

The New Normal

With the coronavirus pandemic taking over the world and how we “use to do things” we will need to consider what will be our “New Normal”. The past few weeks I have read several articles, attended meetings and listened to many speakers about the subject of what they did in the face of adversity. I love to watch other coaches coaching, how other teams run and how people deal with stress. A lot can be gained from watching, observing and then figuring out if what they did was successful and how can “I”,(meaning any one) can try that with my current situation.

1. Pivot – a basketball term used when players changing footing to try a different move to get by defender.
2. Brute Force – just keep trying lots of different variations and eventually something will work (cryptography concept)
3. Trial and Error – Try something it does work. Try something else. (seen in computer programming)
4. Difference Reduction – making steps to the process, this can take multiple steps and seem longer, and you may have to go backwards to go forwards sometimes.

These are just a few of the basic ones I wanted to touch on, but do you use any of these? Can you see a benefit to using one of these in the future? Let me know I would love to hear your feedback.

Mental Preparation (Checking In)

This topic can have so many venues especially now with so many new and different stressful situations that occur in our lives. “Checking in” is one way we can see how we are doing. With this method we want to do a few things:

- To Do List check in. Am I getting what I need done? If not, then ask why? This is good especially when thinking in timelines and when work may be due.
- Time Check – How much time are you spending on tasks? Do I need more time, how can I be more efficient? Gives us an opportunity to look at the success and failures and how we can get better.
- Check in – talk with a friend, family member, coach and see how you are doing from their perspective. Sometimes our brains have blind spots and we sometimes miss something that could be fairly obvious.

Along with all this now we need to step away from our problems and let our sub-conscious work on it.

- Take a break – grab a bite, take your lunch, do another activity you may enjoy. (Especially when using electronics for long periods of time a typical suggestion is at least 5-10 minutes of time away from the screen every hour. (Sometimes it means looking around the room and finding a picture or art work to look at and think about, or step away all together and return charged to continue on task.)
- Go for a walk or exercise – Leaving the space and doing a completely different activity then what you are working on can be a healthy move both physical and mentally.

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

We continue to suggest at this time to do some cardio work and stretching. Any activity that you can do to simulate swimming motions for stroke work would be great. (Cardio, YOGA, Stretching, body weight exercise.)

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)

Would you take part in a 30 day challenge? How to be successful – find a buddy (email or video chat), write it down, remind yourself (set a timer).

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 secs	OFF	45 secs	45 secs	60 secs	60 secs
60 secs	90 secs	REST	90 secs	90 secs	120 secs	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

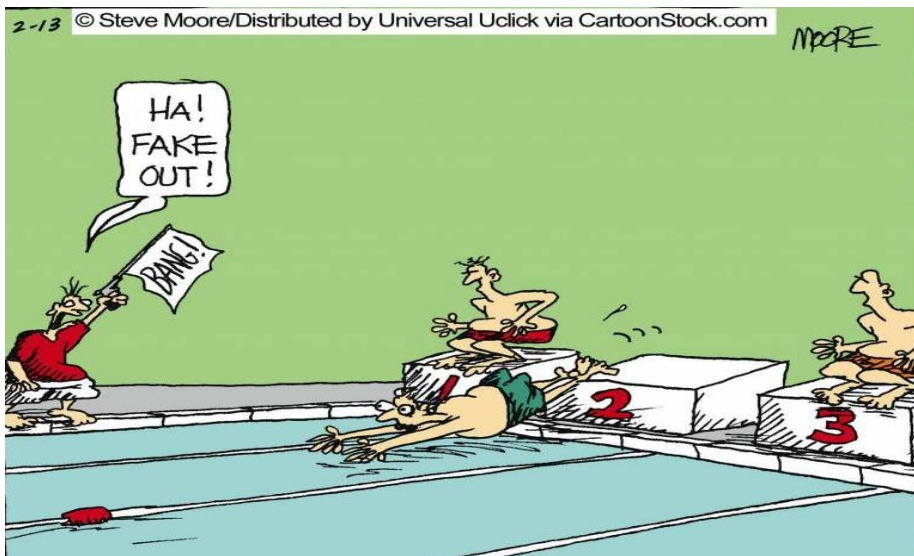
Nutrition

- Make sure we are getting a balanced meals. (Fruits, Vegetables, Protein and whole grains and healthy fats.)
- Do you have any fun recipes you would like to share?

Optional Fun Activity (Email me your photo)

- Send me a photo of all your USAM gear spread out. Send to my email and I will post some photo's on our social media. Excited to see some of the different items throughout the years.

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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