



Athletes: Don't take the sport you play for granted. Every time you play, you better be thankful that you got to do something you love. Don't show up to practice complaining about not wanting to be there; you're there hopefully because you love it. Work hard every moment. If you're not working hard, you don't deserve to play. Play every practice or game like it's your last because it very well could be. When you finally reach the day that you can't play, and you can only watch, then you will know how much you love something that you once took for granted.

Our lives have changed over the past month and being an optimist I think they will change for the better! I believe already our children miss school, their friends, the freedoms we all have been afforded. I believe that this will be a huge psychological reset, I know it has been for me! This has given me time to think about what I could have done, what I should have done and most importantly what I plan to do in the future! I think our children will look forward to

the return to school, to their friends and us as adults back to work in a normal sense at least. I believe the physical rest was needed as well. Did you know that most elite level athletes take up to a month or more away from their sport at the end of their season, we will be ok, not only as students, as athletes and as a society! Once this ends, just get to work! Be sure you don't take your time for granted, don't take your education, your friends or family or the things you love for granted! Stay strong Storm Families!

Detraining / Science: Good Stuff! If you have a few extra minutes our athletes should watch this, it's a little scientific, but anyone can follow! [Check it out HERE!](#)

Butterfly Mirror Exercise: Take your time, follow along and watch yourself in the mirror from both the front and the side. Use this exercise to improve your technique, I truly believe practicing your movement in the mirror will transfer to the pool! [Here it is!](#)

Coordination Exercises: I found this video quite interesting and surprisingly difficult [Lower Body Coordination](#) give it a try. I also just think everyone should know how to juggle, so give this one a try it's amazing how much coordination you can get by [Juggling!](#)

Duffle Bag Workout: Please do not put sand or dirt in your swim bag! Be creative and find a way to add a little weight to it (preferably nothing breakable)! Follow this link to the workout on [SwimSwam.com](#)

Some of you may have seen some horrible news recently in Arizona about an adult who was supposed to be a mentor, a leader and a supporter to our athletes. It infuriates me to even have to talk about this news but I do want you to be aware that each of our coaches must undergo annual background checks, finger printing, athlete protection training and we all keep an eye out for each other to make sure we have a safe and supportive environment at the pool. If you have any specific questions concerning the USA Swimming Safe Sport initiative please visit <https://www.usaswimming.org/Home/safe-sport>



If you do have any questions or just need to talk feel free to contact me at tim.manley@supriseaz.gov or call 623.222.2264

Coach Tim

Time Out 2020 – Week 5