



# Off The Blocks



## Katie Ledecy Honored as USOC Sportswoman of the Year

The United States Olympic Committee announced Thursday that gold medalist & world record holder, Katie Ledecy, has been honored for her remarkable season with the 2012-13 USOC Sports-woman of the Year award!

Congratulations Katie!

Bill Marlin  
PVS General Chair

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Open Water swimming reached a new level of international exposure by becoming an official event at the 2008 Olympic Games in Beijing, China. Open Water swimming presents a unique set of challenges to swimmers. There are no lane lines, walls, or starting blocks to dictate what it takes to win. The elements often play a deciding role in determining the winner of an Open Water event. The unpre-

What is Diversity & Inclusion as it relates to USA Swimming?

Focus on Diversity & Inclusion is intended to insure that our sport is open and wel-

## Open Water Swimming

dictable conditions also make it possible for women and men to compete along side one another. Many people are excited to get involved in Open

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Water swimming, either for a new twist on training or to take advantage of the expanding competitive opportunities.

For Local Open water opportunities please contact the

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Getting Started in Open Water Swimming

<http://www.usaswimming.org/ViewMiscArticle.aspx?>

[TabId=1732&Alias=Rainbow&Lang=en&mid=7480&Itemid=3534](http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1732&Alias=Rainbow&Lang=en&mid=7480&Itemid=3534)

Open Water Swimming Dictionary



## Diversity and Inclusion

coming to all regardless of race, age, income, religion, ethnicity, socio-economic status, gender sexual orientation or disability. Potomac Valley Swimming offers Ath-

lete Scholarships and Outreach Memberships. Please see section A-3 of the PVS Policies and Procedures Manual: [http://www.pvswim.org/admPolicy and Procedures.pdf](http://www.pvswim.org/admPolicy%20and%20Procedures.pdf)



## Getting the most out of your Nap Time

Sleep is the time when the body recovers from the stresses loaded upon it, and the repair of muscle and connective tissue begins. Naps are an excellent tool for athletes in training and on game day as well. Below are a few tips to help get the most out of your nap time.

- Napping between 1 p.m. to 4 p.m. seems to be the most beneficial. For most, napping later than 4 p.m. can interfere with a good night's sleep
- A Power Nap (10-20 minutes) can increase energy

and alertness, but doesn't provide enough time to enter into the deeper stage of sleep.

- A 90 minute nap will take you through a full cycle of sleep, including REM sleep (dreaming). A nap of this length usually leaves the athlete refreshed and "ready to go" upon waking.
- A 30 minute nap may not be the best choice. It's too short to provide any curative benefits, but long enough to cause grogginess upon

waking.

- An hour-long nap has some restorative benefits, but may leave the athlete groggy as well. It would be worthwhile to engage in a detailed athlete-coach discussion to create the most ideal nap schedule for each athlete. Managing double workouts, strength and conditioning sessions, and work or school obviously present challenges; however, the benefits of taking a short nap (or a long one) are too significant to ignore.

*By Dan McCarthy//High Performance Consultant*

**"You have to expect things of yourself before you can do them." – Michael Jordan**

## What is fun for Swimmers

### Top 10 Reasons swimming is FUN

1. Being with Friends
2. Coach compliments and Encourages me
3. Being known as a good swimmer
4. Winning Races
5. Getting in Shape
6. Varied workouts
7. Relays where team comes together
8. Feelings of accomplishment
9. Cheering for each other
10. Trying to improve my times / Being on a team

### Top 7 Reasons Swimming is NOT fun.

1. Getting slower times than my goals
2. Getting lapped in races
3. When other swimmers skip laps to get in front of me
4. When coach yells or threatens me
5. Swimmers who think they are good just because they are fast
6. Parents ask about bad races
7. When parents brag about their swimmer



## Why is Understanding Maturation Something Parents Need to Know?

In and of itself, being an early maturer or a late maturer is not a concern. However, the potential short term and Long term ramifications if one ignores maturational differences are of concern.

Early maturers, who hit their growth spurt prior to their same aged peers, tend to have an advantage in sports, especially sports requiring speed, power, and endurance where body mass is helpful. For biological reasons, not because of greater talent or ability, they are often able to outperform their peers. In childhood, they have much early success for which they receive reinforcement and recognition and, therefore, tend to initially stay with the sport.

