

OCTOBER 2020 | ISSUE NO. 9

# SCSC MONTHLY



# What's Inside

OCTOBER 2020

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## SENIOR TIME TRIALS

Coverage from SCSC's first competitive event since the shutdown



## YOGA FOR DRYLAND

Coach Jerome, RYT 200 breaks down the benefits of incorporating yoga into a dryland program

## TRICK OR TREAT ALTERNATIVES

Is there a safe way to hand out candy this year? Find out from NPR's Goats and Soda.



SENIOR

TIME TRIAL

OCT 2020



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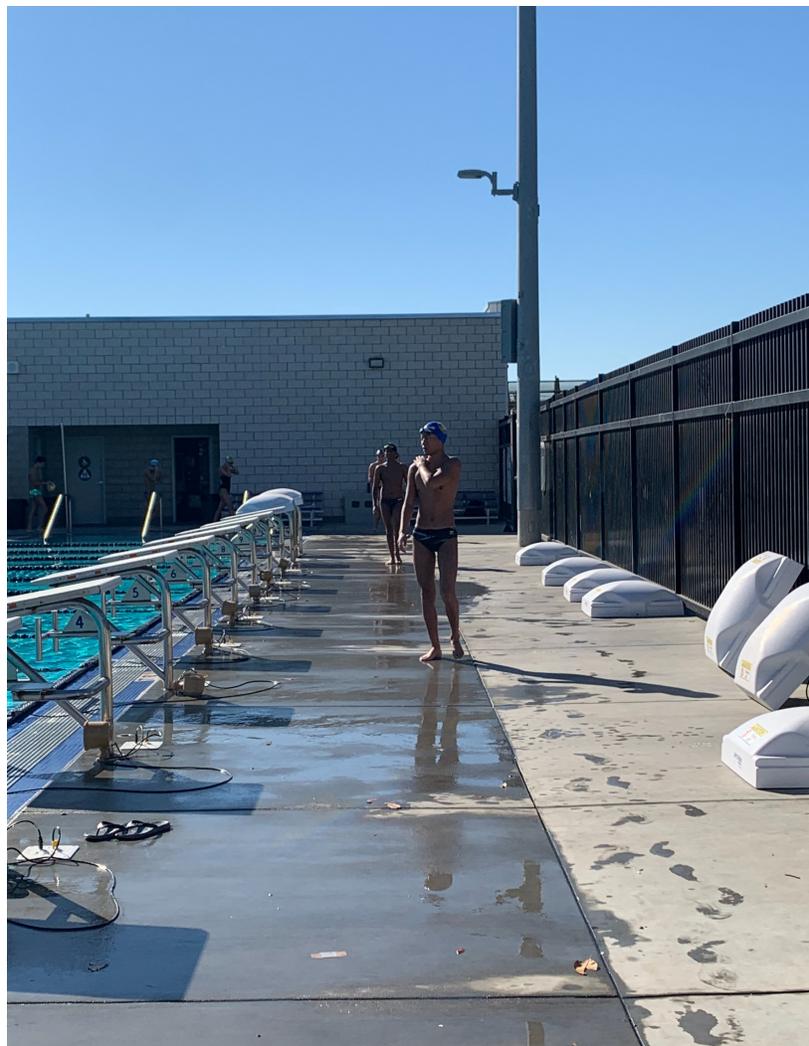
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10:40:24

santaclaraswimclub.o









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WHEELERS ALLETTES

**How  
Incorporating  
Yoga into  
Dryland can  
Make you a  
Better swimmer**



## **TARGETS KEY MUSCLE GROUPS: core, hips, and shoulders**

Boat pose (Paripurna Navasana) is a great pose that tests swimmers core strength. For hips, try half moon pose (Ardha Chandrasana), pigeon pose (Eka Pada Rajakapotasana), or supine butterfly (Supta Baddha Konasana). Great shoulder openers are cactus (Sukhasana) and eagle arms (Garudasana). Bonus: high crescent lunge (Anjaneyasana) will hit all three!



