

## **7 Thank You From Swimmers To Their Moms (Parents) on Mother's Day**

The quick takeaways from the article include:

1. Thanks for investing your money into me and the sport.
2. Your emotional support is worth more than money.
3. Thanks for pretending to be my coach.
4. Also, thanks for not playing coach.
5. Thanks for being the loudest cheerer in the stands.
6. Thank you for not allowing me to give up.
7. Thank you for loving me.

<https://www.swimmingworldmagazine.com/news/7-https://www.swimmingworldmagazine.com/news/7-thank-you-from-swimmers-to-their-moms-parents-on-mothers-day/-to-their-moms-parents-on-mothers-day/>

## **Effective Self Talk**

This is a great link to swim swam article. When doing self-talk it takes time, repetition and patience to break habits, especially when we are tired, fatigued and struggling.

Something as simple as switching a word...for example EMPOWER your self talk with "Don't"

- "I can't give up" → "I DON'T GIVE UP"

Not a big change but it is an adjustment that can help change our view on how we motivate ourselves.

<https://swimswam.com/effective-self-talk/>

## **Fitness Options:**

Any fitness is good fitness...I like seeing many of you going for walks with family and pets. Here are some examples of what I have seen on-line.

3 x Through (60 seconds rest between each exercise)

- 20 split squats
- 20 calf raises (stand on your tippy toes and bring heel about ½ off the ground and back up).
- 10 squats
- 5 broad jumps →→→→
- 10 squats with a jump
- 20 lunges (10 on each side)



End with a little stretch after 3 rounds.

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)

# USAM NEWSLETTER

May 10, 2020

**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
60sec-Su	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

Nutritional Recommendations for swimmers

- Majority carbohydrates complex outside of workouts.
- Simple carbs directly before, during and directly after workouts.
- A little protein before a workout goes a long way.
- Strive for a 3-4:1 Carb to protein ratio after a workout.
- Protein: Quality over Quantity .
- Balance is key.
- Vitamin D for building muscle.
- Hydration!!!

<https://swimswam.com/8-nutritional-recommendations-for-swimmers/>

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

- Let's See it Blue/REGIONAL...photo of apparel from the past.

## New Activity:

We will talk about sending a video and passing around something on Wednesday meeting.

## Swimmers Joke or Quote (Brain Teaser)

Here is a little brain teaser word scramble from Swim Swam – no answer posted yet...so we will need to wait and see...what did you get? <https://swimswam.com/swimswam-brain-teaser-time-for-a-swimmer-scramble/>

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|--------------------|--------------------|
| 1. WCSTHPAOT _____ | 10. EOGGLSG _____  |
| 2. FPOBLYELL _____ | 11. RADYDNL _____  |
| 3. AATSQIUC _____  | 12. PLORAOC _____  |
| 4. KARAP _____     | 13. IESUHCTT _____ |
| 5. CHACO _____     | 14. SNMIIMGW _____ |
| 6. WRISMME _____   | 15. EMET _____     |
| 7. OLSNKER _____   | BONUS:             |
| 8. MSLIREP _____   | 16. SAMU _____     |
| 9. DAPLSED _____   | 17. YOTR _____     |

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## Save The Date

- Swim Team Banquet – Brown's – CANCELED -- ☹️
  - More info coming.
- Spring start up –TBA  
~~May 19~~ change based on guidelines.
- Alternative Training Options coming in June