranberry juice, orange juice</p> <p>Beans and legumes: boston type baked beans canned pinto, kidney or navy beans, green peas</p> <p>Vegetables: beets, carrots, Sweet potato, yam, corn on the cob</p> <p>Breads: pita pocket oat bran bread pumpnickel bread rye bread wheat bread high fiber bread</p> <p>Grains: cornmeal brown and white rice couscous</p> <p>Pasta: macaroni ravioli (meat filled) pizza (cheese) spaghetti (white)</p> <p>Nuts: cashews macadamia</p> <p>Snacks: chocolate muffins low fat ice cream popcorn</p>	<p>Breakfast cereals: Cheerios Corn Flakes Corn Chex Cream of wheat Grape Nuts Grape Nut Flakes Grits Puffed wheat and rice Rice Chex Rice Krispies Raisin Bran Shredded Wheat Total</p> <p>Fruits: Dried Dates Pineapple Watermelon Over ripe bananas</p> <p>Beverages: soda, sweet tea, pineapple juice</p> <p>Vegetables: potato, baked, broiled, fried, mashed, french fries canned or frozen corn, parsnips, winter squash</p> <p>Breads: most breads (white and whole grain), baguette, bagels, bread sticks, Kaiser roll, dinner roll</p> <p>Grains: rice, instant, tapioca</p> <p>Snacks: candy, crackers, chips, cookies, syrups, jelly, jam Donuts, corn chips, tortilla chips, pretzels, jelly beans, rice crackers, pastries, cakes, nutragrain bars, Pop tarts.</p> <p>Restaurant and Ethnic Foods: Most Chinese food (sugar in stir fry sauces) Teriyaki meats and vegetables, Fried rice</p> <p>Mexican foods with white rice, tortilla, etc</p> <p>Any foods with white sugar or white flour</p>

So, why do we care about the glycemic index and insulin spikes? The problem is insulin will send sugar anywhere that will take it. Muscles are where we want the sugar to go, but insulin will open up fat cells and other organs to taking that sugar too. That is sugar that is not going to muscles, not refueling glycogen stores, and not feeding your next workout. On top of that, insulin is a “rest and store” hormone, meaning it signals fat cells to absorb what they can, convert it all to fat and store it. That’s wasted fuel!

Our goal should be to maximize muscle’s absorption of sugar without getting spikes in insulin. Luckily, there is a loophole in the system that we can exploit. During and immediately after workout, muscles DO NOT need insulin to absorb sugar from the blood. The theory is that a workout is kind of like being in a fight for your life (and if it’s a butterfly set, it really is). The body wants to win that fight no matter what, so it allows muscles to take the sugar they need without insulin’s permission so they can keep their engines running at maximum to help you win the fight... I mean workout. It is not 100% clear how this happens (Nobel Prize potential?)

That means if you drink a bunch of sports drinks during workout, within 30 minutes of finishing workout, your muscles will absorb all that sugar without a lot of insulin needing to be released. That means *no sugar is sent to fat cells* because they still require insulin’s permission to absorb the sugar. We are going to take advantage of this loophole to *jump start our recovery the second we are out of the water* and make sure our muscles are fueled up and ready to go for next workout. As we get farther from workout, we will focus our nutrition on lower glycemic index foods to keep insulin at a reasonable level and supply muscles with a steady stream of sugar to refuel them over a longer time.



How much sugar should you be drinking during workout?

A study was done with cyclists where one group drank water while another group drank 60 grams worth of sugar (2-3 bottles of sports drinks) PER HOUR for a two hour "as fast as possible" ride. During the first 90 minutes, there was no difference in power output, speed or perceived effort.

But during the last 30 minutes of the ride, the water group started falling behind, slowing down, and they reached exhaustion earlier than the sugar group which was able to maintain their effort and feel more comfortable doing so than the water group. That's a lot of drinking for a swimmer to do, and we are disadvantaged because we workout laying down and anything we drink wants to come back up.

But this study illustrates an important point, we are not controlling our diet for the moment, we are planning ahead so that we can get the most out of every minute of our workout instead of burning out at the end. **If you want to end as good as you start, you have to be proactive, not reactive!**

Training and Competition Meal Plan

Now that we have an understanding of how different foods behave when we eat them, we can construct a daily meal plan. We are going to assume the worst case scenario and that the day consists of a morning and afternoon practice and will use a 3 meals 3 snacks approach. Here is the pattern we are going to follow:

1. High glycemic index liquids during and immediately after workout
2. Medium glycemic foods right after practice
3. Lower glycemic index foods the further away from practice's end
4. NO JUNK FOOD EVER! Garbage in = garbage out!
5. GI = Glycemic Index

Three Meals-Three Snacks:

1. Snack 1: Refueling liver and feeding the brain after an overnight fast (sleeping).

- a. 30-60 min before hitting water.
- b. Liquid snack of low to medium GI food focusing on complex carbs, some protein and caffeine. About 3:1 carb to protein ratio.
- c. Breakfast shake with some fruit: apple, orange, banana...etc.

