

10/26/09

National Teamers: Did You Know?

Did you know that you can advertise any sponsor on your cap at USA Swimming meets? There are no size or logo restrictions – you can use that space to promote any sponsor you have (as long as it is not an alcohol, tobacco, or pharmaceutical company)!

Are you planning on attending SCY Nationals? Did you know it will be televised on NBC?

Generate local sponsor dollars by selling the space on your cap to a business that may be interested in free TV exposure! Who knows, it could even pay for your trip to Seattle.

Two Important Exceptions:

- (1) NCAA and high school athletes are encouraged to check with your compliance department or state high school athletics association regarding acceptance of funds.
 - (2) The US Olympic Team Trials is a US Olympic Committee meet, not a USA Swimming meet, so this rule does not apply at that competition.
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10/19/09

National Teamers: Did You Know?

Did you know that the USA Swimming National Team Staff has four special consultants picked specifically for their expertise and ability to help you achieve your goals?

Each of these consultants is here to help you – for free! – because you are a USA Swimming National Team member. Please use their services!

Coach Jon Urbanchek attends Grand Prix events to assist those who go to the Grand Prix competitions without a coach.

→ jurban@umich.edu

Dr. Jim Bauman offers sport psychology services to National Team athletes. Jim will be attending Grand Prix meets as well as other national competitions. Jim is a great resource for finding that mental edge you need to be the best.

→ JBauman@u.washington.edu

Lori Briggs is a strength and conditioning specialist. She can assist you and your coach in preparing your dryland and weights program. Lori's programs combine Pilates, weights, flexibility, and core body training. She is available for club visits or onsite at the Colorado Springs Olympic Training Center.

→ lorisbriggs@aol.com

Paul Asmuth is the National Team Open Water Consultant available for open water swimming advice and concerns from all athletes and coaches.

→ pasmuth.usaows@comcast.net

Feel free to contact any of these great resources directly or send me a note and I would be happy to put you in touch.