

## This weeks schedule:

- Monday – Dry-land 4-4:40 pm
- Wednesday – Red/White Group 6-6:30 pm
- Wednesday-Blue/Regional Group 6:30-7:00pm
- Wednesday – Parents Meeting 7:10-7:40pm
- Thursday – 4-4:30 pm Tech talk about 15 minutes (No Pool what to do?)
- Thursday – 5-5:40 pm Extra Tech Talk 2<sup>nd</sup> talk (Backyard pool what to do?)

## Review of Last Week:

- Monday – Cancelled Memorial Day
- Wednesday – meeting review of newsletter – BINGO Game –
- Thursday – Tech talk – Breaststroke

## Building “High Catch” Muscle In A Backyard Pool (SWIMSWAM.COM)

- Basic Sculling
  - Elbows stay in place, at water surface
  - Use forearm as much as possible
  - Thumbs face down as you sweep out, pinkies are down as you sweep in
  - Scull in one position for 3-5 minutes (play a song and keep going till its over, then switch) – do this 3-4 times for about 20 minutes of workout, changing scull position, (bring knees in and hold them for a core workout)
  - When you get better add resistance, clothes, paddles, weights.

<https://swimswam.com/building-high-catch-muscles-in-a-backyard-pool/>

## Things to consider? – The new me after COVID19

<https://swimswam.com/5-things-track-log-book-besides-swim-practices/>

I was reading this article “5 Things to Track...”, from Swimswam.com. The topic express important things to log and keep track of besides your workout...do you track your workouts now or in the past? Using your phone, a notebook, a daily planner what ever you like to keep track, this will give you an opportunity to look back not just at the hard technical data of the swim workout but chart these other items that effect us as well.

1. Rank you self talk during a practice –
  - a. Was I anxious, was I distracted, was I in doubt...how did I refocus myself?
2. How’s my sleep?
  - a. Charting your sleep and if the quality was good is key...if you had a bad night sleep...how can we contribute the reason...stress, food, ???.

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)

3. How's my nutrition?
  - a. Am I eating the right mix of foods? Did I eat a little more junk food than I needed? How can we correct this?
4. How's my stress?
  - a. What's bothering me or distracting me from my goals?
5. How was I in practice?
  - a. Was I focused...if not why...what can I do to be better?

What do you think about trying this new thing? Journal these items and see how we can change our daily routines to be healthier, stronger and smarter individuals.

**Fitness Options:** - (Lets all do this ab and core challenge for the month.) STARTS TODAY – MONDAY – May 25

**CORE CHALLENGE** (One Challenge Down – now on to the next 30 days.) – Combo of some plank work and abs. I used the site here for the calendar format we will be following: Start Monday – Memorial day – End on June 23.

**Nutrition** – (See Things to consider? – maybe diary what you are eating, for one week and see what positive changes you can make.)

## 30-day AB/CORE challenge

FrederikaAngus

<b>1</b> 10 situps 12 bicycle crunches 10 reverse crunches 20 sec plank	<b>2</b> 10 situps 15 bicycle crunches 15 reverse crunches 25 sec plank	<b>3</b> 15 situps 20 bicycle crunches 15 reverse crunches 30 sec plank	<b>4</b> Rest Day	<b>5</b> 20 situps 20 bicycle crunches 20 reverse crunches 30 sec plank	<b>6</b> 25 situps 25 bicycle crunches 25 reverse crunches 35 sec plank	<b>7</b> 25 situps 30 bicycle crunches 25 reverse crunches 40 sec plank
<b>8</b> Rest Day	<b>9</b> 30 situps 30 bicycle crunches 25 reverse crunches 45 sec plank	<b>10</b> 30 situps 30 bicycle crunches 30 reverse crunches 50 sec plank	<b>11</b> 35 situps 35 bicycle crunches 30 reverse crunches 55 sec plank	<b>12</b> Rest Day	<b>13</b> 35 situps 35 bicycle crunches 35 reverse crunches 60 sec plank	<b>14</b> 40 situps 35 bicycle crunches 35 reverse crunches 65 sec plank
<b>15</b> 40 situps 35 bicycle crunches 40 reverse crunches 65 sec plank	<b>16</b> Rest Day	<b>17</b> 45 situps 40 bicycle crunches 40 reverse crunches 70 sec plank	<b>18</b> 50 situps 40 bicycle crunches 45 reverse crunches 75 sec plank	<b>19</b> 55 situps 45 bicycle crunches 45 reverse crunches 80 sec plank	<b>20</b> Rest Day	<b>21</b> 55 situps 45 bicycle crunches 50 reverse crunches 85 sec plank
<b>22</b> 60 situps 45 bicycle crunches 55 reverse crunches 90 sec plank	<b>23</b> 60 situps 45 bicycle crunches 55 reverse crunches 95 sec plank	<b>24</b> Rest Day	<b>25</b> 65 situps 50 bicycle crunches 60 reverse crunches 100 sec plank	<b>26</b> 70 situps 55 bicycle crunches 60 reverse crunches 105 sec plank	<b>27</b> 75 situps 60 bicycle crunches 65 reverse crunches 110 sec plank	<b>28</b> Rest Day
<b>29</b> 75 situps 65 bicycle crunches 65 reverse crunches 115 sec plank	<b>30</b> 80 situps 70 bicycle crunches 70 reverse crunches 120 sec plank				<a href="http://trainyourtemple.com">http://trainyourtemple.com</a>	

### Things coming up:

- Alternative Training Options coming in June.
- Swimming will be returning soon!!

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