## **INCREASED BODY AWARENESS**

The more you move your body in different ways the more understanding you have of how your particular body can bend, stretch, and roll. That feeling of catching water on your palm and forearm as you pull your body through the water during freestyle can constantly be refined to do it more efficiently, avoiding overuse and injuries.



## **BREATH CONTROL**

Learning the mechanics behind how the body breathes allows you to use the diaphragm. Once you can control this muscle the volume and the speed at which you can inhale and exhale increases.



## **MENTAL TOUGHNESS**

This is such a hard skill to teach. Yoga allows you to cultivate it through breathing, meditation, and challenging postures and translate your new found focus during a sprint, distance set, or race finish.



# Is there a safe way to trick-or treat this year?

Repost from Goats and Soda Blog via npr.org

With Halloween around the corner, parents are struggling with this question. Experts agree that Halloween cannot look the same as it has in previous years: you at your door happily handing dropping candy into the hands of costumed kids or letting them forage in a bucket full of goodies.

The risk, they say, is far too high. "We certainly don't want people to be opening the door and saying hello to everybody," Dennis Clements, director of the Duke Global Health Institute, says. "You'd be introducing into a close space whatever people are breathing out" — and that applies to both the candy hander out and the recipients.

His view: "There's no good way to do it. "That said, there are some lower-risk ideas that people can consider if they're feeling comfortable, say Clements as well as Harris.

One risk-reduction strategy — suggested by the Centers for Disease Control and Prevention as part of its Halloween guidance and also by Clements and Harris — is pre-loading zip-locked baggies with candy and leaving them outside for trick-or-treaters to pick up. That procedure would significantly reduce the amount of contamination that might occur if a parade of kids scoops their bare hands into a huge bowl or jar of candy.

But even the Ziploc idea has weaknesses. What if you are asymptomatic or presymptomatic while preparing the bags? It's also critical for parents and trick-or-treaters to be conscious of the groups they are traveling in (the gold standard is small groups from one family spread far apart from one another).





Health experts also advise that children wear a COVID-19 mask: A regular Halloween mask does not offer as much protection as a COVID mask. "[The biggest risk is] most likely an issue of cross-contamination from other kids," Clements says. Harris cautions that even if your community sets certain guidelines, "guidance could change, so it's important to stay abreast of what the big health agencies are saying.

Halloween is still a week away, and a lot can change in a week. "With all the risks at play, some are turning to extreme measures to keep Halloween alive ... loading up giant catapults with candy to fling at trick-or-treaters from a distance — or sending candy down a chute that would go from a window to the driveway.

When he heard these ideas, Clements chuckled."As long as the person loading the machine doesn't have the disease, I guess it's OK," Clements says. "Otherwise you're assisting the spread by some poor guy shooting that stuff out!"



JOIN THE

# SCSC GIVING RELAY

THANK YOU FOR THE STRONG LEADOFF!  
WE EXPLODED OFF THE BLOCKS AS WE KICKED  
OFF OUR GOFUNDME FUNDRAISING CAMPAIGN FOR  
SANTA CLARA SWIM CLUB THIS WEEK. YOUR  
DONATION KEEPS SCSC'S SWIMMERS IN THE LANES  
AND COACHES ON DECK.



JOIN THE RELAY. GIVE TODAY.  
EVERY KICK COUNTS!

[HTTPS://GF.ME/U/Y5GGN9](https://gf.me/u/y5ggn9)

# Works Cited

Coronavirus FAQs: What's Up With Bubble Dining? Should You Hand Out Halloween Candy? Goats and Soda, October 23, 2020.

<https://www.npr.org/sections/goatsandsoda/2020/10/23/927171065/coronavirus-faqs-whats-up-with-bubble-dining-should-you-hand-out-halloween-candy>