

Occoquan

DEES

Swimming



COACHES CONNECTION

Hey guys, I am so sorry that I missed a few “coaches connection” emails this week. I have been working on a lot of cool stuff to get ready for the charity event this

Sunday. We printed these super cool yard signs to give out this Sunday to represent OCCS. I also have been working on the virtual OCCS Awards Banquet that is scheduled for Monday. During the awards banquet you will be delighted to watch my “world famous” team slideshow, followed by the team raffle! WHEW! See, I told you I have been busy! Really busy!

It feels great to know that I will be able to see everyone this Sunday! YAY!

Coach Kelly

THIS SUNDAY: MAY 3 @ Central Park Aquatics 8am-12pm

Central Park Aquatics is located-10371 Central Park Dr, Suite A Manassas, VA 20111

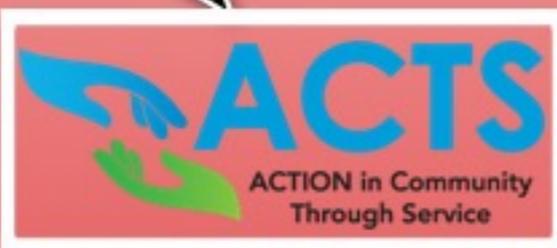


Occoquan
DEES
Swimming

Occoquan Swimming's Community Outreach Event

Occoquan Swimming is a family-first team, and in this time of need it is important to give back to our community. All you will have to do is drive through and pop your trunk! We will do all the hard work for you! Social interaction will be limited to the extreme! Strict Covid-19 Social Distancing Protocols WILL be in place to protect all participants! Thank you for donating!!!!

Who we will be supporting:



**Helping Hands
Woodbridge**



**Advocates of Abused
Animals**

Requesting Items Like:

- Bottled Water
- Paper Lunch Bags
- Toiletries
- Mac 'n Cheese
- Cereal
- Peanut Butter
- Canned Goods
- Cleaning Supplies
- Plastic Lunch Bags
- Dried Pasta
- Hand Sanitizer
- Protein Bars
- Instant Oatmeal
- Allergy Medication
- Feminine Goods
- Face Masks
- Baby Food
- Diapers
- Jelly
- Canned Goods
- First Aid Items
- Canned Tomato Sauce
- Toilet Paper
- Pancake Mix
- Cat/Dog Food
- Kitten/Puppy Food
- Feliway diffusers
- Cat Hideaways
- Puppy Pads
- Advantage II for cats and dogs
- Kitten Milk/Bottles
- Collars (martingale type)
- Leashes

MONDAY NIGHT-MAY 4



Monday Evening Virtual Awards Banquet

- Team Awards
- Senior Recognition
- Team Slideshow
- Prize Raffle

You will not want to miss out! More info TBA

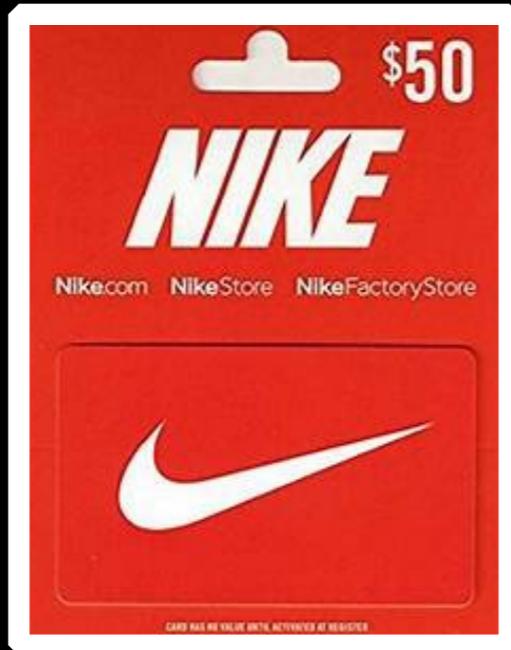
OCCOQUAN SWIMMING's

Annual Prize Raffle!!!

Tickets
are \$2



You have the option to get a 50% **CREDIT** on all sales/purchases!