2. Morning Workout

- a. Sports drinks (super high GI) starting after warmup and throughout workout. No limits!
- b. Between exiting the pool and hitting the shower, another big bottle of sports drink.
- c. (Hard candy, chocolate, fruit rollups... they are ok here if you need your sweet tooth fix, but only before showering).

3. Meal 1: Breakfast

- a. Balanced meal with medium GI carbs, protein and fats
- b. Eggs, oatmeal, granola, fruit, milk...
- c. No juices! We are DONE with those. NO doughnuts, pancakes or processed bread. Too much trans fats, not enough fiber.

4. Snack 2 (can be before or after meal 2, depending on when lunch is)

- a. Low GI foods, something salty to keep your hydration up.
- b. Almonds, avocado, nuts, seeds, dried fruit, another shake, cheeeeeese.

5. Meal 2: Lunch

- Balanced meal with low GI carbs, protein, fats.
- Meat and veggies, very paleo here.
- No corndogs, hamburgers, fried chicken... too much bad fat. If you have to bring pre-prepared food from home, do it!!

6. Afternoon Workout

- Sports drinks after warmup and throughout workout, just like the morning.
- Between exiting the pool and hitting the shower, another big bottle of sports drink.
- (hard candy, chocolate, fruit rollups... they are ok here if you need your sweet tooth fix, but only before showering).

7. Meal 3: Dinner

- Balanced meal with mostly medium GI carbs, protein and fats
- Spaghetti, beans, rice with associated meats and veggies. Fruit is your new dessert.
- No cake, no bread, no bagels, no cookies or muffins please. We are done with these too.

8. Snack 3: Bedtime Recovery

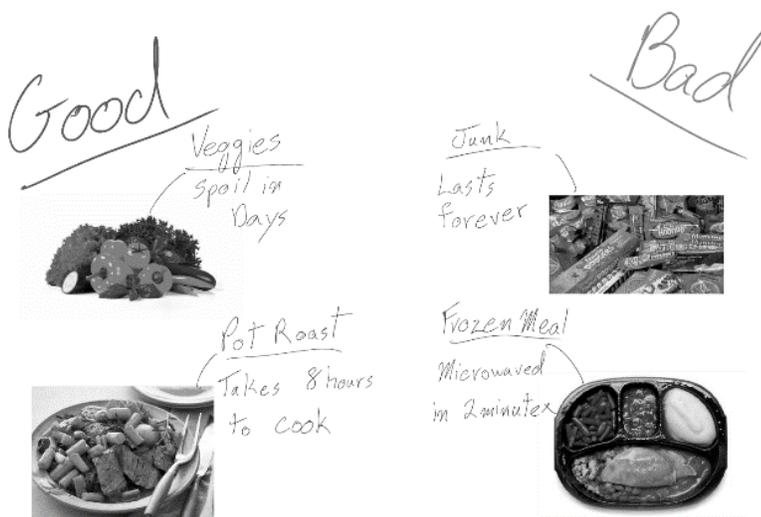
- Protein based snack with some very low GI carbs.

Is that the most incredible, most awesomeness meal plan ever made?! The best part? It's easily modifiable to your needs. Only have one afternoon practice that day? Cut out Snacks 1 and 2. If you only have a morning practice, skip Snack 3. If you have a day off, are in the off-season or in taper, get rid of all snacks. To some degree, we have to account for calories-in balancing with calories-out. More important however is eating good quality food that is good for you.

How do you know what good food is? Two rules of thumb:

- The faster something spoils, the better it is for you (milk and veggies vs. chips and jam).
- The longer it takes to make, the better it is for you (pot roast vs. microwaving a frozen dinner).

Something not mentioned in the plan is hydration. Working out hard, even in a pool, you can lose up to two liters (4 pounds) PER HOUR of water through sweat. As little as a 1-2% (or 1.5-2lbs for most of us) decrease in body weight due to dehydration is enough to cause a measurable decrease in performance. If your blood volume is low from dehydration, your heart has to pump harder and faster to maintain its output which increases how hard you think workout is. On a daily basis, you need to get about 4 liters (1 gallon) of fluid a day. That's 4 x 32oz bottles. These are on top of the sugary drinks we use during practice. If needed, weigh yourself daily before and after practice to monitor your hydration status. After you pee, the toilet bowl should look like nothing happened!



Tangent: If you lose 4% body weight in water due to dehydration you can become at risk for heat exhaustion and heat stroke.

