

This weeks schedule:

- Wednesday – Red/White Group 6-640
- Wednesday-Blue/Regional Group 640-720
- Wednesday – Parents Meeting 720-745
- Thursday – Tech talk about 15 minutes(Build a better breaststroke) – and then 15-20 minutes of dry-land) – 4 pm -445pm

Review of Last Week:

- Monday – Dryland – run by David Connor – combo of burpees, pushups, planks, abs
- Wednesday – meeting review of newsletter – Game –
- Thursday – Tech talk – underwater kicking focus.

Do you have a backyard pool? (Swim Swam article on working underwaters/turns...give it a shot...tell me about, post to facebook, instagram, twitter...if you send to me I can post with USAM.)

<https://swimswam.com/backyard-pool-training-cardio-and-technique-training-for-underwaters/>

1. Get some extra drag...maybe a T-shirt or something you can wear.
2. Kick on wall for about 10-15 seconds
3. Flip turn onto wall
4. Stay underwater and undulate to other end.
5. Repeat and use different kick styles (Dolphin, Breast, kick on back).(about 8-10 times)

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 (<https://www.ussportscamps.com/tips/swim/peak-performance-swimming-nutrition>)

Great article here are my highlights what do you think? (1 Raffle ticket for an email response to each article sections...looking for your feedback.)

Key components:

- Hydrate – before, during and after workouts
- Fuel – eat right to start your day, prior to work out, and post workout including recovery snack options.
- What to do at swim meets and other tips.

Future Section – **THIS COULD BE YOUR SPACE...SWIMMERS I WOULD LIKE TO HAVE YOU TAKE PART IN THIS AS WELL...SEND ME AN ARTICLE TO POST IN NEWSLETTER, OR SOMETHING ELSE YOU THINK WOULD BE FUN. QUESTIONS PLEASE ASK...PARENTS YOU TO CAN HAVE INPUT HERE AS WELL.**

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 24, 2020

30-day AB/CORE challenge FrederikaAngus

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

Save The Date

- Swim Team Banquet – Brown's – CANCELED -- ☹️
 - Group on line zoom plans being worked out
 - Pre-recorded parts to make it streamlined.
- Alternative Training Options coming in June.
- Swimming will be returning soon!!

Swimmers Joke or Quote (Brain Teaser) From Swim Swam

<https://swimswam.com/suit-up-for-a-swim-swam-swimmer-scramble/>

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|---------------|---------------------|
| 1. IWMS BULC | 11. ETHA HSETES |
| 2. RCTCAPIE | 12. ABKREOKCTS |
| 3. IELLNNAE | 13. SEIIULADIDFQ |
| 4. EIHNCRLO | 14. CEECREIDLSDE |
| 5. ETSB IMTE | 15. ORERSTBKSEAT |
| 6. MEIT AITRL | 16. SMISY AFNLIKNR |
| 7. DBKRCKIAO | 17. ILHEMCA SPEPLH |
| 8. LDOG LMADE | 18. NSAIPPHMSOCHI |
| 9. RYESFELTE | 19. NANTIOLA TEHANM |
| 10. BTEYRULTF | 20. LENA ANGNMSIET |

Optional Fun Activity (Email me your photo) (headcoach@unclesamswimteam.com) Any article read and respond to my email and you will earn a raffle ticket toward prizes at the banquet.

New Activity: Wednesday game will be Swim BINGO – see separate note regarding it. Winner gets a raffle...see you then.

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