



MENTAL SELF-TALK Training

The words an athlete says to him/herself will have a dramatic impact on the way they will compete and engage in future experiences. Self-talk is the intrapersonal communication one has within the mind. These thoughts and inner speech make up the concept of self-talk. This internal dialog an athlete makes can be negative or positive. Positive self-talk can enhance their ideal performance state by improving self-esteem, self-confidence, and relax the individual. Negative self-talk can be counter-productive and lead to an over-anxious, nervous, and highly sensitive or stressed athlete. It comes down to how the athlete wants to perceive the situation. The athlete get to consciously choose how the internal dialog goes. Athletes also need to know how to redirect thoughts. If a thought is negative an athlete can change the self talk to positive by a method called Thought Stopping.

Thought Stopping Exercise: Interrupting the negative thought as it first enters the mind is one of the best methods to change from negative to positive self-talk. It takes an acute amount of awareness; however, it is very effective. Exercise: When a negative thought occurs- simply use a word (e.g. nope) or physical motion (e.g. double clap of hands) to stop the thought then rephrase the thought to a positive one.

FUN
Send a Fun Pic of "What a swimmer does during Stay at Home" for the Arkansas Dolphins Instagram Page? Send to: Swim@ardolphins.com

TECHNIQUE Training

What Is Slipping? Have you ever had a race where you felt like you were just spinning your wheels, your arms were flying, you had a high stroke rate, you felt fast yet your time says you added? Then you go talk to your coach after a race and he/she says you were slipping? What does that mean? It simply means you are dropping the elbow during the early phase of the pull. You initiated the pull by pulling your elbows back and letting the forearms slide parallel with the bottom of the pool.

- Why do we slip?
 1.) Slipping uses fewer muscles. Either the swimmer hasn't developed the muscles needed or the muscle endurance isn't there and fatigue sets in.
 2. It allows for a higher stroke rate which is a confusing goal in itself (next week we will cover stroke rate)
 How do we fix?
 1. Awareness: Underwater video and feedback from your coach. Practice in front of a mirror for self feedback.
 2. Drills: There are many drills available that help with this inefficiency.
 3. Strength: Building the endurance strength through stretch cords, versa swim trainer,
 4. Training It's important to train an Early Vertical Forearm Catch (EVFC) in all your strokes. sculling exercises, and specific drills.

Meet Training

Benefits of Swim Meet Warm-Ups
 Meet warm-ups may seem a bit chaotic, but actually serve the purpose to prepare the swimmer for a successful day of competition. The scientific reasons for preparing the body for racing are the main benefits but there are many other benefits as well. Though this warm-up procedure may change, the benefits will still need to be accomplished.

- Scientific Benefits:**
 1. Raises your core and body temperature. This helps the muscles and joints become more pliable with a greater range which lowers the chance for injury.
 2. Lungs are warmed up and oxygen delivery is increased. The expansion of the lungs helps warm up the lungs for better oxygen consumption. Which in turns helps increase oxygen delivery to the muscles
 3. Wakes up the nervous system. The feel of the water is found, the fast-twitch muscles are fired, and the nerve conduction rate is improved.
Other Benefits:
 1. Calms nerves by rehearsing race techniques and strategies.
 2. Allows the swimmer to become aware of the environment (eg. judging walls for turns & finishes).
 3. Allows the swimmer to set race strategy markers (e.g. "In the 50 I'll take my first breath at the third light or Ill start speeding up for my turn here).
 4. Allows the coach to remind swimmers of techniques and skills they will be performing in the race.
 5. It allows time for the team to create positive spirit and energy as a group.
 6. Allows the coach to check swimmers in for relays, make relay adjustments, and remind the swimmers of relay teams & position.

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.

BALANCE & COORDINATION

Balance and coordination are important aspects of being an athlete. Swimmers with good balance and coordination will have a less likely to injure themselves, have greater motor skills which in turn allow for better technique development, and have an awareness for self-correction. Balance and coordination will vary by individual but are skills that can be trained and improved. Try to do at least one or two coordination drills a day to help you become a better swimmer.

Coordination Exercise #1 Sit crossed leg on the floor, move to a standing position without your hands touching the floor	Coordination Exercise #2 Spin the lower ball https://www.youtube.com/watch?v=t0o8CgINIAQ	Coordination Exercise #3 Hopscotch
		Coordination Exercise #4 Stand on one leg, toss a tennis ball from one hand to the other.

DRYLAND WORKOUT MIX & MATCH

Mix these up to create several dryland workouts make sure you check out Coach Traci's Video that goes with this workout. <https://www.youtube.com/watch?v=zBfKY0oH708&feature=youtu.be>

- 10 min Stretch
 10 Min Jog to get heart rate up
 Coach Traci's Dryland Workout
 Developmental should go through this 2 x times Age Group 3 times
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|--|--|---|
| SET 1
Dev - 25 x AG 50 x each one
1.) Jumping Jacks
2.) Squates
3.) Pretend Jump Rope
4.) Side to Side | SET 2
Dev - 25 x AG 50 x each one
1.) Russian Twist on Mat
2.) Bicycles on Mat
3.) High Knees
4.) 1 min Run in Place getting heart rate up | SET 3 Arms Chest Abs
Dev - 15 AG - 25
1.) Chest to ground push ups
2.) Butterfly Crunches
3.) Diamond Pushups
4.) Sit Ups Fast Up Slow Back |
| SET 4 w/ Chair and helper to hold chair
Dev - 15 AG - 25
1.) Incline Pushups
2.) Tricep Dips
3.) Incline Pushup with Alt. leg raise | SET 5 w/ Mat
Dev - 30 sec AG - 1 min
1.) Straight Arm Plank
2.) V - Ups
3.) Up Down Planks
4.) Throw Downs w/ partner
5.) Plank Jacks | |