Now let's talk about the big day, RACE DAY! The goal here is to race without feeling hungry or full. It's a tough balance because you could be at the pool six, eight, ten hours a day with races at any time. Between warm up and cool down you can easily eat up 1000s of yards of swimming, even for a sprinter. So, you have to keep your nutrition up without overfilling yourself at any one time during the day. That's why snacks will be essential. Here is the plan:

1. **Try to eat a meal 2-3 hours before getting on the blocks, which might be only an hour or so before prelim's warmups.**
 - a. Mostly low to medium GI carbs with some protein. Limit fat since it takes a long time to digest. I like rice or ramen with an egg or two.
2. **Snack on low GI carbs.**
 - a. Dried fruit, nuts, plain cooked pasta. Stay away from sugary sports drinks unless it is right after warmup or the mile. Everything else is too short a race to burn much sugar, so we don't have to worry much about refueling at this point.
3. **Eat a big balanced meal as soon as possible after the session, this may be the only meal before finals.**
4. **End the day with more emphasis on protein to rebuild muscle during the night.**

On the next page is an example weekly schedule to get you started. These are just examples, and you don't have to be so varied day to day. We like to make one meal for breakfast, one for lunch, one for dinner and do a whole week of those three meals. Then we change them the next week.

Laminate the planner below to write in all your meals and take control over your nutrition for the whole season.

We hope this helps you keep track of how you refuel, rehydrate and rebuild your Swimming Machine!

Swim Smart Weekly Nutrition Plan!							
Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack: Low to Medium GI carbs (shake preferred)							
Morning Workout: Sports Drinks				Morning Workout: Sports Drinks			
Breakfast: Medium GI carbs + fat/protein							
Snack: Low GI, salty snack (can be before or after lunch)							
Lunch: Low GI carbs + fat/protein							
Afternoon Workout: Sports Drinks				Afternoon Workout: Sports Drinks			
Dinner: Medium GI carbs + fat/protein							
Snack: Very low GI snack							
Fluid: Target one gallon a day							