Into high school we start seeing problems as the early maturers, who are used to experiencing success, get frustrated because now peers are catching up with them. Others may ridicule and tease them because they are not

experiencing the same outcome success and assume it is because they are not training hard or not putting forth the effort. Part of the dropout from sport we see around age 14 is due to early maturers leaving the sport out of frustration when they are not experiencing the same success as they did when they were younger. In reality, it's the physical changes that are occurring in their peers that are allowing others to catch up with them. We need to figure out a way to help our early maturers keep early success in perspective.

With late maturers, we have a different set of issues. The late maturing kids often experience early failure because they are at a biological disadvantage (they are not as physically strong or developed) that affects performance outcomes. In training, even though they may be working as hard, they often can't keep up with their peers which is a huge source of frustration.

This leads to much ridicule by their peer group. These late maturers, who are not demonstrating success relative to their peers, then don't get the coaches' attention, encouragement, or recognition that their early maturing peers are getting.

Unfortunately, in developmental sport programs, we often don't allow late maturers the time to allow their physical maturity catch up and their skills to develop. Instead, these children often leave the sport early because of lack of success and extreme frustration.

This seems to hit late maturing boys the hardest because they are at an extreme disadvantage. Ironically, they may have the potential to be better athletes but we have to keep them involved at the younger ages to make sure they continue with their skill development. We need to figure out how to keep late maturers interested and involved in sport despite a lack of early success.

**“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.” – Derek Jeter**



*Each child in this photo is 12 yrs old*

**“Make sure your worst enemy doesn’t live between your own two ears.”**  
– Laird Hamilton

## Potomac Valley Swimming

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McLean VA 22103-3729

Administrative matters 571-334-0871

Financial matters 703-759-9628

PVS Registrar 202-549-5750

## PVS Officials Clinic Schedule

11/13 Stroke & Turn @ KSAC 6:30-9:00 p.m.

11/23 Starter @ Oak Marr 2:00—4:0 p.m.

11/23 Stroke & Turn @ Oak Marr 4:00—6:00 p.m.

## An Excerpt from GOALS: The 10 Rules for Achieving Success by Gary Ryan Blair

Writing challenges thought. When you write a goal, you actually see what you're thinking. You have a target to aim for...something that takes shape and grows legs.

By writing your goals, you take a step toward achieving them. The writing process is an essential piece of the combination of achievement, a tremendous ally of focus.

From eureka to achievement, the evolution of a goal begins in the mind and immediately takes shape when pen is put to paper. The goal progresses from thought to sketch, from sketch to action and finally from action to achievement in real time.

The achievement of a goal is an exemplary tale of power, purpose, and potential.

The process of writing and revising a goal forces you to make a commitment to yourself; once a goal is written, you've made an investment. And as with any investment, you'll want to protect it and nurture its growth.

If you intend to take goal setting seriously you must up the ante by writing down your goals and revising them continuously.

By choosing your goal and writing it down, you gain an edge. Most people simply respond to conditions rather than create conditions for a better life. While there is no magic pill or equation for success, one thing is for sure: Those who fail to plan by not writing down their goals, by default, plan to fail.

## Swimming Links

### College Questions

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1664&Alias=Rainbow&Lang=en&mid=11280&ItemId=5391>

### How to Handle College Recruiting

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1664&Alias=Rainbow&Lang=en&mid=11280&ItemId=5392>

### NCAA Eligibility Center

[http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)

### College Recruiting: The Steps

[http://www.usaswimming.org/\\_Rainbow/Documents/fc4b4ce7-54db-462b-8b4e-1ded733204c6/a.%20%20College%20Recruiting-The%20Steps.pdf](http://www.usaswimming.org/_Rainbow/Documents/fc4b4ce7-54db-462b-8b4e-1ded733204c6/a.%20%20College%20Recruiting-The%20Steps.pdf)

### College Recruiting Timeline

[http://www.usaswimming.org/\\_Rainbow/Documents/86efeb3b-15cf-4226-b92d-8d22e04758c7/b.%20%20College%20Recruiting%20Timeline.pdf](http://www.usaswimming.org/_Rainbow/Documents/86efeb3b-15cf-4226-b92d-8d22e04758c7/b.%20%20College%20Recruiting%20Timeline.pdf)