

"Hello Swimmers....

If that is What You Call Yourself"

-Coach Cliff

SILVERS w/ Coach CLIFF

4-16-20

Coping and Goal Setting

How Are You Coping w/ Quarantine?

- This is disruptive, disruption can be stressful.
- This is scary to a lot of us, how do we deal with the fear?
- I don't have all of the answers, but I feel the same as you.



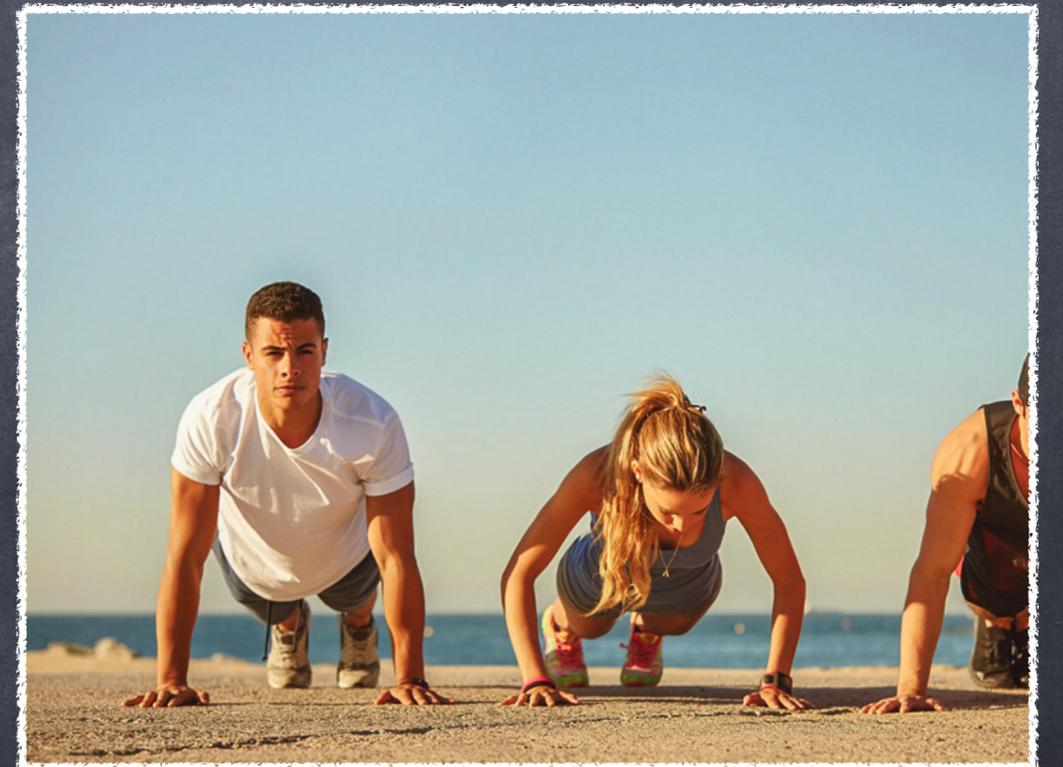
Try to Hold on...

- ...to your schedule. If you can manage to get up and go to bed at the same times each day, that might help.
- ...to your social interactions. It takes more work during the Quarantine, but reach out to your social network.
- ...to your fitness.

But I am a Swimmer w/ no Pool!

- ◉ We are used to measuring our fitness in terms of swimming (times, splits, and number of reps...that is gone).
- ◉ We need to temporarily change the metrics by which we measure our fitness.
- ◉ Time to set some new types of goals!





- There are lots of Dryland exercises that will help you stay fit during the quarantine.
- Most Dryland exercises are easy to track with counting and timing.
- These Dryland alternatives can actually help you to not only maintain fitness, but also improve strength and fitness in key areas.
- They may not be as fun as swimming (probably not), but they can help you do what you ultimately want to do....swim fast!

Put it on Paper!

- Writing down your goals helps you to hold yourself accountable. It also makes it easier to share with your coach.
- Be as specific as possible. Avoid "soft" language that gives you an out.
- Give yourself a time frame. At the end of that time period, re-assess.

NORTHERN LIGHTS Goal Worksheet

 Name: _____

SWIM CLUB

"Winners expect to win in advance. Life is a self-fulfilling prophecy"

"Chance favors the prepared mind." -Louis Pasteur

On NLSC we want our goals to be S.M.A.R.T.

- Specific
- Measurable
- Attainable
- Results Oriented
- Time Determined

Use this worksheet to come up with 3-5 goals for your next meet/season. Be sure that all of the S.M.A.R.T. guidelines can be applied to each goal. Share these with your coach, but there is no need to broadcast your goals to everyone. Good luck!

Ideas for Quarantine Fitness

- Jogging 2-3 times a week
- Coach Cliff's Daily Dryland
- Going for hikes or getting on a treadmill/climber.
- Resistance Training (bands, weights, etc).
- Cycling
- Other ideas....?



This Will End, and When it Does...

- ◉ We want to be able to hit the water...swimming, so to speak.
- ◉ Take the time now to avoid losing your fitness and strength.
- ◉ Maintaining your fitness will help you to cope with the stress...we want you to come back happy and ready to swim!



Need Help w/ Goals?

Coach Cliff and the other
coaches are available!

Contact us to and we would
be more than happy to Coach
you during this time!



"You are still swimmers.
No quarantine can take that from you."

-Coach Cliff