Step Up Your Game With These Products From SwimSmart

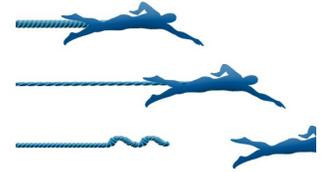


Push Paddle

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

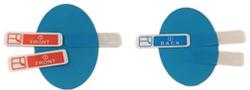


Power Harness

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

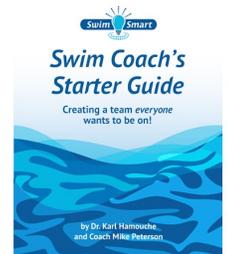


E(xchange)- Paddles

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

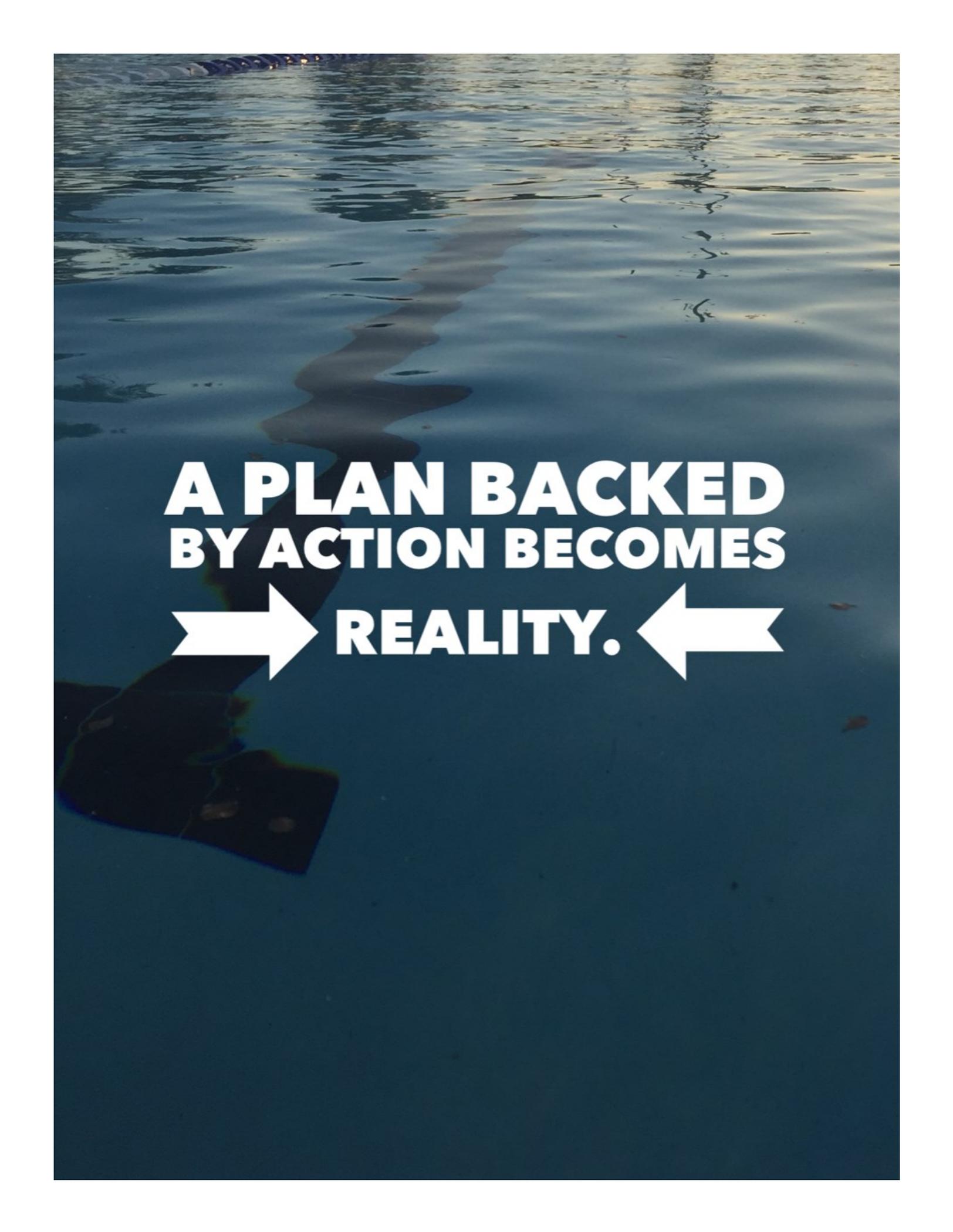


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is **FAST** swimming!

We are swim coaches
fixing swimming problems.

Find solutions that come from
our pool deck to yours.

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A photograph of a swimming pool with a person's legs visible underwater. The water is blue and reflects the sky. A white text overlay is centered in the middle of the image.

**A PLAN BACKED
BY ACTION BECOMES**

→ REALITY. ←



Tidbits (and more) to enhance your coaching and life experience.

If you have something interesting you'd like to see shared here, send it to nisca.journal01@gmail.com

"Someday, I want to... Someday, I'm going to..."

It's like classic cars: Classics shouldn't be kept in garages under plastic tarps. They should be driven. That's where the fun is. If you can do something you want to do, then do it. Life is short. If you find things that you love---that have meaning for you --- don't wait.



"Don't put off the good stuff. Life's too short." BBC series *New Tricks*, Gerry Standing (played by Dennis Waterman)



COGNITION is defined as the product of mental processes. There is a theory called "embodied cognition", the idea that the mind is not only connected to the body but that the body influences the mind (Scientific American, "A Brief Guide to Embodied Cognition: Why You Are Not Your Brain", Nov 4, 2011). "It means that our cognition ... is influenced, perhaps determined by, our experiences in the physical world."

Laura Hanby Hudgens, in a piece in Huffpost.com Nov 20, 2016, reflected on swinging into full-fledged holiday Thanksgiving mode from planning on skipping it altogether, and the changes that overcame her in so doing.



It didn't take me long to get into a holiday mood. Once I started baking pies, it was on.

Thursday morning I broke out my grandmother's china, unpacked my silverware, and called on my mother to bring me anything and everything she had to create a Thanksgiving centerpiece.

In the end, despite my lack of preparation, our table was lovely. Simple but elegant. It felt good and right. I know now why I was uncomfortable with an everyday table for Thanksgiving. It isn't that Thanksgiving, or any holiday, has to be fancy or impressive, but there are several reasons I will always use the "good china."

A lovely table sets the day apart. We live in a very casual world. Setting a plain Thanksgiving table would not have nullified the day, but making the effort to set a beautiful table added to and created a sense of festivity, thankfulness, and togetherness.

Using the good china honors my grandmothers. I am fortunate to have a set of my dishes from each of my grandmothers. I love these dishes, not because they are valuable, but because they remind me of women who I dearly loved. When I use my grandmothers' dishes, I am reminded of how much they loved special occasions and how much I loved them.

A festive table sets an example for my children. Just as my grandmothers and my mother set an example for me, I want to teach my children to be good hosts. They, above all people, are worth the effort.

The good china is beautiful. Aside for all the philosophical arguments for using the good china, the bottom line is that I like to use it because it is beautiful. When I looked at my beautiful Thanksgiving table, I felt at ease. I felt recharged. Beauty does that. Beauty makes me happy. The good china makes me happy.

*Of course using the good china is a hassle. [But] setting an occasion apart and making people feel welcome doesn't require fine china at all. It only requires that we recognize that **sometimes special people and special occasions are worth the extra effort.***





Part Deux

There are bits of advice on retirement and career change we share from time to time (see “*Live Long and Prosper*”, following), and there is a monthly column in the WSJ, “*Retirement Rookies*”, by Stephen and Karen Yoder, frequently entertaining, but always instructional.

