

We are more ready then you realize?

Several calls and webinars/conferences I took part in this week shared about how, what and when we start training again and the process that it will entail. Some states will be starting up soon and we will be able to get some ideas to make for a smooth transition back to training in the future. What will training look like for most of the world of swimming?

Based on what I have heard lots of big yardage clubs have moved and will be moving to a smaller yardage program at least initially. What's that mean for us? Smaller training group sizes based on CDC criteria. Yardage wise we already believe and have been under the concept of more quality technical stuff and not necessarily over swimming yardage. So we are actually in line to continue to be successful.

With that being said...we will try and work back up to 4-6 days for some groups and individuals based on goals.

Strengthen for a quick start-up (Swim Swam article)

Several talks I have heard this past few weeks talk about getting stronger prior to returning so we are ready and muscles, tendons and ligaments continue to be ready to work.

This article was a great combination of Yoga moves to help stretch and work on shoulder stabilization which can be a point of soreness for swimmers. Take a look and take part in the video...let me know what you think.

The article has lots of great cues to think about while getting into the poses as well as transitioning.

<https://swimswam.com/yoga-for-swimmers-using-yoga-to-increase-shoulder-mobility/>

PLANK CHALLENGE (Try and do it all at once for the day...but if you need to break it up at the beginning that's ok to...write it down and push past it next time. Good body position, head/neck in line no flexing, body is 1 straight line (slanted upward). This can be done on elbows or hands. (30 day guide below) (secs = seconds)

Day1/11/21	Day2/12/22	Day3/13/23	Day4/14/24	Day5/15/25	Day6/16/26	Day7/17/27	Day8/18/28	Day9/19/29	Day10/20/30
20-secs	20-secs	30-secs	30-secs	40-secsM	OFFT	45-secsW	45-sec th	60-secsF	60-secsSt
60secSu	90 secM	REST Tu	90 sec W	90 sec Th	120 sec F	120 secSt	REST Su	150secM	150 secsT
180secW	180secTH	180 sec F	210 sec SA	210 sec SU	REST M	240 secs Tu	240secW	270secTh	300 secFr

Nutrition

- What recipe do you have to share? Email me or let me know. I can add it to the future newsletters.
- Did you make the Peanut Butter Energy Balls? How was it?

Contact Information:

Robert MacLeod – Head Coach – headcoach@unclesamswimteam.com (will direct messages to appropriate coaches if needed for your child's group.) Call – 518-286-3678

Administrative Reminders: (None at this time)

USAM NEWSLETTER

May 3, 2020

Optional Fun Activity (Email me your photo) (headcoach@unclesamswimteam.com)

- Continue with this...photo of apparel from the past.
- Thank you Rocco, Angelina, Coach David, and Addison. Keep sending them in.
- Hoping to get more in by the end of the week.



New Activity –

Can we set something up and pass it around the video screen? Send me ideas.

Swimmers Joke or Quote

1. Where do fish keep their money?
 - a. *In river-banks!*
2. What stroke do sheep enjoy doing?
 - a. *The baaaackstroke!*
3. What did Cinderella wear on her feet when she went swimming?
 - a. *Glass Flippers.*
4. Why don't vegetarians swim in competitions?
 - a. *Because they don't like meets.*
5. Why can elephants swim whenever they want?
 - a. *They always have their trunks!*

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Save The Date

- Swim Team Banquet – Brown's – Tuesday – May 12 – Subject to change based on current guidelines for meetings at facilities.
- Spring start up –TBA
May 19 change based on guidelines.
- Alternative Training Options coming in June