



Off The Blocks



PVS would like to wish Coach Clayton Joyner a speedy recovery from his heart attack at the end of April. He is currently still in Fairfax Hospital ICU. If you would like to follow coach CJ's progress or buy a t-shirt to show your support for him, please visit the VLAC Facebook page. Good Luck CJ.

Bill Marlin
PVS General Chair

Common Myths about Swimmers and Resistance Training (and why they are not true)

Eric McGinnis is the Rollins College Strength & Conditioning Coach and Sports Performance Specialist,



When and IF a swimmer should start resistance training is a highly debated topic in our sport. There is still a large portion of coaches, parents, and swimmers who believe athletes should put resistance training off until they are either full-grown or in college. I'm here to tell you the exact opposite. Get them resistance training EARLY! To address why I believe this, I'll first discuss common reasons most swimmers choose not to utilize resistance training, then, I'll elaborate on common

misconceptions about the subject.

Reasons NOT to use resistance training:

1. It Will Stunt Your Growth

No it won't. Plain and simple. This is an old wives' tale. It probably started from seeing how small and compact weightlifters and powerlifters typically are and turned into the assumption that the weights caused this body

frame. In reality those are sports that just favor shorter limbed athletes. There is no evidence to suggest it can stunt growth, unless of course you broke a bone and damaged a growth plate (extremely unlikely with proper supervision). In fact, children who participate in resistance training tend to show increased bone density compared to children who don't.

[Read More](#)

INSIDE THIS ISSUE:

Safe Sport Update Did You Know...	2
Super Nutrition Tracker	2
The Backstroke Ledge	3
Shoulder Injury Prevention	3
Diversity Coach Mentorship Program	4
Coaching athletes with ADD / ADHD	4

The Truth about Beat Juice

By [Kathleen M. Zelman, MPH, RD, LD](#)

Beat juice contains naturally occurring Dietary Nitrates which lower the oxygen cost of exercise by reducing the total ATP cost of muscle force production — the muscles use less ATP to produce the same amount of work. In practical terms, the dietary nitrates found in **Beat juice** improve exercise economy — the muscles use less oxygen for a given work rate, which is known as a Decrease in Oxygen Uptake.

This is very important for endurance athletes as it allows for a significant Increase in strength and stamina, allowing for longer and more intense training without the typical fatigue associated with it. Most lists of "super foods" don't include beetroot juice, but maybe they should. Beet juice may boost stamina to help you exercise longer, improve blood flow, and help lower blood pressure, some research shows. Why? Beets are

rich in natural chemicals called nitrates. Through a chain reaction, your body changes nitrates into nitric oxide, which helps with blood flow and blood pressure. In some studies, drinking about 2 cups of beet juice daily or taking nitrate capsules lowered blood pressure in healthy adults. Beet juice may also help your stamina when you exercise. In one study, people who drank beet juice for 6 days had better stamina during intense exercise.

Safe Sport Update

Protecting our young athletes is all of our responsibility, as coaches, volunteers and parents. In order to create a positive experience and a safe environment for athletes, USA Swimming's [Code of Conduct](#) provides specific, mandatory policies that must be followed at all levels of the organization. Policies are enforceable by the National Board of Review process. Consequences for breaking a policy include but are not limited to, revocation of membership.

Also included are [Best Practice Guidelines](#). These guidelines are best practice recommendations for adult-athlete interaction to best foster healthy boundaries. Guidelines are designed to help avoid or identify potentially inappropriate situations.

USA Swimming was among the first National Governing Bodies to require criminal background checks for coaches when the program was implemented in 2006. Since this program was initiated, criminal background checks have become a standard practice in the youth sports industry requiring not only coaches, but officials and others who have frequent and direct interaction with young people to complete background checks.

USA Swimming's background check requirement is designed to

CODE OF CONDUCT

USA Swimming implemented a Code of Conduct in the late 1990s. Any member or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming if such member violates the provisions of the USA Swimming Code of Conduct.

MANDATORY REPORTING RULE

.1 It is every member's responsibility to promptly report any incident regarding sexual misconduct by a member as described in Article 304.3.8 to USA Swimming's Director of Safe Sport. Reporting must

occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

.2 No member shall retaliate against any individual who has made a good faith report under 306.1.

.3 False reporting of sexual misconduct made in bad faith is prohibited.

.4 Neither civil nor criminal statutes of limitation apply to reports of cases of sexual abuse.

REPORT NOW

Did You Know...

deter individuals who should not be working with athletes from ever applying for membership. Additionally, it serves to identify any unsuitable criminal history of those individuals who do apply for membership. Like previously mandated USA Swimming safety and education requirements, the background check program is another layer of protection for athletes in our sport.

The pre-employment screening program requires clubs to certify to USA Swimming that they have conducted three required screens

prior to offering employment to any potential employee. The three screens are (1) past employment reference checks; (2) verify the highest held level of education; (3) acquire a state motor vehicle report.



Super Tracker - You are what you eat!

This [Personal Nutrition Tracking System](#) is designed to provide you with an opportunity to have your diet evaluated for energy and nutrient content. Use it to: Look up a

single food item to see what's in it. Enter an entire day's food intake to see how much carbohydrate, protein, fat and calories you consumed. Compare what you ate to

your individual needs. Enter a recipe to see a nutrient breakdown per serving. Track your habits throughout the season and off-season. And More!...