Here are excerpts from their recent installment, “**We’re Retired and Healthy. But How Do We Plan for Our Decline?**”

Intro: *The first year in retirement is often the most difficult. But it can also set the stage for how you’ll fill the years ahead—both financially and psychologically.*

Many retirees eventually face physical challenges that keep them from doing all they had envisioned for their golden years.

[The] truism about retirement’s three stages [is] that there are the *go-go* years, the *slow-go* years and the *no-go* years. Rob, a 69-year-old Ohio reader who retired in 2019, expounded on this in an email to us:

1. *You first have five to 10 good years, doing the things you pictured doing when not working, at full current health.*
2. *Then it’s likely that something happens to one or both of you in your 70s. A hip, a heart, a knee, cancer, some decrease in capacity.*
3. *If you make it beyond that, you may have 5-10 years of not so good health and limits on your physical and mental abilities.*

We need to enjoy each stage, plan ahead for the next stage and make sure we have supports in place by the time we’re there. [But] I feel like we have been cheated in our Golden Years, after having worked hard and saved money to do a few things when we retired.

[A] Colorado reader, Janice, 76, [wrote] to tell us how her spouse’s Parkinson’s diagnosis “rattled our world,” forcing her to drop her postretirement dreams and become his caregiver. She urges aging friends to travel now, she says: “**Just spend the money because health might not allow them to do it later.**”

Poignant notes like this from readers have added to a growing realization of what Karen hints at: **We have been in denial about human frailty.**

Readers have offered us some perspectives.

“Travel while you are young and fit. Life has a way of throwing roadblocks at you when you age,” write a couple with some experience, Ed and Lib of South Carolina, ages 87 and 96.

“Enjoy your retirement and don’t worry about the petty things,” writes Ken, 78, of New York’s Long Island.

The Yoders suggest “front-loading intrepid travel and energy-intensive volunteering”, for example, and “kicking down the road some stuff that’s less health-dependent—river cruises, binge-watching movies...”

As a reader in Virginia wrote: “Keep traveling now when you are young and able. You can organize your photos when you are 85.”

In a previous column, the couple wrote about the need to budget their remaining time, much as they budget their money. That full WSJ article can be found here:

<https://tinyurl.com/2d7muw6r>



Here are two words no one has heard me say before:

Taylor Swift

I do not listen to any kind of music that belongs to a genre beginning with the word “pop.” However, Ms Swift seems to be very business-savvy as well as hard-working. She has been successful but also has stumbled along her 20+ year career. Here are some management takeaways, based on interviews with people who worked with and around Swift:

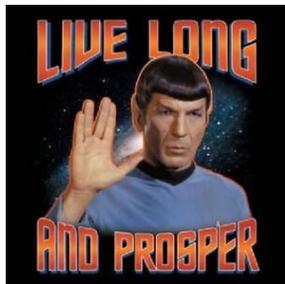
- * Keep your inner circle small
- * Do the hard work
- * Seize the moment
- * Keep personal ties
- * Stay fresh
- * Break precedents

The full WSJ article can be found here:

<https://tinyurl.com/48dpedb4>



Live Long and Prosper



Editor's note: Those NISCA coaches who have been around a while, the ones we affectionately call “lifers”, comprise a group that continues to grow, but the more candles that accumulate, so do the losses. Many of us remember dedicated NISCA members who stayed around and shared their wisdom, their experiences, their “stupid bar tricks”, but who sadly have left us. Morgan Byers, Bob White, Bill Stetson, “Dr. Steve” Montgomery, Lanny Landtroop, and Dave “Mr. NISCA” Robertson, all remained actively participating in NISCA into their seventies and eighties, even if they stepped off the pool deck earlier.

Their examples and continued connections with contemporaries and those much younger is key to what is addressed in the following material. We welcome your comments and perspectives!



[From Salon writer Mary Elizabeth Williams, July 23, 2023]

First, the good news. Author M. T. Connolly writes in her new book, “For millions of people, there has never been a better time to be old.”

Over the past century, we have expanded our average lifespans by an incredible thirty years, and we’ve done it with astonishing advancements in medications and other interventions to improve our health and mobility.

Now, here comes the really bad part. Our collective aging is wildly outpacing our social, financial, medical and caretaking abilities.

In a little over a decade, we will have more people in this country over the age of 65 than under the age of 18. People eighty-five and older are “the fastest growing segment of the US population.” Half of them require financial assistance, and three quarters of them have some form of disability.

[As we get older] there's some really concrete ways to make sure that we can focus on the things that matter most to us. **“Okay, what matters to me?”** In terms of what matters to most people, **connection**.

[Just] being with other people, in our book clubs and community gardens, just being in the world [is vital]. Isolation and loneliness are really bad for our health. Having ways to spend our time that have purpose for us [is important].

Comment: The quickest way to die when you retire (and there are a lot of NISCA members close to, or already in retirement) is to sit in the recliner, gripping a remote. Chase your passion! Share your wisdom. Stay involved and stay active if you can.

