

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 (Guest Speaker)
- Wednesday – Parents Meeting 7:10-7:40pm
- Thursday – 4-4:30 pm Tech talk about 15 minutes (No Pool what to do?)

Review of Last Week:

- Monday – 10-5 ladder legs and abs
- Wednesday – meeting review of newsletter –
- Thursday – Tech talk – 2 Meetings (1 – no Pool, 2 – pool options)

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/>

Great article from some of the current and best swimmers on the planet. I would like you to check out the link and tell me one of the swimmers and what you thought. Each vote gets a raffle ticket.

SOMETHING FOR YOU TO DO!!!! – Be ready on Wednesday.

Swimming Head Up...Why It Is Beneficial (SwimSwam)

Why should I try this...it sounds weird?

Free and back head up...Why – by lifting the head and hips the swimmers legs are creating drag, swimmers can watch hand entry, by eventually dropping head at mid pool, can appreciate the value of leg and body position. (Swim Swam article....<https://swimswam.com/swimming-with-your-head-up-and-why-it-is-beneficial/>)

Nutrition –

Have you tracked your nutrition? Any changes?

I have been tracking for the last week and have had some changes based on tracking and see what I am eating and making better choices. Can be as simple as writing on a piece a paper or logging in on an app on your phone.

Fitness Options: - Sunday, June 7 is day 14 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.

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)

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:

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

Competitive Swimming Word Search Puzzle

C O N R U T T E K C U B M P E
 T M I E K O R T S T S A E R B
 B T A P I V E S W I S M L M U
 A I N E G U S Y A L E R Y E T
 C S T E T H E S E F G O T U T
 K C I K N I H P L O D R S S E
 S T R E O N S K E S U G E O R
 T B U M T D T T E R J O E L F
 R F P I L I Y B A R E G R Y L
 O M A T A V S T S R T G F M Y
 K E C S W I M S U I T L R P O
 E D M K E D F R E E S E T I Y
 F L I P T U R N L E A S R C N
 D E W B R A C E S A C K S S T
 R Y S O K L A R G E P O O L E

COMPETITIVE SWIMMING WORD LIST

BACKSTROKE	LARGE POOL
BREASTSTROKE	MEDLEY
BUCKET TURN	OLYMPICS
BUTTERFLY	RACES
DOLPHIN KICK	RELAY
FLIP TURN	STARTER
FREESTYLE	SWIM CAP
GOGGLES	SWIMSUIT
INDIVIDUAL	TEAM
JUDGES	TIMEKEEPER

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