

THE NLSC DAILY

Workouts | Articles | Useful Information

Billing for May : It is up to you...let us know

Accounts set to Retainer Status..unless you let us know otherwise.

The plan for May billing is to set everyone to the retainer level of billing....unless you tell us otherwise. If you can continue to pay full dues to help ensure the ongoing health of the team, let Coach Cliff know (coachcliff@nlscak.org). Thank you for your continued support. We will continue to try to earn everything you can afford to pay.

Dryland Resources

[Swimming Specific Yoga](#)

[Pacer Step Challenge](#)

Coach Cliff's Zoom Dryland

[Weekdays Live @ 2:20p](#)

[Recordings](#)

[The NLSC Daily Archives](#)

[100 Push-up Challenge](#)

[25 Pull-up Challenge](#)



Group Zoom Meetings are Coming - time to get some coaching!

The coaching staff misses it's swimmers, and we hope the feeling is mutual! Starting next week, the coaching staff will begin to reach out to our swimmers via Zoom. The plan is to start slowly with some basic group meetings to see how the group is holding up and to see how people are trying to stay fit during the shutdown of our pools.

From that initial meeting we will build into other sessions that will include goal setting, technique review, fitness challenges, and more.

We realize that a large part of our team dynamic is social in nature, and we are going to try to nurture that aspect of our virtual sessions. We know we can't completely replace our pool practice sessions, but we will endeavor to provide the best options available during this challenging time.



BAND - our closed social media group...just for NLSC

We are using the Band app to help communicate directly with our members (parents and swimmers).

Here is a brief explanation of how Band works.

This is a closed social media group, so only NLSC members (swimmers, coaches, and parents) may join. Coach Cliff will moderate who is accepted into the group.

Just download the Band app today, or learn more by [clicking here](#).

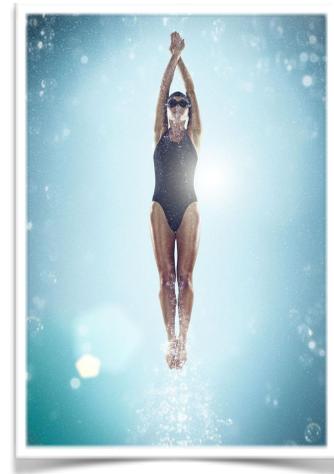
Scan the QR code below to join the NLSC Band on the Band app.



Technique Talk : The Importance of Streamline

From Coach Cliff

One of the simplest ways to reduce drag, and thereby conserving velocity in the water, is to streamline off the walls and the start of your swims.



The fact is that you will never be moving faster in a swim (practice or a race) than you will be when you first enter the pool from a start or when you push off the wall. Our goal as competitive swimmers is to reduce drag and maintain velocity....hence the streamline.

Imagine that the water has eyes and can “see you coming through the water. It is only interested in what it can see. While the swimmer above is in a nice tight streamline, the water can see very little of the swimmer as she heads forward. But the water “sees” a lot of the swimmer below...the result, much more drag and a huge loss in velocity. Something to consider at your next practice/race.



Workout Inspiration: What you might have done today

From Coach Grant, pool workout

100 Kick/50 Swim

6-10(:40sprint wall kick, :20 Pressout)

3,2,1x[

4x25 Fins Opt. Choice Kick, Focus: Great Bodyline with Core Engaged. R:10

4x25 Fins Opt. Choice Swim, Focus: Consistent Kicking R:10

4x25 Fins Opt. Choice Swim, Focus: Controlled Breathing R:10

4x75 Fins Opt. Choice Swim, Focus: Consistent Breathing R:10

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2x25 fins opt. Sprint no breather under water no breather streamline dolphin. Focus: use entire body @1:00

4,2x25 fins opt. Sprint Swim, mid pool breakout focus: maintain your speed of the wall@ :45, 1:00 r:30 or more

6,4x25 fins opt. Odds: sprint 1st 1/2, technique 2nd 1/2. Evens: Sprint Focus: Race @ :45,1:00 R:25 or more

3,2,1x[

1x25 Fins Opt. No Breather Choice, Focus: Straight Bodyline R:30-:45

3x50 Fins Opt. Strong Swim, Focus: Controlled Breathing R:03-:07

1x25 Fins Opt. Sprint No Breather, Focus: Straight Bodyline R:30-:45

2x75 Fins Opt. Technique & Recovery, Focus: Reset Breathing R:15-:30

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2x25 No Breather @1:00

1x100 Best Technique

Thank you