

# CREATURE WEEKLY UPDATE

# PRACTICE SCHEDULE

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

## ◉ Schedule Notes

- ◉ We really want as many swimmers as possible to attend the Digital Dryland. We really think that this service helps our swimmers get better.
- ◉ Please have your swimmer bring a water bottle to practice!
- ◉ Please have your swimmer bring their miniband to practice.

# CREATURE CHALLENGE

- This week's Creature Challenge is to complete the following:
  - 50 V-Ups, 50 Pushups and 50 Lunges with each leg
  - This is intended for outside the Digi-Dryland we are doing.
  - Remember you do some of the Challenge each day to add up to the end number.

# JEFF'S CORNER

- ◉ We were so glad to see our swimmers racing this past Saturday!
  - We now have a good baseline for our swimmers to work from to get better.
  - We feel that our stroke work this season has really helped lots of our swimmers and we want them to continue to think about getting their strokes better at practice.
  - We are going to try to swim a little more each week so we can also help our endurance.
  - We are going to continue to work on getting our kick better. The kick is the foundation of each stroke and improving your kick is the key to getting faster!

# 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
  
- ⦿ **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](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 BIRTHDAYS!

- ◎ Happy Birthday This Week!
- ◎ Tuesday Nathan Jenkins 7/28
- ◎ Wednesday Lisa Bryant 7/29 from our Adult Swim Fit Group