

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](#)



YES, this is a repeat! 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.](#)

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



Technique Talk : Backstroke Head Position

From Coach Cliff

The position of the head in backstroke can be the cause of several problems and there are many reasons that a swimmer may struggle with mastering this aspect of backstroke technique.



Swimming backstroke is a bit like swimming with blinders on. You can't see where you are going, and there is a wall that is coming up behind you....are you going to hit your head? Watch out!

We have all seen that swimmer who has their head so high up out of the water that it is causing them to look like they are sitting in the water. This is the most common technique issue in the stroke. How do we correct this technique issue?

First, we have to find out why is the swimmer lifting his/her head? Do they have sensitive ears? Are they afraid of running into someone/something....like the wall? Address this issue first. If it is a sensitivity to the water in ears, try some wax ear plugs or a neoprene headband that covers the ears. If it is a fear of the wall, work with the swimmer on mastering her/his stroke count from the flags to the wall.

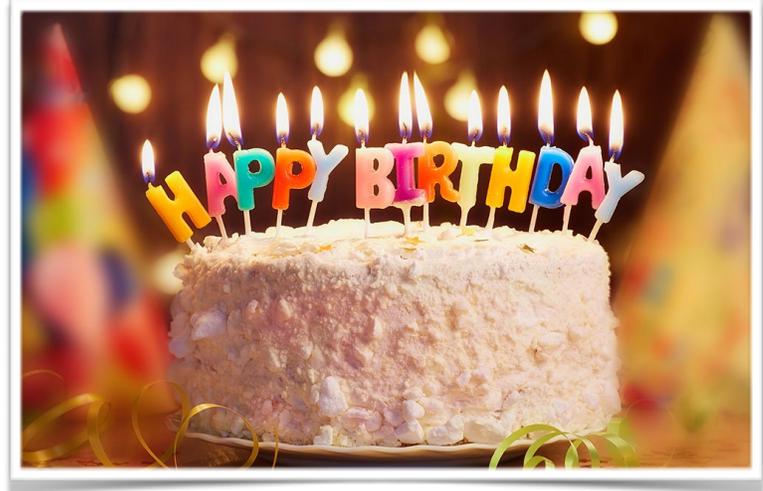
From this point, it really is as simple as resting your head in a neutral position in the water. (see the next



image). Resting your head far enough into the water to submerge the ears is a great visual/tactile cue. I always encourage people to imagine taking the posture they (should) have for standing and just orient the body to a supine position. This should alleviate any drag issues caused by head positioning!

April Birthdays : Happy Birthdays to You...([Click Here for your Song](#))

2nd - Gavin Kitchen (15)
6th - Nora Fawcett (9)
7th - Jillian Kuipers (12)
9th - Dawson Moore (14)
14th - Hana Honkola (14)
15th - Zoe Zipsir (12)
18th - Brian Jarupakorn (17)
20th - Eric Tyson (16)
20th - Ryan Bascom (15)
21st - Sassa Wilson (13)
21st - Harper Lind (10)
23rd - Molly McLaughlin (17)
25th - Marina Siegel (15)
26th - Casey Struna-Meyer (12)



Workout Inspiration: What you might have done today

From Coach Grant, pool workout

100 Kick/50 Swim

6-10(:50sprint wall kick, :10 Pressout)

16,12,8x50 Fins opt. Kick 1st 25, Choice Swim 2nd 25, Focus: Same Breakout Distance off every wall. R:07 - :15

1x200 No Fins Sprint Flutter Kick R 2:00

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

6x[3x[1x75 Fins Opt. Strong Swim, Focus: Consistent Breakouts R:03 - :09
1x25 Fins Opt. Sprint No Breather Choice Swim, R:25 - :45]

1x175 Fins Opt. Strong Swim, Focus: Consistent Breakouts, R:03 - :15
1x25 Fins Opt. Sprint No Breather Swim, Focus RACE R:60

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2x25 No Breather @1:00

1x100 Best Technique

Thank you