

Occoquan

DEES

Swimming

COACHES CONNECTION

Parents: Don't forget to send me some fun pictures of your swimmer. I would love to see inspiring, funny or group pics from any OCCS event. Send them by text to 9518581114 or CoachKelly@swimoccs.org (I have pics from team Facebook page already)

Swimmers: Stay positive, I know this is such a bummer. Things will get better. Us coaches cannot wait to be back on the pool deck with you and the team. You are absolutely in our thoughts all the time!
Coach Kelly



Hey Swimmer's,

Hope you guys are doing well! I am happy that it stopped raining! My dogs really want to go on a walk and I am not going out there without a little sunshine. To help motivate myself, I got a new FitBit. I have an old one, (I think it is the original) but it stopped holding a charge. So my new fancy one will hopefully up my motivation to keep moving everyday.

What motivates you lately?

Did you guys watch the OCCS webinar with the NTG swimmers? It was really good! If you wanna watch it (you should), it can be seen here:

https://zoom.us/rec/share/vZI2JoztzCRLZrOcwh7BYP98QbXEX6a81iBK-aFcyEwwBDwVI1_DQCZVcycwmMH8

Password: 3G!R7Q^5

Have a great weekend! Coach Kelly

Zooming with Coach Caleb and Friends!



Hello IMR Families,
Yesterday in the Skype call the swimmers got to see their physical activity for the week. This week swimmers are asked to participate in a Survivor challenge. I will post the video of the challenge below that shows what the survivors had to complete. I know no one is on a deserted island but this is a challenge that can be done in the backyard. Grab 20 markers or pencils. One item at a time walk 4 laps around the yard. Once the 4 laps have been completed place them the one item in a cup. Repeat the 4 laps until all 20 items are in your cup.

I encourage pictures and videos to be taken and emailed to Coach Christina of the challenge. The pictures and videos will go into creating the end of the season celebration.

I hope this will be something fun to try and everyone to stay healthy,

Coach Caleb

Survivor Challenge Video

<https://www.youtube.com/watch?v=2jMzILEBhmw&feature=youtu.be>

**All IMR Groups are welcome,
including PLUS Swimmers**

I FORGOT! I WANTED YOU GUYS TO SEE SIMONE MANUEL RACE! WATCH HER
HERE: (WATCH THE USA SET WORLD RECORD)

<https://youtu.be/YXOWdBpvrFY>



Simone Manuel caps her incredible 2019 World Swimming Championships by helping Team USA set a World Record in the women's 4x100m medley.

Your Second Favorite Thing- **FOOOOOOD!**

Like just about anything, nutrition requires consistency to see results. Sure, you can get by with your training without even thinking about nutrition; a proper diet isn't necessary if you're looking to just "get by". Our bodies are pretty efficient and can turn whatever junk food we throw at it into a usable fuel. However, I would argue that in order to maximize your workouts, truly see your full potential, nutrition should be viewed not only as part of your training but the most important part. If you consistently invest in your health through nutrition, I guarantee that over time you will feel and perform better. It's easy to get discouraged when the quick fixes and miracles diets that the world we live in promises fail to yield results. I encourage you to ignore what this world says and start investing in your health through a consistently healthful diet, simply by eating real food. Here are some tips to get the athlete started:

Make the majority of your carbohydrates complex outside of workouts **(when you are training)**.

Carbohydrates are, or should be, an aerobic athlete's best friend. Literature is riddled with study after study demonstrating the benefit and importance of a high carbohydrate diet for athletes, particularly aerobic athletes. Simply put, carbohydrates are the body's fuel currency. No other nutrient burns as efficiently as the carbohydrate does. The Academy of Nutrition and Dietetics, the American College of Sports Medicine and the Dietitians of Canada all agree that carbohydrates should make up the majority of calories in your diet.



There are good
carbs and bad
carbs...

Can you name 3
good carbs and 3
bad?



I tricked you, **SIMPLE CARBS** are **NOT** always bad!

Simple sugars are digested very quickly (thus the name simple) and will result in a rapid rise in our body's blood sugar. This is typically unwarranted because if that blood sugar is not utilized, say, through exercise for example, then it will be stored in a fat cell. However, the up-side to simple sugars is that it provides a quick, easy-to-burn fuel for our muscles. Sports drinks are an excellent example of this. The carbohydrates in sports drinks are simple sugar which makes it a great, ready-to-burn fuel source during a workout.

A little protein before a workout goes a long way.

