

# CREATURE WEEKLY UPDATE

# PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Creat E+HS 5:30-7a RHCC MS S+G 7- 8:30a RHCC HS+MS Dry 10:15-11a Elem Dry 5- 5:45p Elem S+G+SSR 7-8p RHCC	Creat E+HS 6:30-7:30a RHCC MS S+G 7: 8:30a RHCC Meetings Elem+SSR 12- 1p MS 1-2p HS 2-3p	Creat E+HS 5:30-7a RHCC MS S+G 7- 8:30a RHCC HS+MS Dry 10:15-11a Elem Dry 5- 5:45p Elem S+G+SSR 7-8p RHCC	Creat E+HS 6:30-7:30a RHCC MS S+G 7: 8:30a RHCC Meetings 2-2 Meetings 9-12p	Creat E+HS 5:30-7a RHCC MS S+G 7- 8:30a RHCC HS+MS Dry 10:15-11a Elem Dry 9:30-10a	Elem S+G+SSR 8:30-9:30a RHCC	OFF

## ○ Schedule Notes

- Reminder that the Digi-Dryland is at a different time. HS+MS is from 10:15-11a M-W-F. Elem+SSR is 5-5:45p M-W then 9:30-10a Friday.
- Elem+SSR will have practice on Saturday.
- Creat-E+HS+MS will only have practice on Saturday if practice is rained out during this week. Next week all groups will practice on Saturday.
- Sign up for Goal Meeting in your Google Classroom. There are openings. Connect with your coaches!

# CREATURE CHALLENGE

- This week's Creature Challenge is to complete one of the following:
  - 35 flights of stairs or (100 squats, 100 Pushups, 100 V-Ups)
  - These are intended for outside the Digi-Dryland we are doing.
  - Remember you can do 1 or both of the Challenges.
  - If you were drawn as the prize winner of a Creature Challenge please come to Jeff for your prize this week.

## JEFF'S CORNER

- I really want to learn everyone's name as quickly as I can!
  - I already know some of you through the Digital Dryland and Meetings but I am going to need help.
  - Please tell me your name when you come to practice each day this week.
  - If I don't know your name it is hard for me to help you with the stroke work we are going to be doing.
  - My goal is to know everyone's name by the end of the first 2 weeks.

# DIGITAL DRYLAND WORKOUTS

- ① **Foundational Movements-** Here are your cues for these movements.
  - ① **Squat** = Chest high + hips to knees + knees and toes point same direction
  - ① **Hinge** = Long back + hips back + soft knees + ribs out
  - ① **Push** = Chest and legs touch & go @ same time + hands under shoulders + elbows tight
  - ① **Pull** = Tall back + ribs out + pinch the shoulders
  - ① **Stability**
- ① **Equipment Needed**
  - ① MS & HS = pull up band or weight + mini band or surgical tubing + PVC pipe or dowel
  - ① Elementary = mini band or surgical tubing + PVC pipe or dowel
- ① **Zoom Link**
  - ① 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.
  - ① MS + HS = <https://us04web.zoom.us/j/420940819>
  - ① Elementary + SSR = <https://us04web.zoom.us/j/949735200>
- ① If you have any questions about the items above or the program in general, don't hesitate to contact me at [Aaron@swimnsc.com](mailto: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.