

This weeks online schedule:

- Wednesday – All Groups (Red/White/Blue/Regional) – 6:30-7:10

This week AM PROGRAM BEGINS

- Monday-Thursday – 8 am – 930 am (FULL)
- Tue/Thursday – 9:30-10:30am (Few lots left)

X-Y-I

Yes...why? It is a great concept to practice even in your backyard pool for several minutes to gain a better concept of balance, especially as you change body position from each letter.

Nutrition –

- PRACTICAL STRATEGIES TO PREVENT DEHYDRATION
 - Start drinking water as soon as you wake up.
 - Carry a bottle around with you throughout the day.
 - Drink multiple glasses at meals.
 - Have a bottle easily accessible on the deck and sip between sets.
 - Rely on sports drinks during high-intensity practices.
 - Replace electrolytes lost through sweat by salting your food at meals.
 - Monitor your urine color and volume. (Yellow is a sign of dehydration.)

Mental State/Breathing

- This week we have started a simple 15 second breathing technique that we will be doing before the start of practice. We will continue to build on this. Both technique and longevity.
- We have added doing this twice before practice...to take a break and slow down and focus on your breathing.
 - This week we are doing 6 seconds breath in – 2 second hold – 7 second exhale
 - What will we do differently next week?

Things coming up:

- Summer AM – at Troy Country Club – Mon-Thu8-930 is full , Tue/Thur 930-1030 slots available
- Summer PM – coming soon waiting on Schodack Facility

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

Fitness Options: - We will start this officially on Wednesday, July 1st. Get Ready!!!

30-DAY CHALLENGE

@ darebee.com

1 20 high knees 20 climbers 3 sets 1 min rest	2 100 flutter kicks in total for the day	3 1min high knees as fast as you can 3 sets 1 min rest	4 1min flutter kicks 1 min rest 3 sets	5 20 high knees 20 climbers 4 sets 1 min rest
6 140 flutter kicks in total for the day	7 1min high knees as fast as you can 3 sets 1 min rest	8 1min flutter kicks 1 min rest 3 sets	9 30 high knees 30 climbers 3 sets 1 min rest	10 180 flutter kicks in total for the day
11 1min high knees as fast as you can 3 sets 1 min rest	12 1min flutter kicks 1 min rest 3 sets	13 30 high knees 30 climbers 4 sets 1 min rest	14 220 flutter kicks in total for the day	15 1min high knees as fast as you can 3 sets 1 min rest
16 1min flutter kicks 1 min rest 3 sets	17 40 high knees 40 climbers 3 sets 1 min rest	18 260 flutter kicks in total for the day	19 1min high knees as fast as you can 3 sets 1 min rest	20 1min flutter kicks 1 min rest 3 sets
21 40 high knees 40 climbers 4 sets 1 min rest	22 300 flutter kicks in total for the day	23 1min high knees as fast as you can 3 sets 1 min rest	24 1min flutter kicks 1 min rest 3 sets	25 50 high knees 50 climbers 3 sets 1 min rest
26 340 flutter kicks in total for the day	27 1min high knees as fast as you can 3 sets 1 min rest	28 1min flutter kicks 1 min rest 3 sets	29 50 high knees 50 climbers 4 sets 1 min rest	30 400 flutter kicks in total for the day

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