Protein before a workout may sound counterintuitive. However, a small dose of protein can prime your muscles for recovery even before you start your workout. Protein before a workout helps establish a positive nitrogen balance thus improving the uptake of protein into the muscle, preventing the breakdown of muscle tissue and delays gastric (fancy word for stomach) emptying which in turn increases satiety and prevents hunger during training.

MUSCLE BUILDING MEAT PROTEINS

**PROTEIN/100G @the.perfectdiet

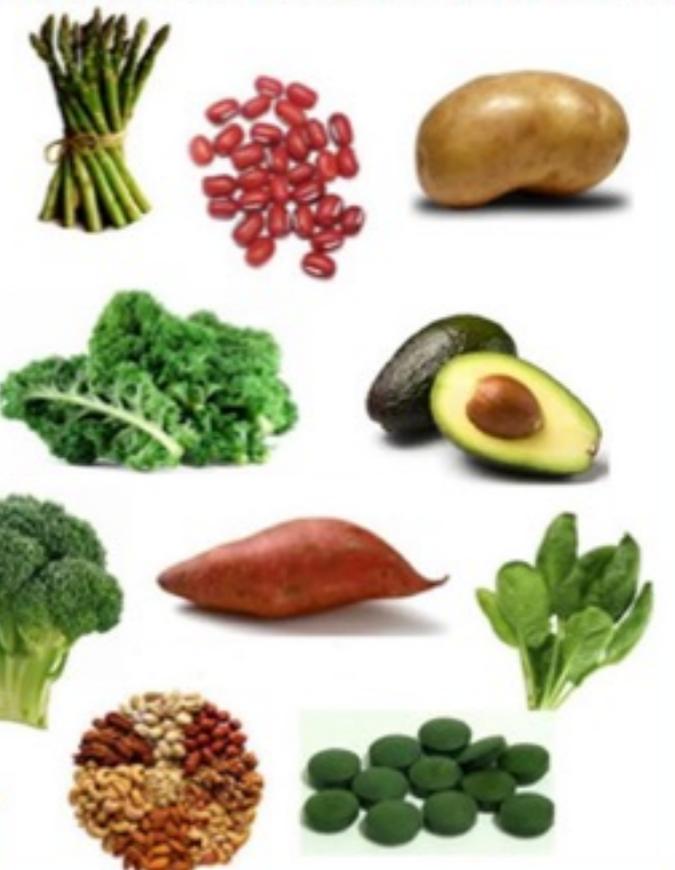
 SIRLOIN STEAK 27G OF PROTEIN	 TUNA 20G OF PROTEIN	 CHICKEN BREAST 27G OF PROTEIN
 LEAN GROUND BEEF (95%) 24G OF PROTEIN	 SALMON 22G OF PROTEIN	 TURKEY BREAST 26G OF PROTEIN
 TILAPIA 22G OF PROTEIN	 SHRIMP 18G OF PROTEIN	 LEAN GROUND TURKEY (95%) 21G OF PROTEIN

Protein isn't just found in meat!

What do you eat more of? Protein or Carbs?

GOOD SOURCES OF PLANT PROTEIN

Asparagus
Avocado
Broccoli
Beans
Cauliflower
Chia Seeds
Hemp Seeds
Goji Berries
Kale
Lentils
Quinoa
Potato
Spinach
Spirulina
Sweet Potato
Nuts & Seeds



Strive for a 3-4:1 Carb-to-Protein ratio after a workout.

It's no secret that protein is beneficial after your workout. In fact, protein is not only critical for muscle building but also for effective recovery. However, you may not know that consuming carbohydrates with that protein post workout is just as important. The goal is to strive for a 3-4:1 ratio. That is, 3-4 grams of carbohydrates for every 1 gram of protein.

Protein: Quality over Quantity.

Try not to get too caught up with consuming loads of protein. What happens to all of that extra protein that doesn't get synthesized in our muscle? Most of it will be stored in fat cells. Whole eggs, milk, fish, beef and soy beans are among the proteins with the highest biological value. Vegetarian? That's okay, be sure to mix and match your plant proteins to meet all of your essential amino acids.

Hydration

One of my favorite questions to ask athletes is, "what is the single most influential nutrient for sports performance?" Would you guess water? In fact it is and I would argue that it is also the most overlooked and taken-for-granted nutrient by athletes as well. **Dehydration can reduce the body's capacity to do work by about 30%.** This effect is further exacerbated in aerobic athletes when as little as 2.5% body weight loss due to dehydration turns into a 45% decrease in exercise performance. **Being adequately hydrated can easily be the difference between first and second place.** The most accurate assessment for hydration status is the color of your urine (your pee).