The excellent article is here: <https://tinyurl.com/5dncstme>



YOUR Physical Health. In a column in the “Personal Journal” section of The Wall Street Journal in 2021, Clare Ansberry shared these nuggets:

Call your doctor and make an appointment for a routine check-up or for neglected aches and pains.

Create a personal and comforting space in your house or yard, and go there to be alone and gather your thoughts, even if it is just for 10 minutes. Go for a walk in your neighborhood or park, and make it a daily priority.

If you aren't sleeping well, take naps when you can, rather than relying on caffeine or energy drinks. Keep healthy snacks around—nuts, fresh fruits or whole-grain breakfast bars.



In response to the article “Career Conundrum: Knowing When It's Time to Quit” (WSJ, Jan 25, 2021), writer Brandon Sanchez wrote: **Many baby boomers—especially those at the top of their game—struggle with the decision to step down. And when they leave, the transition can be painful and messy. Readers weighed in. Here are edited excerpts of their comments.**

Following are just a few activities that have helped me—and other boomers—move forward in pre- and post-retirement:

- 1. Write a life plan by the time you're 35, and update it every year, especially as you near 50.*
- 2. Focus on work experiences that use your strengths—skills you also enjoy.*
- 3. Engage in a cause you're passionate about.*
- 4. Enrich your strengths through online courses in public speaking, improv, creative writing, social media and right-brain activities that refresh your spirit.*
- 5. Seek out opportunities to learn from (and mentor) people who don't look like you, don't sound like you and don't think like you.*
- 6. Set aside time for relaxation, exercise and healthful meals.*

Planning for retirement, and then executing well on that plan, is now allowing us to enjoy a fulfilling and happy life.

Excerpted from Colin Conway, in **The Bumbling Millionaire**:
"Did Travis McGee Have It Right All Along?"

Author John D. MacDonald's most famous character, Travis McGee, resided in Ft. Lauderdale on a houseboat aptly named the Busted Flush which he won in a poker game. McGee called himself a "salvage consultant" wherein he recovered stolen or swindled items for a victim, keeping half of the recovered item's value for himself. In the purest sense, he was an entrepreneur, working for himself and taking only the clients he wanted.

[This] is where the set-up moves into the worlds of Tim Ferriss' **The 4-Hour Workweek** and the "financially independent, retire early" (**FIRE**) movement.

In **The 4-Hour Workweek**, Ferriss refers to the mini retirement. He suggests we develop efficiencies in our life and put systems into place so we can drop out of the rat race for weeks, maybe even months at a time, before returning to our life to continue where we left off. Retirement is for now, not tomorrow. Why waste the best years of our lives in pursuit of a retirement when we are old and feeble?

[McGee] decided to take his retirement in chunks and he refers to this throughout the series. He's often portrayed on the deck of his houseboat doing necessary repairs or preparing to enjoy an evening with his friend, Meyer... He would take a job only when money was running low and thereby threatening his life of early retirement.

Once he completed the task of any novel, he settled back into his mini-retirement, enjoying the fruits of his labor and often lamenting the things he suffered to get there...

The underlying message? Retire now, as soon as possible, even if it's in small chunks. Enjoy your life since the number of our days is limited.

Editor's comment: Not all of us need to, or want to take on another job during our summer intermissions. If you are one of "those people", let us know how you spend your breaks between school terms. Write to us! nisca.journal01@gmail.com



IT'S NEVER TOO SOON TO PLAN FOR RETIREMENT

The best time to plan for our later years is when we're young! To stay on track, it helps to think long-term. Make a set of goals and keep them in mind every step of the way.

Here are six things you'll want to consider:

01

Your "bucket list."

What activities might be important to you after retirement? Spending time with family? Travel? Volunteer work?



02

Your health. Few of us can predict what the future will bring us. Take steps to be healthy, but also be prepared for health challenges.



04

Timing. More people than ever are working well into their late 60s, 70s and beyond. Some are withdrawing from work gradually. What's right for you?



06

The possibility of caregiving. If you aren't yet providing care for older relatives, remember that you might someday need to.



03

Your finances. Are you saving enough for the lifestyle you'd want after retirement? Will you be prepared to pay for care if you need it?



05

Where to live. Do you want to "age in place" in your own home? Move to a local senior living community? Or to a different area of the country or the world?



