



★ MENTAL Training

THE ART OF VISUALIZATION

Why Visualize?

It is a natural process. It is a learned process.

What you see in your mind's eye can strongly influence your beliefs, achievements, and skills.

Whether it's positive or negative, your mind will take it on. Try visualizing; the positive, the correct form, the experience of success.

There has been much research and testimonies about the success of using visualization skills in sports. Jack Nicklaus, talked about having a sharp image of where he wanted the ball to land before he even hit the ball. A basketball team, divided into two groups. First group practices free throws, making some missing some. The second group only visualized perfect free throws. Guess who won the contest of making most free throws? Yep - The Visualizers.

The way it works: When the time comes for the actual performance, if you visualized positive action and outcome, you will have a sense that you already experienced the action. This sense allows the mind to relax and feel familiar and quite frankly know what to do.

*We have a choice of our ATTITUDE;
We can be Positive, We can be Negative,
We can be Indifferent.
I Choose Positive!!
Coach Tay*

★ TECHNIQUE Training
SCULLING

As you know Sculling is our video focus this week. You should have received your first video Tuesday. If you haven't signed up and would like to register through the link below.

What Is It?

Movement with palms and forearm that sets the body for lift and/or propulsions in water. A great method to connect the feel of the water to the strokes.

Why We Do It?

It teaches "Feel of the Water". Sets the stroke. Teaches Stability in Legs and Core. It is also calming, relaxing and a method for better focus at meets.

How We Do It?

100's of ways.

Seated, On belly or back- palms at the side, on the belly or back palms at the middle, on the belly or back palms in the front, vertical, feet first on belly or back, dog paddle...

good Video: https://www.youtube.com/watch?v=NE_vO6xIBvY

★ Meet Training

Talking To Your Coach Before Races

Why Do It? Talking to the coach helps the athlete learn basic communication skills and builds confidence in communication skills. It also allows the coach a better understanding of the athlete. Communicating with the coach prior to a race helps the athlete focus on the race by thinking and then communicating the strategy, rules and methods they have practiced. It also allows the coach to give them motivating and encouraging words as well as reminders of the skills necessary. As a coach, I am evaluating the swimmer's age, experience, nerves, pressure and focus before I even speak a word to them. All of these elements play a role in the pre-race conversation. Early season, the conversation will be much more educational driven, teaching the swimmer to think through the race. Later season, the conversation between coach and swimmer will much more geared toward confidence, motivation, and trusting the process.

<p>Visual Exercise #1 The Freestyle Breath: Visualize turning the head with one eye in water, one eye out of water and mouth barely out of water.</p>	<p>Visual Exercise #2 Visualize how you will react to winning a race.</p>	<p>Visual Exercise #3 Visualize yourself doing a particular move (ie dance, hand sequence, dryland...) Now physically do that move. If you mess up, just visualize the specific mistake. repeat.</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

★ DRYLAND Work Out

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.

Stretch Cords

Swimmers have often used stretch cords to supplement their training.

Stretch cord exercises are a great way to strengthen many of the connector muscles. This plus the practice of stroke rate can make them a great method of exercise for swimmers while staying on dry land. However, as with all exercises, caution must be used in building up repetitions and strength and executing a proper range of movement. If you don't have a stretch cord, this may be something you want to look into. Next week your Go Swim daily video's will be a series of stretch cord exercises and exactly what skill or technique that move is useful for. Next SV I'll inform you about Foam Rollers use for swimmers. Here is Coach Carl's Link for his Stretch Cords Senior Teams workout.

<https://vimeo.com/404718538/0f48f74d14>

STRETCH 10 MIN Before and Stretch 10 Min Afterwards

HITT Workout.

Do with a parent outside in your neighborhood as long as you can maintain healthy social distances.

If going outside is not an option, this can be done in a stagnant position.

It is a five cycle of four minutes: three easy minutes - one Intense minute (20 min) Age Group/ Sprint 14 should do twice.

3 min medium/easy walk/ jog

2 x 30 sec super fast Jumping Jacks (RI 10 sec= Rest Interval 10-sec rest between set)

3 min medium/easy walk/ jog

2 x 30 sprint runs (RI 20 sec)

3 min medium/easy walk/ jog

2 x 30 Min Mt Climbers Super Fast (RI 10 sec)

3 min medium/easy walk/ jog

2 x 30 sec Burpies (RI 10 sec)

3 min medium/easy walk/ jog

2 x 30-sec Squat Jumps (RI 20 sec)

To sign up for LRAC Dolphins "Go Swim" daily video: go to <https://www.goswim.tv/groups/lrac>