The Backstroke Ledge—First Impressions

At the National Junior Team Camp two weeks ago, some of the best young athletes got the chance to try out the new backstroke ledge during a workout. After observing that session and seeing a few other swimmers playing with it, here are my initial thoughts on the ledge's impact. As always, these are just my opinion and will not necessarily be true for every swimmer.

It's going to take practice.

The ledge is an adjustable piece of equipment with several height settings that may not line up exactly with where you currently place your feet on the wall. You are going to want to practice with it in warm-ups prior to using it in a race in order to find the best setting for you. You're not going to slip, but if your feet are in an uncomfortable position at the start

that could be just as bad. Also, you will not be able to stagger your foot position; if you choose to use the wedge (you don't have to) they will have to be even.

You may go higher.

The wedge will allow you to come off of the wall with more height if you push off in an upward direction. This will change your body position in the air and ultimately what you need to do to establish your body line prior to entry (i.e. back arch etc.). If you go higher off of the start, you will likely enter with a steeper body line and...

You may go deeper.

If you enter the water with a steeper body angle, you will almost certainly go deeper off of the start. This will change

your angle of approach to the surface and...

You may need fewer kicks to reach 15m.

This is, in my opinion, going to be the biggest adjustment. If you enter the water with more force at a steeper body angle it will almost definitely take you fewer kicks to reach 15 meters. However, it may also take you more time to resurface. If you're already a good kicker you may need to adjust not only your kick count but also your angle to the surface in order to break out in time.

Check out the Informational video from Omega. [Video](#)

By Russell Mark—National Team High Performance Consultant

SHOULDER INJURY PREVENTION

BY JIM MILLER, MD FAAFP/SPORTS MEDICINE FINA SPORTS MEDICINE COMMITTEE

Shoulder problems are one of the dominant issues facing swimming, as well as the other aquatic disciplines. The time lost from training and effects on performance are considerable. Prevention is key.

The video above starts with a basic explanation of the shoulder's anatomy and function. This is followed by three separate sections outlining the importance of the core in power production, the shoulder blade in linking the core power to the shoulder, and finally the rotator cuff that applies the forces to the

water.

Start early in prevention with your developmental swimmers by selecting an easy exercise from each category. Build annually on this until the maturing athlete is routinely actively engaged in prevention of shoulder related problems.

This video was made possible by FINA and was developed with contributions from many physicians, trainers, physical therapists and coaches. Swimming, water polo, synchronized swimming and diving were all involved.

My thanks to all who willingly contributed their time and expertise to making this successful. FINA released the video worldwide on the opening day of the London Games and supported its production from the beginning. Swim smart and fast!

[Watch the Video!](#)



**Be a yardstick of quality.
Some people aren't used
to an environment where
excellence is expected .**

Steve Jobs

Potomac Valley Swimming

P.O. Box 3729
McLean VA 22103-3729

Administrative matters 571-334-0871

Financial matters 703-759-9628

PVS Registrar 202-549-5750



Potomac Valley Swimming

House of Delegates

Meeting

**will be on May 20th at 7:00
p.m. at Overlee**

USA Swimming Diversity Coach Mentorship Program

The USA Swimming Diversity Coach Mentorship Program focuses on active coaches in urban areas that are interested in raising their level of expertise and skill. All coaches must be USA Swimming (USAS) certified and shown a commitment to the sport, as well as a desire to improve in their role as Head Coach. Potential mentee coaches are identified by a USA Swimming Diversity & Inclusion Staff member.

practice observations qualified coaches are selected for an on-site visit with a mentor coach. The on-site mentoring begins with a Thursday afternoon meeting followed by shadowing of all the mentor coach's practices from Thursday through Saturday, as well as office time facilitated by USA Swimming staff. At the conclusion of the on-site visit the mentee coach receives additional post program follow up visits and program observations from USAS staff.

The feedback from the program has been very positive, with all participating coaches reporting gains in both knowledge and confidence. Post program observations from USA Swimming staff have observed improvements in organization, technical knowledge, and structure of practices. For more information please contact Shaun Anderson at shaun.anderson@usaswimming.org

After multiple meetings and

Tips for Effectively Coaching an Athlete with Auditory Processing Disorder and/or Attention Deficit Disorder

By Jan Curley// M.A., CCC-SLP

"The next set is 4 100's free on 1:20. Ready – Go!" "Johnny, what are you doing? Did you not hear what I said? You need to listen when I give the set." "Why does that kid never listen? He never hears what I say."

Sound familiar? There usually is one student per classroom and one student athlete per team. Makes

you wonder. Do these kids choose not to listen or could there be more to this than not listening?

Although there are a few athletes that probably really choose not to listen, there are probably more athletes that have a hard time listening because of an underlying disorder. To most effectively coach these athletes, a coach must be aware of

possible disorders. Having knowledge of a disorder will help a coach better understand an athlete who is having problems listening and following directions in the pool. A coach must use outside resources in order to come to the best conclusion as to how to most effectively communicate with these athletes. [Read More...](#)

**H2O:
Two Parts Heart
One Part Obsession**