START THE CONVERSATION

As you're planning, talk to:

- your spouse and other family
- a financial advisor
- senior living providers in your area
- a geriatric care manager (aging care professional)

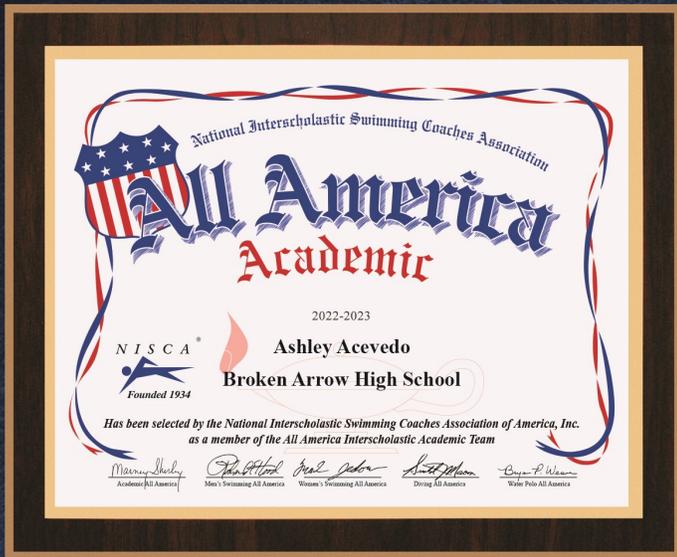


The better informed you are, the more likely you are to achieve your retirement goals.

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.

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THE DAILY COACH

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us... And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

— Marianne Williamson, *A Return to Love*

How do you build a good life?

- ◆ Relentlessly follow your intuition.
- ◆ Build with people who also love to grow.
- ◆ Take responsibility for your healing.
- ◆ Love yourself so deeply that you feel at home in your own body and mind.
- ◆ Teach yourself to forgive.
- ◆ Never stop being a kind person.

Source: Yung Pueblo, *The Way Forward*

"If I've learned anything from life, it's that sometimes, the darkest times can bring us to the brightest places. I've learned that the most toxic people can teach us the most important lessons, that our most painful struggles can grant us the most necessary growth and that the most heartbreaking losses of friendship and love can make room for the most wonderful people. I've learned that what seems like a curse in the moment can actually be a blessing and that what seems like the end of the road is actually just the discovery that we are meant to travel down a different path. I've learned that no matter how difficult things seem, there is always hope. I've learned that no matter how powerless we feel or how horrible things seem, we can't give up. We have to keep going. Even when it's scary, even when all of our strength seems gone, we have to keep picking ourselves back up and moving forward, because whatever we're battling in the moment, it will pass, and we will make it through. We've made it this far. We can make it through whatever comes next."

— Danielle Koepke, *Daring To Take Up Space*

Making excuses can be traced back to one of these reasons: uncertainty, fear, or lack of purpose.

Social media enables people to take justice into their own hands with accountability, evidence, and due process.

Note To Self: Accept yourself as a good person who makes mistakes.

Your thoughts can't injure anyone but your words and actions can.

Treat your failures as practice shots.

Focus on the good, and the good gets better.

Life's fulfillment lies in the journey rather than in reaching a specific destination.

Your work does not define your worth.

A career is what you **do** — it doesn't have to reflect who you **are**. Making a job part of your identity is an option, not an obligation.

Your impact in the world doesn't depend on how you make a living. It derives from how you live your values.

Source: Adam Grant, *Think Again*

To convince others:

- ◆ Know your audience.
- ◆ Search for the perfect example.
- ◆ Within every story, interject real-life examples.
- ◆ Show passion.
- ◆ Support with Facts.

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



Nine sources of advantage:

- ◆ **Raw talent/intelligence** - Some people are just naturally better and smarter.
- ◆ **Hard work** - Some people work harder.
- ◆ **Differentiation** - Seeing the world differently. Doing something different. Reading different books. Interpreting the same information differently.
- ◆ **Process / Discipline** - Creating a process and following it. Working out every day is a great example.
- ◆ **Talent Collector** - The ability to hire the best people and get the most out of them.
- ◆ **Patience** - A lack of patience changes the outcome.
- ◆ **Ability to take pain** - Are you willing to look like an idiot to get better? How much risk are you willing to take, AND, importantly, can you handle the losses?
- ◆ **Temperament** - Keeping your head when everyone else is losing theirs.
- ◆ **Luck**

Most of these are within your control.



The gap between knowing what you want and going after it is where fear thrives. You don't need enough courage for the entire journey. You only need courage for the next step.



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 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."



It would be amazing if every time you did something good for the world, you received a corresponding amount of positive effect in your life. We all know that unfortunately this is not true. Sometimes positive intentions produce negative results, or bad things happen to people who do good things for others.

Although the connection between good deeds and a good life isn't perfect, there is a documented relationship between the two. Using the model of reciprocity can help us understand why people benefit themselves when they work for what they believe is good.

Humans engage in two types of reciprocity with each other: direct, which is "I help you and you help me;" and indirect, which is either a pay-it-forward concept, "I help you and then you help someone else," or more about reputation building—"I help you, building a reputation as one who helps, so that someone else helps me in the future." Both kinds work.

