

# 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.

## Just Keep Swimming



You might feel alone, but you are not. Your swim team is here!



## Step Challenge this Friday - lets dominate the Alaska Swimming Pacer Challenge!

From Coach Cliff - Fitness Challenge!

***This Friday is the Day to MOVE!***

There is an ongoing Alaska Swimming Pacer App Challenge. The Pacer app allows people from either Android or iOS platforms to compete in a virtual movement challenge.

Download the Pacer App onto your smart phone and/or watch. Join the Alaska Swimming group. That is all you need to do, the app takes the data and tabulates it against others in the group.

This is a fun way to challenge yourself and challenge others!



**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.

Once you have the Band app, just search for Northern Lights Swim Club, and ask to join!

**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

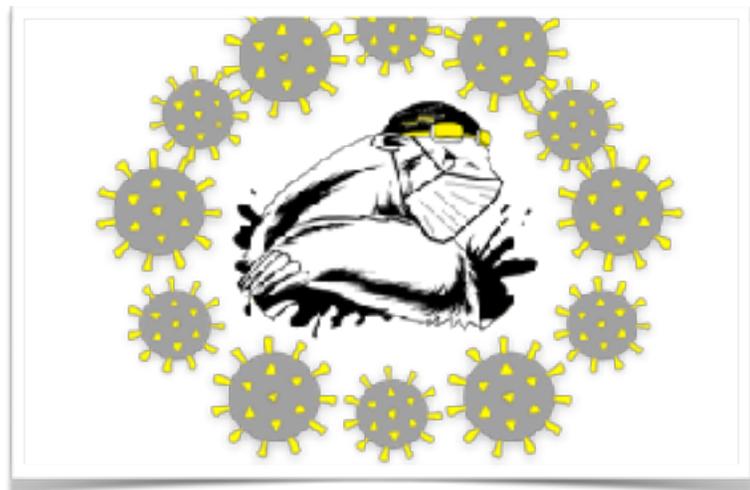
**Technique Talk : You have questions? We have answers.**

Whether you have a general question that might be relevant for the entire team, or if you have a question about your own personal technique, we can still help.

Send your questions to Coach Cliff

([coachcliff@nlscak.org](mailto:coachcliff@nlscak.org)). We can work to provide a detailed explanation of general technique and/or your personal technique. Let us know!

**T-Shirt Design Winner : Summer Cheng's Quarantine NLSC Logo**



From Coach Cliff

I am pleased to announce that Summer Cheng is the winner of the t-shirt design. We will put together a slogan to go with her clever "NLSC Bear fending off the coronavirus" design and get out the order information. We will have to put together an order that delivers directly to people since we are not in a position to collect and distribute any orders at this time.

## **Workout Inspiration:** What you might have done today

From Coach Grant, pool workout

100 Kick/50 Swim

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

3x[ 4x150 fins opt. Choice Swim, Focus: Accelerate into and out of the Wall R:07-:15

1x50 No Fins Fast Kick, Focus: Core engaged 1<sup>st</sup>. @ R:25]

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

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

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

12x200 Fins Opt. Choice Swim, Best Possible Average @ R: :15  
Triathlete(1500m+ Race) , :30  
Distance Swimmer(200m+ Race), :60  
Middle Distance (50+ Race) Choose the Number of 200s and Rest based on your training goals.

2x25 No Breather @1:00

1x100 Best Technique

Thank you