

This weeks schedule:

- Monday – Dry-land 4-4:30 pm (Via Zoom with Coach Danielle)
- 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 (Short Axis Stroke (in and out of the water))
- Thursday – 5-5:30 pm TALK # 2 – Upcoming → Sophomore, Junior, Senior Swimmers – College Talk?

Review of Last Week:

- Monday – Dryland
- Wednesday – meeting review of newsletter – Guest Speaker Sara Kuiken
 - Time Management is important
 - Engage with coaches.
 - Committ to improvements and making changes
- Thursday – Tech talk – Long Axis Stroke (What to do in and out of the water.)

21 Things You Can Learn From The Best Swimmers On The Planet

<https://swimswam.com/21-pieces-of-advice-you-can-steal-from-the-most-successful-swimmers-on/>

I am leaving this article up...because I want to hear from you...you will get a raffle towards a prize if you come to Wednesday Meeting and tell me one thing you learned from any one swimmers comments.

How to Develop an Unstoppable Freestyle Kick

Another great article...check it out...(<https://www.yourswimlog.com/freestyle-kick/>)

Key parts:

- Improve ankle strength, balance out your kick, stop kicking down and start kicking backwards, improve ankle flexibility, kick mindfully, KICK MORE.

Nutrition –

Keep tracking nutrition...I have had a weight loss of several pounds just by watching what I am eating and making better decisions. Let me know have you tracked anything?

Other Nutrition items include proper hydration...how much water do you drink a day? 8 cups should be your minimum goal...many of us should be shooting for 12-15 cups of water. Stay hydrated especially in the upcoming days/summer when it is hotter and we don't realize we are sweating out so much fluid.

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)

Fitness Options: - Sunday, June 14 is day 21 of the challenge.

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.

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	

Things coming up:

- We may start sooner...but am waiting to get clarification on recent order today by Governor.
- July 6 – Phase 3 Reopening – We have at least one pool for AM and PM at this time and working on a few more options/alternatives.
 - Will be working on a flyer and have more information soon.

DID YOU KNOW?

At the second modern Olympic Games contested in Paris in 1900, the most unusual event to be held was underwater swimming. It was decided prior to the competition that two points would be awarded for each meter swum underwater. In addition, one point was added to the scoring of each individual for every second he stayed below the surface. Much to the delight of the locals, Frenchman Charles de Venderville won the event swimming 60 meters and staying submerged for 1-min 8.4-sec. Denmark's Peder Lykkeberg stayed underwater for a longer period, one and a half minutes, but only managed to travel 28.5 meters. This was the first and only time underwater swimming was held at the Olympic Games.

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