

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	Creature Series #2 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.
- **Creature Series #2 is coming up on Saturday please get signed up!**
- **Please have your swimmer bring a water bottle to practice!**
- Please have your swimmer bring their miniband to practice.
- This is the last week we will have this schedule. Next week we will have some changes.

CREATURE CHALLENGE

- This week's Creature Challenge is to complete the following:
 - 100 Push-Ups, 100 Crunches and 100 Jumping Jacks
 - 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

- ◎ It is hard to believe that it is August and we only have 4 weeks left!
 - We want to finish out this season well with some good technique and some fast swimming.
 - With the Creature Series #2 Meet this Saturday we are excited to see how everyone does. We have added the 200 IM for the HS and MS swimmers.
 - When we made the schedule for the last 2 ½ weeks we tried to make sure we had enough pool space for everyone. We would like the High School swimmers to come to 1 practice each day and on the 17,19,24 and 26th have them come in the morning. We have very limited pool space in the evenings. Thank you!

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. 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!
- ◎ Wednesday Chloe Plank 8/5
- ◎ Saturday Diego Rocha 8/8