Reciprocity based on self-interest is still reciprocity. Engaging in positive behavior to then be a receiver of positive behavior is about the long game. Over time, the likelihood of reciprocal interactions increases, and thus it's a much better strategy to try to make them positive. The more people you help, the more people you will have willing to help you.



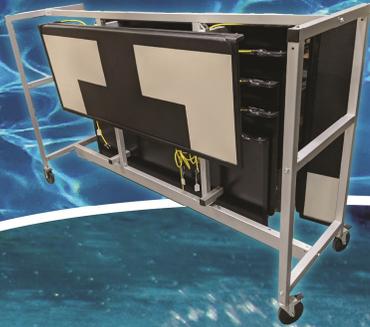
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Every action we take will be met by a reaction from another person.

Law Of Reciprocity



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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

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FACILITIES: New Aquatic Center

New Aquatic Center at Farmingdale, NY

Special Report by Ken Ilchuk

Aquatic Director and Head Coach, Farmingdale High School, New York

The aquatic center was part of a multi-million dollar project undertaken by the Farmingdale School District in 2016. Residents approved a \$36 million bond for a sports complex, including the aquatic center during the budget vote that year. The bond allowed for the rebuilding of Farmingdale High School's stadium, construction of new baseball, softball, and multi-purpose stadiums and the aquatic center at Howitt Middle School, and upgrades to every field in the school district. Unlike our old pool at Farmingdale High School, the aquatic center is detached from Howitt Middle School, allowing community members to access the pool during school hours.

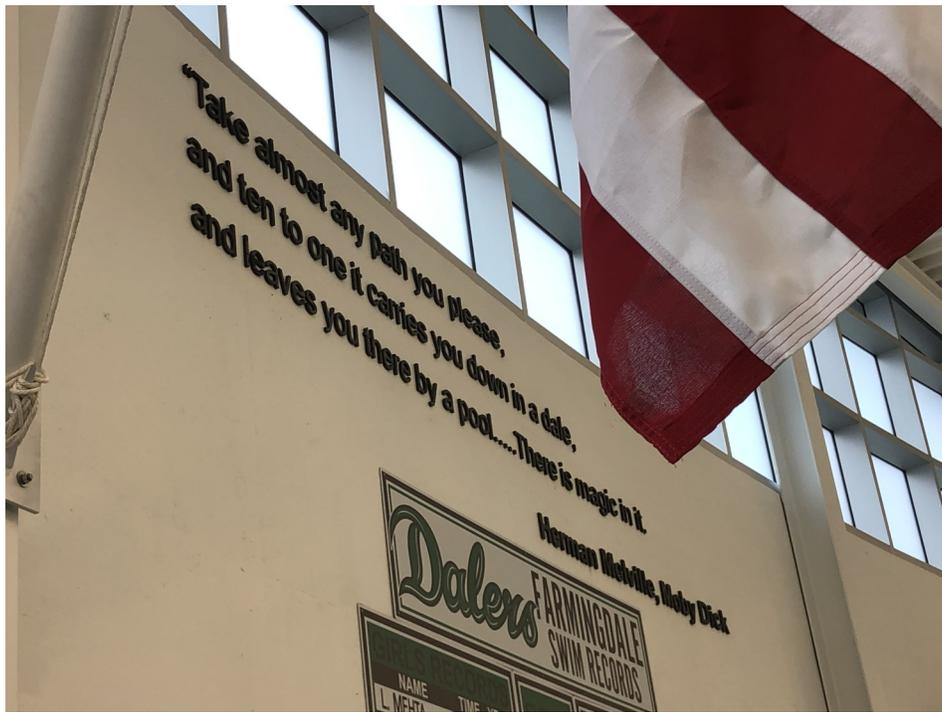
Farmingdale School District's Continuing Community Education program has tripled its aquatic offerings, including water aerobics, water yoga, water volleyball, scuba diving, adult learn-to-swim, Mommy-Daddy-and-Me classes, and more. In addition, our youth lesson program, run by the Farmingdale Youth Council, has been sold out, and our competitive programs have seen a significant increase. The Farmingdale Aquatic Club (USS) and CYO programs have both grown to over 200 swimmers, our middle school teams have seen increased numbers, and our

varsity rosters are approaching 40 members each. We will also have middle school and high school gym classes this coming year, along with a new club water polo program, and we offer free open swim sessions to the community five days a week.

The facility features an 8-lane, 25-yard competition pool that runs from six feet to 13 and a half feet deep with a diving board, new Pentair starting blocks, and a weight room right off the pool deck. There is also a 12 1/2-yard lesson pool, four lanes wide, that is 3 1/2 feet deep throughout. We have full-locker room facilities for both pools, including a separate team room for our varsity teams, bleacher seating for nearly 500, and a new Colorado Timing system setup with a four-color LED scoreboard.

The new building has become a gathering place for everyone in the community, from toddlers to seniors and everyone in between, and we are excited to be growing the sport here on Long Island.





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