

## 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 pmTech 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 evenutally droppping head at mid pool, can appreciated 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?

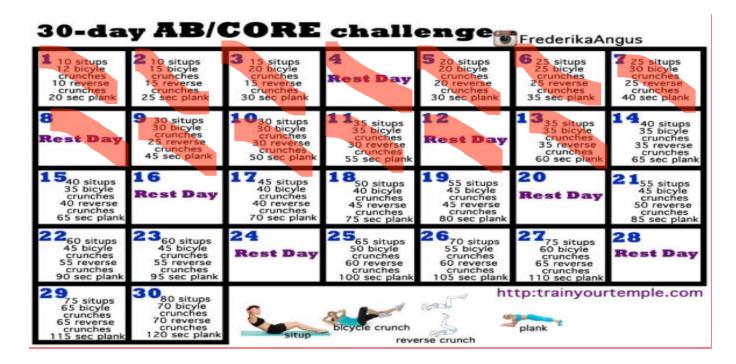
I have been tracking for the last week and have had some changes based on tracking and see what I am eating and making better choices. Can be as simple as writing on a piece a paper or logging in on an app on your phone.

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 – <a href="headcoach@unclesamswimteam.com">headcoach@unclesamswimteam.com</a> (will direct messages to appropriate coaches if needed for your child's group.) Call – 518-286-3678



# Things coming up:

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

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#### COMPETITIVE SWIMMING WORD LIST

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

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Administrative Reminders: (None at this time)