

## 10 Easy Tips To Take Your Swimming To The Next Level During COVID-19

Swim-Swam article by Celina German (Title above- check it out...give it a try.)

1. Practice your signature
2. Hydrate
3. Watch Youtube (GoSwim) take advantage to educate yourself on swimming.
4. Create new memories
5. The 3 person rule – TRY THIS!!!
6. Stretch (Yoga – simple 15 minute session)
7. Reflect
8. Breath Control
9. Take part in Social Media (Facebook, Insta, etc.)
10. Stay competitive

<https://swimswam.com/10-easy-tips-to-take-your-swimming-to-the-next-level-during-covid-19/>

## Mental Health – Swim-Swam Link check it out.

Check out 38 minute video from USOPC Sports Psychologist – with Maya Dirado and Natalie Coughlin

Some take away:

- Sleep Discipline – pick a time to go to sleep and stick to it.
- Physical activity – Consider shoulder rehab exercises to strength and improve your mood.
- Structure – have a schedule so you know you have to do it and you are getting into a habit so when we go back to regular training we are prepared for additional responsibilities and a **routine**.

<https://swimswam.com/maya-dirado-natalie-coughlin-talk-mental-health-with-usopc-sport-psychologist/>

## Alternative Exercises (FIRST 30 DAY CHALLENGE – Starts Thursday, April 23.)

- Goal is to get through this **3-4 times**. Let me know how you do. Don't forget about your plank challenge the next 30 days.
  - **45 seconds of each exercise – rest 10-15 between each exercise**
    1. Jumping Jacks
    2. Squats – Toes in front, do not let knees pass over toes.
    3. Push ups – alternative do on your knees...make sure you come down as a unit, flat back
    4. Wall sit
    5. Lunges
    6. Plank
    7. Triceps Dip – use stairs or a sturdy surface, hang off and let your butt go towards the floor and push back up with triceps
    8. Step up with a jump – squat down on to our knees and then step back up and jump
    9. Crunches
    10. Mountain climbers

**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)

Contact Information:

Robert MacLeod – Head Coach – [headcoach@unclesamswimteam.com](mailto: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)

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
60 secs Su	90 secM	REST Tu	90 secs W	90 sec Th	120 sec F	120 secs	REST	150 secs	150 secs
180 secs	180 secs	180 secs	210 secs	210 secs	REST	240 secs	240 secs	270 secs	300 secs

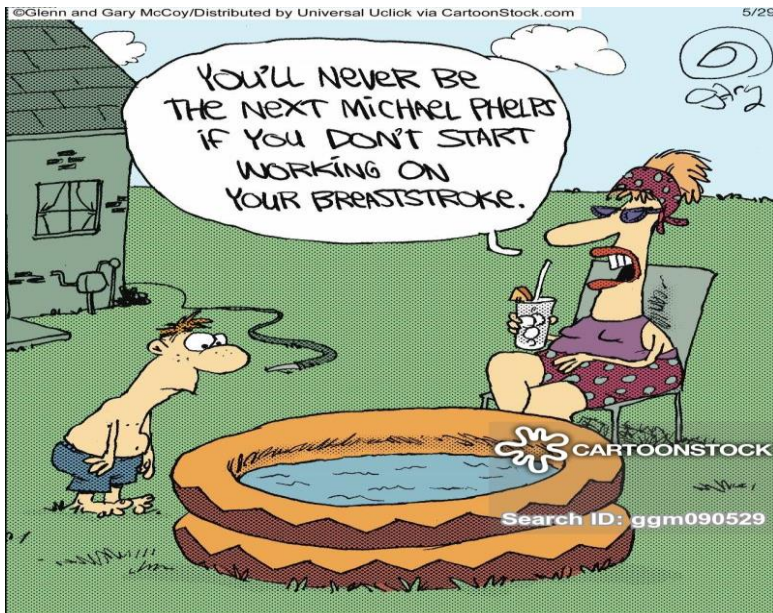
## Nutrition

- What recipe do you have to share? Email me or let me know. I can add it to the future newsletters.
- No bake – 4 ingredient Peanut Butter Energy Bites – (Alternative options also if you prefer other types of butter)
  - Mix all ingredients listed below- cover and chill for 30 minutes. Then grab a spoon and scoop into ball shape with your palms, repeat. (Should make about 16 bites. Store and refrigerate.
    - Oats (old fashioned rolled oats) – 1 ½ cup
    - Peanut Butter –1/2 cup
    - Chocolate Chips (I am going to use peanut butter chips...love peanut butter). – 1/3 cup
    - Maple Syrup 1/3 cup

## Optional Fun Activity (Email me your photo) ([headcoach@unclesamswimteam.com](mailto:headcoach@unclesamswimteam.com))

- Continue with this...photo of apparel from the past.
- Thanks Rocco for your photo. Will be posting online soon.

## Swimmers Joke or Quote



## Save The Date

- Swim Team Banquet – Brown’s – Tuesday – May 12 – RSVP by May 5 – Subject to change based on current guidelines for meetings at facilities.
- Spring start up – May 18 – subject to change based on guidelines.

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