

CREATURE WEEKLY UPDATE

PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Memorial Day OFF	Weekly Meetings Elem+SSR 12-1p MS 1-2p HS 2-3p All Member Meeting 5:30p	Digi Dryland 4:20-5p (MS-HS) 5:10-5:50p (Elem-SSR)	Goal Meetings 8-12pm HS Meeting 4:30p MS Meeting 5:15p Elem Meeting 6pm	Digi Dryland 4:20-5p (MS-HS) 5:10-5:50p (Elem-SSR)	OFF	OFF

◎ Schedule Notes

- Today our Google Classroom talks will be about restarting practices in the pool at RHCC on June 1.
- Also tonight we will have the All Member Meeting talking about restarting practices at RHCC on June 1 at 5:30pm.
- This Thursday we will have Group Meetings to talk about the plans and expectations for the next month for each Group.
- Sign up for Goal Meeting in your Google Classroom. There are openings. Connect with your coaches and set your goals!

CREATURE CHALLENGE

- This week's Creature Challenge is to complete one of the following:
 - Bike 12 miles, Walk 6 miles or Run 4 miles
 - These are intended for outside the Digi-Dryland we are doing.
 - Remember you can do 1 or all of the Challenges.
 - We will not be having you turn them in anymore but we will ask who is completing them.

JEFF'S CORNER

- ◎ I am so excited to be back on deck coaching next week!
 - We will be working on our stroke technique a great deal when we start back up.
 - Having better technique is the best way to get faster at any stroke.
 - Your stroke will feel very weird when we start back up anyway so it is the best time to work on it and make changes.
 - We will also work on our kicking because having a better kick in any stroke helps you tremendously!
 - We want to make sure we start back up in a way that will help you the most and prevent injury.

DIGITAL DRYLAND WORKOUTS

- ⦿ **Foundational Movements-** Here are your cues for these movements.
- ⦿ **Squat** = Chest high + hips to knees + knees and toes point same direction
- ⦿ **Hinge** = Long back + hips back + soft knees + ribs out
- ⦿ **Push** = Chest and legs touch & go @ same time + hands under shoulders + elbows tight
- ⦿ **Pull** = Tall back + ribs out + pinch the shoulders
- ⦿ **Stability**

- ⦿ **Equipment Needed**
- ⦿ MS & HS = pull up band or weight + mini band or surgical tubing + PVC pipe or dowel
- ⦿ Elementary = mini band or surgical tubing + PVC pipe or dowel

- ⦿ **Zoom Link**
- ⦿ Here is the Zoom link for each group's workout. I don't expect the link to change but will notify everyone if it does.
- ⦿ MS + HS = <https://us04web.zoom.us/j/420940819>
- ⦿ Elementary + SSR = <https://us04web.zoom.us/j/949735200>
- ⦿ If you have any questions about the items above or the program in general, don't hesitate to contact me at Aaron@swimnsc.com. Let me know what you think of the class and don't be afraid to communicate to me any suggestions you have.

NSC ALUMNI INTERVIEWS

- ◉ We have really enjoyed all of our Alumni Interviews these past weeks.
- ◉ It has been great catching up with our former swimmers and seeing what they are up to now.
- ◉ They have been giving our swimmers great advice and things to think about.
- ◉ We are now only going to have an Interview once or twice a month and we will let you know when the next one will be.