Coach Kelly Story: When I was a swimmer, my "go-to" food before practice was a peanut butter and jelly sandwich on wheat bread. My other favorite was a turkey sandwich with cheese, lettuce, & tomato (I hated tomato, so I would slice it crazy thin) on wheat bread. Were these good choices? Why or why not? What is your "go-to"? Is it a good choice?

FOOD SOURCES OF:



Antioxidants



Complex Carbohydrates



Calcium



Protein



Iron



Vitamin C

Can you name a food that you eat regularly and enjoy from each category?

What eating habits do you do well?

What eating habits do you could you improve on?

one yolk contains:

CAROTENOIDS & ESSENTIAL FATTY ACIDS

OMEGA-3 ESSENTIAL FATTY ACIDS DHA

VITAMIN A, E, D & K

VITAMIN B6 & B12

CALCIUM

IRON

ZINC

THIAMIN

FOLATE

FOLIC ACID

PHOSPHORUS

PROTEIN

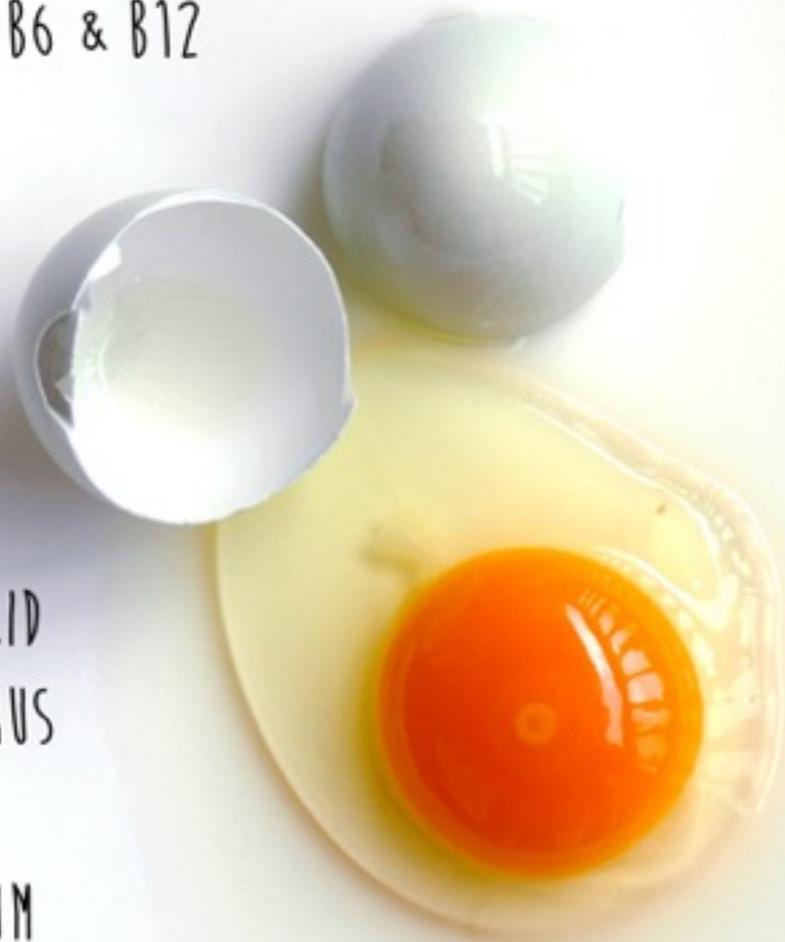
POTASSIUM

CHOLINE

LECITHIN & PHOSPHOLIPIDS

COPPER, MANGANESE & SELENIUM

HEALTHY CHOLESTEROL



NATURE'S MULTIVITAMIN

If you listen to the OCCS swimmer webinar, you will hear the swimmers talk about nutrition and point out the awesomeness of eggs. They are easy to make with so many options. They are tasty and healthy! Do you like to eat eggs? How do you like them made?

Hydration- What's that all about?

Why is water important for athletes?

Hydration for swimmers is important because our blood is made up of 93% water and blood helps transport nutrients to give you energy and keep you healthy. Since your blood transports oxygen and other essential nutrients to your cells, the right amount of water will help your heart pump your blood more effectively.

In fact, A reduction of just 2% of fluid can result in degraded performance by as much as 10-20%. That is huge. Consider for a moment the amount of effort that goes into training to improve your times by fractions of a second. All that and more can be lost by inadequate hydration.

Let's talk about "PEE"!

The reason our bodies need water is to keep it clean.

Inside our bodies we have lots of river systems, some large and strong, and others small.

The rivers join to go to our heart so that blood can be pumped around our body to give us oxygen and energy.

