

# 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](mailto:coachcliff@nlscak.org)). Thank you for your continued support. We will continue to try to earn everything you can afford to pay.

## Dryland Resources

[Peloton Fitness App](#)

(free 90 Day Trial)

[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 Meeting Schedule on Zoom : Let's Connect!

NLSC has been offering Zoom Dryland for the last few weeks, but we will be offering some additional meetings so that coaches and swimmers can begin to reconnect. To begin with, our meetings will be more about touching base.

We would like to make sure everyone is doing ok, and give a our swimmers a chance to interact with each other and the coaches. The plan is for these to develop into meetings that we can use to work on fitness planning, goal setting, mental training, etc. These meetings are scheduled out through the end of the month with the intent on extending into May as needed.

**-Mat- Su w/ Coach Matt and Coach Jerry; Monday 4-5p, and Tuesdays and Thursdays 4-4:30p:**

[https://zoom.us/j/99147739117?](https://zoom.us/j/99147739117?pwd=WFZra2xvWUxoS3ZsTGRIiMlZyWEE5dz09)

[pwd=WFZra2xvWUxoS3ZsTGRIiMlZyWEE5dz09](https://zoom.us/j/99147739117?pwd=WFZra2xvWUxoS3ZsTGRIiMlZyWEE5dz09)

Meeting ID: 991 4773 9117

Password: nlsc1991



**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.



**-Gold w/ Coach Ben; Mondays, Wednesdays, and Fridays 4-5p**

<https://zoom.us/j/94087952487?pwd=c2V3SjZCbWFzN3ZISTVMODBsTG4yUT09>  
Meeting ID: 940 8795 2487  
Password: nlsci991

**-Lunch w/ Coach Grant; Wednesdays and Thursdays from Noon-1p :**

<https://zoom.us/j/93679858373?pwd=RmtybCtpYWtxQUxCaEJLTHkvUkowZz09>  
Meeting ID: 936 7985 8373  
Password: nlsci991

**- Coach Cliff’s Silver Group; Tuesdays & Thursdays 3:30-4:30p**

<https://zoom.us/j/679695232?pwd=eIZxRVc3MDdLUHVWUhdUVm9mL2lPQT09>  
Meeting ID: 679 695 232  
Password: nlsci991

**-Bronze & Iron w/ Coach Cliff and Coach Ryan; Fridays from 4-5p**

<https://zoom.us/j/93348645152?pwd=UotRRVMrQW02KzZLRGQ4QTNTdUttUT09>  
Meeting ID: 933 4864 5152  
Password: nlsci991

**-Dryland w/ Coach Cliff - “Staying Fit During the Coronavirus Shutdown”; Weekdays at 2:30P (approximately 35-45 minutes).**

<https://zoom.us/j/478057315?pwd=Y0FOUFZiYkhFY2EraWxZRTlORldRUT09>  
Meeting ID: 478 057 315  
Password: nlsci991

## Eyes Wide Open - A look into mental imagery

By Coach Jerry

I have spent most of my life convinced that mental imagery just was not for me. I do not have an artistic bone in my body, as is evident by my very poor stick figure drawings on the white board. I have spent countless sessions lying on the deck, with my eyes closed, listening to a coach ask me to visualize a race or a dive. In reality, I was staring into blackness, not seeing anything. Well, not quite blackness. There are always these little lines that float around in the darkness as my eyes move. The eye doctor calls them floaters, and they are very distracting. Not being able to really do it myself, it has not been a priority of mine to encourage mental imagery. First, because if I can't do it myself, I have always been unsure how I am going to teach others. Second, it is difficult to encourage a technique that you do not believe in. Until now!



After having life come to a screeching halt in the beginning of March, I was lying in my bed listening to my wife singing sweet tunes and staring at the ceiling. This is a common occurrence. I often take hours to fall into that blissful time we call sleep. My wife, on the other hand, is out within seconds of her head hitting the pillow. Even though I envy her ability to fall asleep so quickly, I actually solve some of life's mysteries in my sleeplessness. On this particular occasion, I was lying there contemplating how I was going to keep myself busy in this newfound isolation. We have been planning on painting our house for a while and have talked about colors that we liked. We bought a few gallons of paint. We just had not decided which color we were going to use yet. As I lay there, it all came into focus. I would paint the east and west walls the gray we picked out; the north and south walls the brown. I could see it plain as day, right there on the ceiling. Was this what I have been missing all these years? Or maybe I have been doing it all along; I just did not realize it. It really is not about closing your eyes and seeing this painting that you make with your mind.

B.C. (before coaching) I was a medical equipment technician, I mainly worked with people with mobility related issues. In that time, I created hundreds of custom one-off items specially designed to meet a specific person's needs. Artistic? No. But creative? Yes. I realize now that I was using mental imagery daily. I guess I was so focused on the whole "closing the eyes and imagining something" that I didn't realize that there may be other techniques. Understanding that the concept has merit, and then figuring out what technique works for you could be that edge you are looking for. With this in mind, I am going to expand on some different possible techniques for you to try and develop.

