AMFY WAVES SWIM TEAM

the YMCA

Gold Group CoRe Challenge: June 8-14

NAME:_____

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

Caring: *Invite your family*. Choose an activity from the list below or create your own. (5 *points for completion*). Circle what you did or fill it in.

- Do a jigsaw puzzle with a sibling or parent
- Watch a movie with your younger sibling and let them pick it
- Do a workout with a sibling or parent
- Help your parents do the dishes one night
- Help cook a family dinner that everyone sits down around the table for
- Do some coloring book activities with a younger sibling (or older one if they really want to!)
- Help your parents with a household chore, and do it together!
- 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. Squats (3 x 15 reps)
    ii. Planks (2 rounds of 60 seconds)
    iii. Flutter kicks (3 rounds of 45 seconds)
    iv. Calf raises (2 x 15 reps each leg)
    v. Flying cobras/supermans (2 rounds of 45 seconds)
    vi. V-ups (2 x 10 reps)

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. Lunges (2 x 15 each leg)
        ii. Tree pose (3 x 30 second holds, don't fall!)
        iii. Hip bridges (3 x 15 reps, hold the "UP" position for 2 seconds)
        iv. High knee toe taps (2 x 30 second rounds)
        v. Twisters (3 x 30 second reps)
        vi. Dead bug (1 round for 60 seconds, go slow!)
    c. Other
        i. Try doing 30 minutes of yoga, either today or on another day
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, focus purely on perfect technique. Go slow for several 50s in a row and think how to maximize your efficiency.
            1. How can you get "more" out of every stroke?
                a. _____
            2. How can you reduce your stroke count in other ways?
                a. _____

Respect: Goal Setting (*5 points for completion*)

- Begin to think about the next 12 months, what do you want to achieve?
- Start to consider the following:
  - Your age group this fall/winter:_____
  - Will you be in high school swimming?_____
  - What level of meets do you hope to compete at?
    - A's, AA's, Zones, Nationals
  - Pick three events and begin to consider for March 2021
    - Event one:_____
      - Previous best time:_____
      - Goal best time:_____
      - What time standard does this best time goal qualify you for?_____
      - If in high school, could this event qualify you for Districts/States?_____
        - What time qualified for District/States in this event last year?_____
      - What are three things I need to improve upon to make this goal a reality?
        - _____
        - _____
        - _____
    - Event two:_____
      - Previous best time:_____
      - Goal best time:_____
      - What time standard does this best time goal qualify you for?_____
      - If in high school, could this event qualify you for Districts/States?_____
        - What time qualified for District/States in this event last year?_____
      - What are three things I need to improve upon to make this goal a reality?
        - _____
        - _____
        - _____
    - Event three:_____
      - Previous best time:_____
      - Goal best time:_____
      - What time standard does this best time goal qualify you for?_____
      - If in high school, could this event qualify you for Districts/States?_____

        - What time qualified for District/States in this event last year?_____
    - What are three things I need to improve upon to make this goal a reality?
        - _____
        - _____
        - _____
    - What is one event that, although I may not like it or may not think I'm good at right now, that I could probably be good at if I put my mind and effort to it?
        - EVENT:_____
        - Why I'm not crazy about this race:_____ _____
        - What can I do to maybe get better?_____ _____

Responsibility: Choose one of the following: (*5 points for completion*)

- Attend Coach Matt's Zoom conference on Nutrition and Trivia game on June 11, 2020
    - YES I ATTENDED: Initials here:_____
- Watch the recording OR research a few topics and answer the following:
    - Daily meals
        1. What's an example of a good lunch that I'm likely to eat routinely?
            - _____
        2. What's an example of a good dinner that our family could do weekly?
            - _____
    - Snacking
        1. What are three good snacking options for swimmers?
            - Protein-based:_____
            - Carb-based:_____
            - Other:_____
    - Caffeine
        1. What would be an acceptable level of caffeine in my daily diet?
            - _____
        2. What effects does caffeine have before a practice?
            - BENEFIT:_____
            - BAD SIDE:_____
        3. What effects does caffeine have before a swim race?
            - BENEFIT:_____

        - BAD SIDE:_____
- Water intake
    1. How much plain water should I be drinking on a daily basis?
        - _____
- Other
    1. What are some nutrition goals I can have to help with my swim goals?
        - _____
        - _____
        - _____