



One of the things that you might not know about Coach Buster Thompson is that he was never a swimmer. He was a swim parent at the Gauchos, he was an official and starter, turned high school coach, turned a USA Swimming coach. He has been a true student of the sport to learn about the Parametric System and Posture, Line & Balance the science based stroke and training techniques our team follows. About two years ago during a coaches training Coach Buster dove into the pool and popped up doing a very nice butterfly stroke. Not because he was a swimmer, but because he had stood on deck demonstrating it for years! In speaking with Coach Buster about this he said using self-visualization had taught him the stroke. Today I have attempted to make a video of an exercise that you can do in front of a mirror with no equipment. If this first one goes well I will make some more. If you follow our Facebook page you may have seen a few athletes swimming with a tether in place in their own backyard pool, I have swam with a tether many times and one thing is for sure it's different and it's actually tiring I think more psychologically than anything. Be sure to focus on technique when swimming in place, because no matter how hard you pull or kick you're not going to move the wall your tether is attached to! Check out the [video](#), follow along, do 20 strokes then rest and refocus for 20 seconds and repeat for about 5 minutes. Focus on your technique no differently than coaches do when demonstrating in practice. To kind of go along with the above dog picture, "Practice the stroke your coach wants to see!"

**Dryland Workouts:** This week I have included 2 simple workouts that everyone can do, so parents, you can play along as well! Remember technique is a must. Be sure that you can feel the exercise and its purpose, don't just move for the sake of movement. "You can jog in place all day and get tired, but never go anywhere!"

First is a [Core Circuit](#) by Caleb Dressel. When you follow along with Caleb, he moves pretty quickly, don't try to keep up with his pace, he has very good technique, remember to feel the exercise.

Second is a running workout. You can do this anywhere! Be safe, look out for traffic or raised spots on the sidewalk! Be sure to start out slow while building to full speed, there's a reason we all start our swimming career by swimming the 50 free and not the 500 free! Checkout the workout [here!](#)

Lastly, athletes as I know you are navigating your way through online school, trying to stay active and combating the boredom of being inside four walls all day. Take a few minutes without being asked to do something for someone other than yourself. Clean the bathroom, take the dog for a walk, pull some weeds, gather the laundry, do the laundry! ☺ The amount of stress and anxiety that most of us are experiencing whether we show it or not is extraordinary and doing a good deed without being asked would be well received!

As always, if you have any questions, comments or just need some ideas feel free to contact me at [tim.manley@supriseaz.gov](mailto:tim.manley@supriseaz.gov) or call 623.222.2264

Have a great and safe week!

Coach Tim



Time Out 2020 – Week 4