It also goes to our kidneys where blood is cleaned, the waste products go to our bladder and then we go to the toilet to pass urine. If we don't drink enough water (at least 2 liters per day) everything slows down and our body doesn't clean itself of toxins, which is all that orange color in your pee. Darker color, more toxins.

HIGHLY DEHYDRATED

Go drink a large bottle of water immediately.

SERIOUSLY DEHYDRATED

You are still seriously dehydrated. Drinking a bottle of water now will make you feel much better.

MODERATELY DEHYDRATED

You lose water on a regular basis throughout the day. Drink more water.

PROPERLY HYDRATED

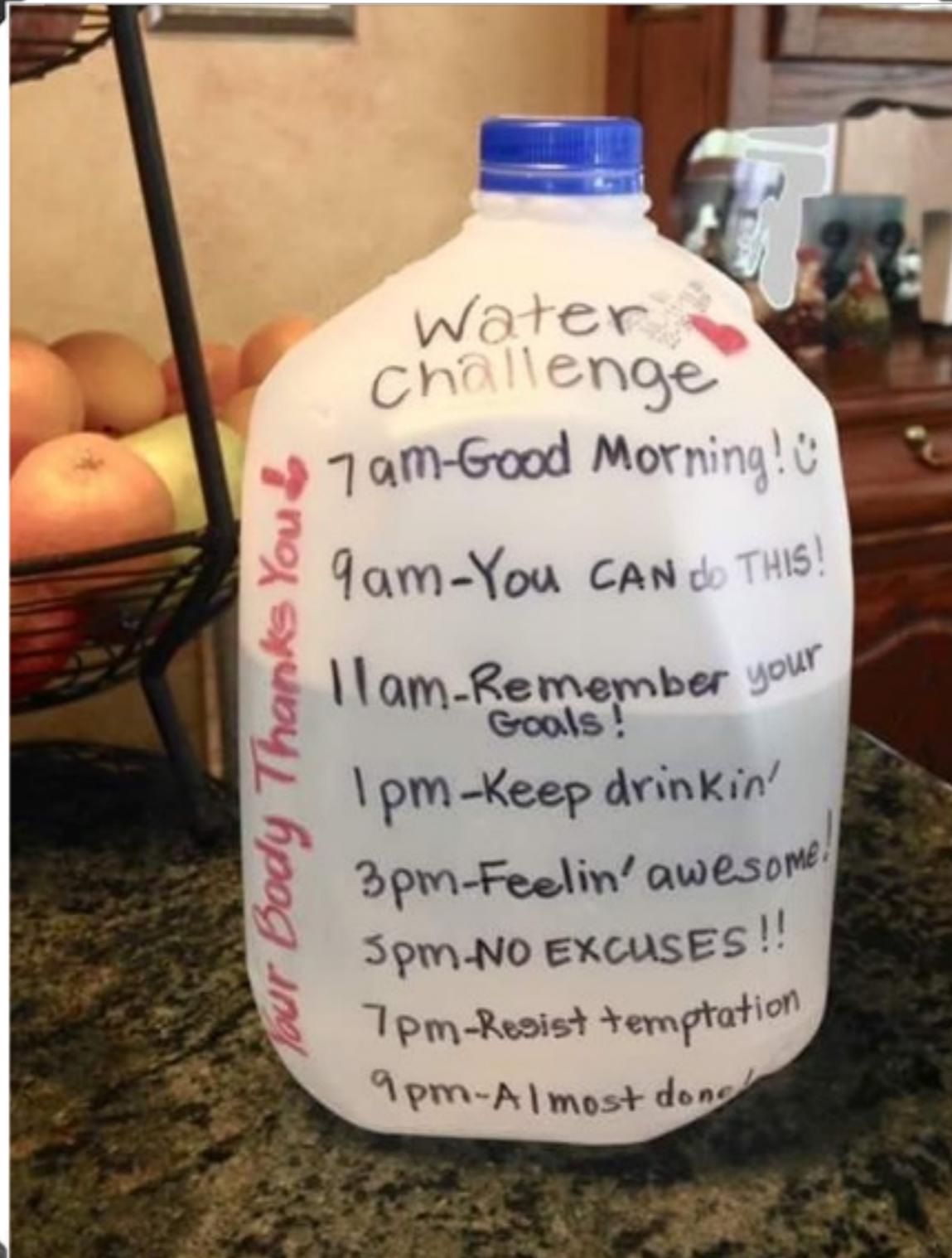
You're almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