There are two methods that are used most frequently for the process of mental imagery. In the first model, the applied model, athletes use imagery to accomplish cognitive, effective, and behavioral outcomes. It includes three factors: the sport situation, types of imagery, and imagery ability to contribute to its effectiveness. In other words, what you imagine is what the intended outcome is. There are several types of imagery within this model such as cognitive specific, cognitive general, motivational specific, motivational general arousal, motivational general master, and many more. Some athletes adapt quickly to utilizing visualization. However, others sometimes struggle. Visualization is important for

Element	How can this be achieved?	Examples
Physical	The athlete should adopt the correct stance, wearing the same clothes and holding any implements that would be used during performance.	A golfer could image holding his or her club and standing in a tray of sand. A 400m runner could image while in the starting blocks, wearing a running vest and shorts.
Environment	The athlete should complete the imagery in the same environment where the performance or task will take place. Where this is not possible, videos, photographs, or a similar environment can be used as a substitute (e.g., a rugby player standing on grass in his or her back garden).	A vault gymnast could image in the performance arena, standing at the beginning of the runway. A figure skater may use photographs of the ice arena when imaging his or her pairs routine.
Task	The task being imaged should be identical in nature to the task actually being performed, and this should be altered as the skill level of the athlete improves.	A rifle shooter would mimic the precise elements of the skill to be improved.
Timing	The imagery should be completed in "real time" and should take the same length of time to complete as physically performing the task.	A golfer would image a tee shot in real time, rather than in slow motion. Research has shown that real-time imagery is aided by holding implements associated with performance. A hurdler would image in real time, as timing is crucial to stride pattern.
Learning	As the athlete becomes proficient and autonomous at the task, the imagery should be updated in order to reflect this learning, and remain equivalent to the physical level of the athlete.	A diver would update his or her imagery to reflect the specific dive that he or she was working on. Also, he or she may focus on the more refined elements of the dive when becoming competent of the basic shapes.
Emotion	Any emotions associated with performance should be incorporated into the imagery. This can be aided by the use of stimulus-and-response training.	A soccer player would include all emotions, specific to his or her experience, into his or her penalty kick performance. For example, nerves or excitement about the task to be completed.
Perspective	The imagery should usually be completed from an internal perspective (i.e., through the athlete's own eyes). This can be aided by the use of video. However, external imagery may be useful for some form-based tasks and personal preference should also be taken into account.	A basketball player would image from an internal perspective when completing a free throw shot A gymnast may image his or her floor routine from an external perspective, as form is important and it would allow him or her to see the entire movement.

athlete and coach success. If you struggle, consider trying the second model. It is referred to as the PETTLEP model of mental imagery.

The seven key components of this model are in the chart to the left.

Most Olympic athletes talk about how they use visualization to help prepare for competition. There is not a lot of research on the specifics of how to go about the actions of mental imagery. However, the benefits of the practice are widely documented. You may already have this down; you may be like me and struggle. With the current situation, now is a good time to practice different visualization techniques. Remember what it feels like to be in the water, to move your body through the stroke process, and what that perfect race felt like. Practice it in your mind, every stroke, every turn, and reinforce the remembrance of what we do. Before long, you will be able to apply it back in the water. With your new found skill, you will be able to apply it to anything in your life.

# 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[

1x100 Fins Opt. Flutter Kick, Focus: Engage Core, Set Bodyline, Kick!

R:10

1x50 Fins Opt. Dolphin Kick, Focus: Maintain straight line from Sternum to Knees

R:10

8x25 Fins Opt. Choice Swim, Focus: Set up Breakout Timing R:05-:10

4x50 Fins Opt. Choice Swim, Focus: Set up Breakout Timing R:05-:10

2x100 Fins Opt. Choice Swim, Focus: Set up Breakout Timing R:05-: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 1:30 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[

1x150 Fins Opt. Fast Swim, Focus: Consistent Kicking R:10-:20

1x50 Fins Opt. Sprint Swim, Focus: Clear your Mind R:10-:20

8x25 Fins Opt. Technique & Recovery, Focus: Reset Breathing Timing R:10-:20

1x100 Fins Opt. Fast Swim, Focus: Consistent Kicking R:10-:20

1x100 Fins Opt. Sprint Swim, Focus: Clear your Mind R:10-:20

8x25 Fins Opt. Technique & Recovery, Focus: Reset Breathing Timing R:10-:20

1x50 Fins Opt. Fast Swim, Focus: Consistent Kicking R:10-:20

1x150 Fins Opt. Sprint Swim, Focus: Clear your Mind R:10-:20

8x25 Fins Opt. Technique & Recovery, Focus: Reset Breathing Timing R:10-:20

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2x25 No Breather @1:00

1x100 Best Technique

Thank you