



## Gold Group CoRe Challenge: June 22-28

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:** *Help around the house: (5 points for completion)*

Pick two of the following things to help out around the house. Circle what you do:

- Fold Laundry
- Put away groceries
- Wipe/clean countertops
- Dusting around the house
- Put away dishes after they're clean
- Disinfect frequently touched things (doorknobs, handles, etc.)
- Other: \_\_\_\_\_

**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)*

*These are meant to be done on three different days, do them in any order on any of the days of the week. They have been streamlined now that we are back in the water!*

1. Stretching: Completed on: \_\_\_\_\_
  - a. Arms up chest stretch (45s)
  - b. Shoulder/upper back (45s)
  - c. Torso/oblique stretch (45s each side)
  - d. Two arm back stretch (45s)
  - e. Lying hamstring (each leg 30s)
  - f. Cross body hip (each side 30s)
  - g. Ankle (each ankle 30s)
  - h. Groin stretch (45s)

- i. Seated hamstring (each leg 30s)
- 2. Core body: Completed on: \_\_\_\_\_
  - a. Calf raises (3 round of 15)
  - b. Planks (2 rounds of 60 seconds)
  - c. High knee toe taps (3 rounds of 30 seconds)
  - d. Twisters (3 x 30 second reps)
  - e. Lunges (2 rounds of 10 each leg)
  - f. Leg lifts (3 rounds of 30 seconds)
  - g. Crunches (3 rounds of 25)
- 3. Shoulders: Completed on: \_\_\_\_\_
  - a. Empty cans (3 rounds of 15)
  - b. Side raises (3 rounds of 15)
  - c. Front raises (3 rounds of 15)

**Respect:** *Plan a good meal with your family: (5 points for completion)*

Help prepare dinner (or another good meal) for your family using the criteria in the handout link below:

<https://www.usaswimming.org/docs/default-source/camps/zone-select-camp/czsc-presentations/athlete-plates-easy-day-handout.pdf>

- Describe the meal:

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**Responsibility:** *Pre-race mental training: (5 points for completion)*

- Read the following article about pre-race ritual:
  - <https://www.usaswimming.org/news/2020/02/10/try-this-pre-race-ritual-to-stay-calm-and-confident-for-big-swims>

- Answer the following:

- What are some things that I routinely do before a race, good or bad?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- What sort of negative thoughts run through my mind before a race?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Try the fist-closing exercise a few times at home. Do you think it would help you? Why or why not?

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_