HYDRATED & HEALTHY

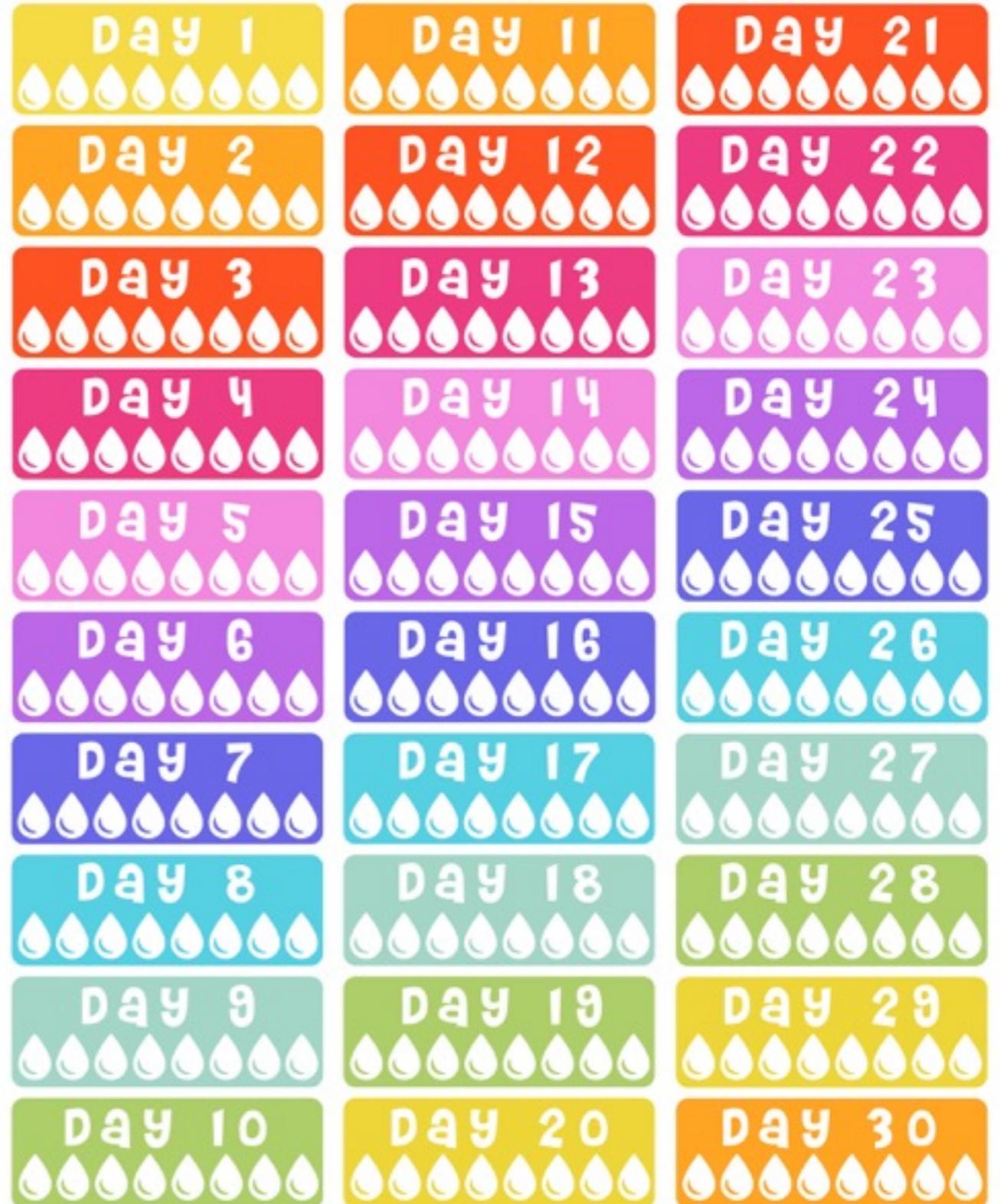
Great job! To stay hydrated, experiment during training to find the amount of fluid to drink that feels comfortable and allows you to perform at your best (6 - 12 glasses/day).



Who's in?!!!!



30 Day Water Challenge



DryLand



Challenge

Roll the Dice Workout



Directions: All you need is two dice. Each workout should include at least 10 dice rolls, but you can do more based upon your fitness level. The sum of the two dice determines the activity that you do.

Roll a 2 → 200 jumping jacks

Roll a 3 → 15 front lunges*

Roll a 4 → 15 high knees*

Roll a 5 → 15 push-ups

Roll a 6 → 25 crunches

Roll a 7 → 30 squats

Roll an 8 → 40 mtn climbers*

Roll a 9 → 20 skaters*

Roll a 10 → 100 jump ropes

Roll a 11 → 15 butt kicks*

Roll a 12 → 15 burpees



*each side/leg