



MENTAL Training

THE ART OF ROUTINE

How do routines work to benefit the swimmer?

1. Alleviates Anxiety & Stress.

Once the action you pick becomes a normal routine, the routine becomes habit thus making you more efficient and relaxed at the ease of the task.

2. It Ensures You.

Because you have practiced your routine and it has become something you know you can do well, it helps build confidence. When you add positive words like "I Got This" during your routine, it prepares the mind for a positive mindset.

3. Opens The Mind for Creativity or As An Athlete to RACE!

The regularity of routine takes you to a zone that requires zero thought, this frees your mind for more important things. Often late in the season, we remind our swimmers, that they have put the work in, they have perfected the technique, the routines of training have taken place, now its time to just let go, not think, and let the body race. It's because of the routines we can do this.

4. It Carves Out Time For Things You Enjoy Doing.

Create routines that pursue your passion. Showing up to workout every day is a routine. It allows you to develop and perfect your passion for swimming. During this time, I encourage you to take your normal practice time to continue to pursue your passion, whether it's a dryland workout, working on motor skills and agility by playing outdoors, watching swimming videos, or reading about our sport or practicing it in a mirror.

The More You put into it,
The More You Get Out Of It!

INSPIRATIONS Olympian

Nathan Adrian

<https://www.facebook.com/USAswimming/vid-eos/812688325808007/>

Check this out

Olympian Text:

https://www.swimmingworldmagazine.com/news/inspiring-messages-from-an-olympian-delivered-right-to-your-phone/?fbclid=IwAR1Ubd50s5rahqAdib_Axuc_jNQv1Ae54sCnaMMVbfyaZSijchk9oUz5o

<p>Routine Exercise #1 Observe the routines you do day-to-day</p>	<p>Routine Exercise #2 Observe the Ready routine top athletes do before getting on the block to race. Now create your own Ready to Race routine.</p>	<p>Visual Exercise #1 Visualize yourself doing your Routine then stepping up on the block to race. Now practice that routine.</p>
---	--	---

TECHNIQUE Training

THE RIO OLYMPICS IS BEING SHOWN ON NBCSN this week

Watch the swimming and write down two or three things you observed about each stroke.

If you do not have access, find the races on You Tube or Swim Swam .

Meet Training Talking To Your Coach AFTER Races

Why Do It? Talking to the coach after the race is just as important as talking to the coach prior to the race. Immediately after racing the first stop, a swimmer should make is to see his/her coach. This is an important time for the coach to communicate with the athlete and the athlete to communicate with the coach. Early season we use this as a learning and self-evaluation tool. Often asking the athlete what they could do better or what they did well. Having them think for themself then communicate to the coach. This is an important exercise for them to become more self-reliant athlete and to take more initiative and understanding in their own outcome. As the season progresses, this post-race conversation not only discusses strategy evaluation, skills, and technique evaluation but also is used to develop the mindset of a champion. By discussing what they did really well, to really key in on how workouts and training sets relate to their outcome, as well as set motivating goals. Again these conversations are skill and age-appropriate along with the coaches understanding the psyche of the athlete and the pressures (whether self-made or parent made) of the athlete. Each athlete is unique and conversations are geared toward the individual. Please, if your swimmer immediately heads to you the parent after a race, gently remind them they need to talk to their coach and then warm down. We will cover the benefits of warming up and warming down next week.

DRYLAND

Dryland is not mandatory. It is Optional. Dryland is done at your own risk. Children should be supervised by a parent while doing any of the exercises listed.

WATCH FOR: Dolphins Age Group Dryland YOU TUBE videos. Coach Traci and Coach Evan are working on a youtube video for age group dryland. Watch for an email with a link, coming soon.

ABOUT FOAM ROLLERS & FOAM BALLS

Swimmer's use of foam rollers and foam balls have increased to become a standard over the past few years. Here are three articles/videos that show the proper use of a foam roller or foam ball. Because of swimming's repetitive nature, it causes a restriction in flexibility (thus the importance of stretching). The restriction can then lead to injury. Foam rolling does take some practice but is something every swimmer should use consistently.

<https://www.kinfolkwellness.com.au/blog/2016/4/21/foam-roller-exercises-for-swimmers>

<https://www.youtube.com/watch?v=rBmvWoCdoc4>

<https://www.youtube.com/watch?v=kwg2xlBblcs>

DRYLAND WORKOUT 3-2-1

STRETCH 10 MIN Before and Stretch 10 Min Afterwards

Set 1	(Age Group repeat 2 x)	Set 2
Run in Place 3 min (or outside)		Mountain Climber Med Pace 3 min
Jumping Jacks 2 min		Crab Crawl 2 min
High Knee Jog in Place 1 min		Mountain Climber Fast 1 min
Set 3		Set 4
Burpees 3 min		Variation of Abs 3 min (rest 10 sec)
Plank with rotation 2 min		Swimmer/Superman/ Rocker 2 min
Pushups 1 min (if just starting do 10-sec rest 10-sec)		Burpees 1 min

**BORED?
CLEAN YOUR
SWIM GEAR!**