



Gold Group CoRe Challenge: June 1-7

NAME: _____

You must complete the HONESTY section to get any credit. From there, pick TWO sections (Caring/Respect/Responsibility) to get 16 points. For 5 extra credit points, you can do all four sections.

Caring: Perform three random acts of kindness. Choose from the list below, or create your own (*5 points for completion*). Circle what you did or fill it in.

- Pick up litter in the park or around your neighborhood
- Read to a younger sibling or spend time coloring with them
- Send a note to an elderly relative
- Sweep out your parents' garage
- Wash the windows in the house
- Bake cookies for the neighbors (wash your hands first!)
- Give the family car/van a wash
- Your choice: _____
- Your choice: _____
- Your choice: _____

Honesty: Complete these home exercises, each on a different day. Be honest with your coaches, be honest with your teammates, be honest with yourself! (*2 points for each day*)

There are three days of exercises, do them in any order on any of the days of the week.

1. Day One: Completed on: _____
 - a. Stretching
 - i. Kneeling shoulder (45s)
 - ii. Back of shoulder (each arm 30s)
 - iii. Front of shoulder (each arm 30s)
 - iv. Two arm back (45s)
 - v. Torso/oblique (each side 30s)

- vi. Lying hamstring (each leg 30s)
 - vii. Bent knee hamstring (each leg 30s)
 - viii. Cross body hip (each side 30s)
 - ix. Sideways groin (each side 30s)
 - b. Core/legs
 - i. Lunges (2x 15 each leg)
 - ii. Push ups (2x 20 reps)
 - iii. Planks (3x 45s)
 - iv. Flutter kicks (3x 30 sec)
 - c. Other: Shoulder exercises
 - i. Empty cans (2 rounds of 15)
 - ii. Side raises (2 rounds of 15)
 - iii. Front raises (2 rounds of 15)
2. Day Two: Completed on: _____

- a. Stretching
 - i. Triceps (each arm 30s)
 - ii. Arms up chest (45s)
 - iii. Shoulder/upper back (45s)
 - iv. Top of chest (45s)
 - v. One arm back (each arm 30s)
 - vi. Groin (45s)
 - vii. Ankle (each ankle 30s)
 - viii. Side lying quad (each leg 30s)
 - ix. Seated hamstring (each leg 30s)
- b. Core/legs
 - i. Rowers (2x 45sec)
 - ii. Squats (2x 20)
 - iii. Lay flat sit ups (3x 20 reps)
 - iv. Hip bridges (2x 20 reps)
- c. Other
 - i. Jog for one mile or fifteen minutes, OR do some yoga. Be safe!

3. Day Three: Completed on: _____

- i. Go swim! Visit the Y one day this week and swim for 45 minutes. Do a warm up of your choice, some streamline kick, some drills, maybe some build up 50's or 100's. Sculling is also a great option right now!
 - 1. Bring your own equipment if you want it

Respect: Watch and learn (*5 points for completion*) DATE COMPLETED: _____

- Watch a webinar about stroke technique or something swim related. Reflect on how it could impact your swimming
- Below is a link to upcoming and pre-recorded (toward the bottom) webinars from USA Swimming. The Technique Tuesdays are a good source. Pick one and watch, or find your own.

- <https://www.usaswimming.org/news-landing-page/2020/04/24/webinars>
 - What was the topic of the webinar? _____
 - What are some things you learned? _____
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Responsibility: Choose one of the following: (5 points for completion)

- Attend Coach Matt's Zoom conference on Favorite Race analysis on June 4, 2020
 - YES I ATTENDED: Initials here: _____
- Watch the recording OR find your favorite race from the Olympics or another big meet online and analyze it.
 - What was the race? _____
 - What was the meet? _____
 - Who won the race? _____
 - What were three things the winner did well?
 1. _____
 2. _____
 3. _____
 - How can you incorporate these lessons into your own race?
 1. _____

