



THE ART OF VISUALIZATION

For the next few weeks, we will focus on the Art of Visualization!

This week I want you to visualize your hand entering the water without making a splash!

WATCH FOR VIDEO SHARE STARTING NEXT WEEK -

This will help with Visualization!!

This is a perfect time to learn your sport! Just before the break, I spoke to each group about the importance of becoming a student of their sport! I showed the group the Splash Magazine put out by USA swimming and encouraged reading it! In addition, to help our athletes become Students of their Sport, I will also be sending videos to your team unify account email. The videos will be from GoSwim.tv. This is an organization that I have followed since its inception. They have quality videos and simplicity that I like. The Booster Association sponsored this membership. Watch your email for videos! Let's make this a time for YOU to be a student of your sport!

FOR OUR SWIM PARENTS:

STRATEGIES TO STAY POSITIVE THROUGH CHALLENGES & CHANGE

Today I listened to this great lecture by Jon Gordon.

It is great for adults and adolescence, and hopefully parents, you can share some concepts with your child.

<https://www.youtube.com/watch?v=W2l6BrcRdtg&t=5s>

Here it is in a nutshell:

MINDSET

Choose not to stay in a Negative Mindset. Acknowledge it, acknowledge the feelings you have- but then move on and choose the positive mindset over the negative mindset!

- * Just because you have Negative Thoughts- you don't have to believe it! Self Talk in a positive way is important!
- * Don't allow Discouragement to set in. Just say no to it! (As I say to swimmers - throw it over your shoulder!)
- * Control your Distractions - They are coming fast and furious. Limit your intake of information to limited & factual.
- * Truth is you have the power to overcome and do great things. The best is yet to come! You have what it takes to endure.
- * Weed the Negative, Feed the Positive

FUEL YOURSELF

- * Feed Yourself w/ Positive Thoughts! If you feel a negative coming - turn it off and replace it with positive.
- * Work to Fuel others with Positive Energy and Thoughts! It will come back to you as well as you helping others.
- * Feed yourself with a positive perspective. Don't Look Back - Look Forward! What do you want to create now!
- * Use the challenge as an opportunity to grow as a person, connect more with family, & ask what can I become during this period.
- * Practice Gratitude. Take a walk and while walking think of things you are thankful for. (the rythm of walking helps control stress)
- * Believe in a positive future (faith). Know that you will be wiser and stronger by going through this.
- * Be a coffee bean. We could allow the environment to break us, take a victim role, weaken us, or harden us. Or you can be like a coffee bean - it is transformed by its environment to become a beautiful delightful cup of coffee. Thrive in the future.
- * Focus on the Bigger Purpose. Why do we do what we do everyday- Let that purpose fill you!
- * Love, Serve and Care - Stay emotionally connected to those around you. Let that purpose drive you!

5 D's That Sabatoge a Positive Attitude

Don't Doubt - **DO TRUST**

Don't Distort - **DEFINE THE TRUTH**

Don't Be Discourage - **ENCOURAGE**

Don't Be Distracted - **FOCUS ON WHAT MATTERS MOST. LOVE, SERVE, CARE**

Don't Be Divided- **BE UNITED**

DRYLAND Work Out

Dryland is not mandatory.

It is done at your own risk.

Children should be supervised by a parent before doing any of the exercises listed.

Stretching is an important aspect for athletes and should be added to their workout routine. Stretching allows athletes to stay flexible. Flexibility allows for greater mobility, range of motion, better angles, and less injury. This is a great time to improve your flexibility! However, it is important that you only stretch where resistance is felt. Do not overdo and focus on stretching connective tissue not the ligaments and joints.

Here is a my reference for the stretches listed:

<https://www.stretching-exercises-guide.com/exercises-for-swimmers.html>

STRETCHING

15-20 min

Arms:

Legs:

Neck:

Shoulder

Hamstrings

Tricep

Quads

Pecks

Calves

Lats

Hip

Ankles

EXERCISE

15-20 min

3 x

Age Group & sp 14 should do it 2 x

30 sec Small circles with arms out to side (T position)

1 min Jumping Jacks

1 min 2 Foot jump forward 2 foot jump back or jump rope

1 min Mt Climbers with pause between each step.

3 x

45 sec Walk hands out to push up position - do

one pushup then walk hands back to standing position

45 sec Squats

45 sec Burpies

45 sec Mt Climber - Fast