Buy Tickets Here: <https://OCCS.rallyup.com/occs>

Zoom'n with Coach Aaron & OCCS Alumni This Friday 7pm

OCCS Alumni- Emily Hetzer



Name: Emily Hetzer

2019 NCAA Championship Events: 200 Free, 500 Free, 1650 Free

Previous NCAA Appearance: First Appearance

Auburn Rankings: Is the 4th-fastest performer in school history in the 500 free (4:39.18), 5th-fastest in the 1650 free (16:01.02) and the 6th-fastest in the 1000 free (9:43.54) ... Her best mile time came at the 2019 SEC Championships while her top 500 and 1000 free times were done at the Georgia Tech Invitational in November ... Holds three of the top-25 performances in the 500 free in school history (4th, 9th, 17th) and two each in the 1000 free (14th & 16th) and 1650 free (15th & 20th).

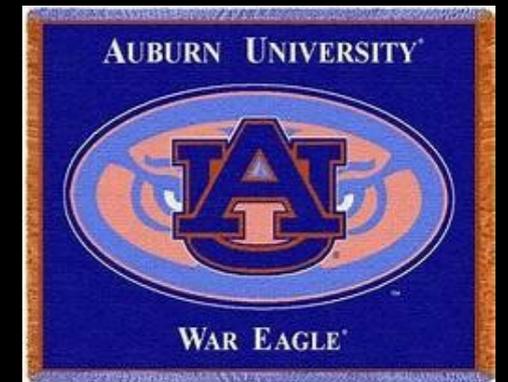
Notable: Won both the 500 free and 1000 free four times during the dual meet season, sweeping the two distance events against both Alabama and Florida ... Also held a NCAA B cut in the 400 IM (4:15.57) ... Finished 4th in the mile at the SEC Championships and 9th in the 500 free ... Also swam the 200 free at SECs, finishing 25th.

On the Psych Sheet:

500 Free - 26th - 4:39.18

200 Free - 54th - 1:46.72

1650 Free - 18th - 16:01.02



Send questions to GM@swimoccs.org or submit them on the ZOOM meeting Q&A.

The ZOOM meeting details will be sent out around 6:00pm on Friday.

OCCS Alumni- Corey Shepard



"I am proud to announce my commitment to further my education and swimming career at the United States Air Force Academy. Go Falcons!"



FRESHMAN | 2018-19: Named to the Western Athletic Conference All-Academic Team...Had the team's second fastest time in the 100 free (44.68) and 200 free (1:38.71), as well as the third quickest 50 free (20.47)...Was a member of the team's top 200 free, 400 free, 800 free, and 200 medley relay squads...At the 2019 WAC Championships, placed 10th in the 200 free...Named to the Superintendent's list both semesters.

HIGH SCHOOL/CLUB: Was a four year letter-winner for Osbourn Park High School, while also swimming club for Occoquan Swimming...Was named a team captain his senior year...Holds school records in the 50 and 100 free, as well as being a member of numerous record setting relays...Also holds the county record in the 50 free...Owns his club's records in the 50, 100, and 200 free, as well as the 200 IM and several relays...Graduated fourth in his class, and was named a USA Swimming Academic All-American.

PERSONAL: Member of cadet squadron 14 where he is the Standardization and Evaluation Clerk, an MAE Clerk, and Honor Clerk... Son of Scott and Jen Shepard...Has one older sibling, Jack, and one younger sibling, AJ...Majoring in mechanical engineering with hopes to become a test pilot...Hometown of Manassas is where the first major battle of the American Civil War occurred...Credits his club coaches as having the biggest influence on his swimming career as they "taught me what it means to commit to something and pursue it with a passion through hard work and determination."...One of his hobbies is rebuilding Jeeps, and he rebuilt his first one at 14 years old.

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OCCS Alumni- Anna Kenna William & Mary

2019-20

CAA Champion as the anchor on the 200 free relay ... Also earned All-CAA honors leading-off the runner-up 200 medley relay ... Individually, finished second overall in the 100 back with a lifetime-best time of 54.58 seconds ... Also finished sixth in the 200 back with another lifetime-best of 1:59.93 ... At the West Virginia Invitational, finished second in the 100 back ... Also took fifth in the 200 back and seventh in the 50 free ... Swam a lifetime-best 23.59 in the prelims of the 50 free ... Finished 10th in the 100 fly with another lifetime-best 56.12 ... Anchored W&M's 200 free relay to a pool-record and dual-meet record time on Senior Day against George Washington ... Totaled 304 points on the year with 15 podium finishes ... Won the 100 back against Delaware, Old Dominion, and Davidson ... CAA Commissioner's Academic Honor Roll for having a GPA over 3.0 in the fall.



100 Backstroke

W&M's third all-conference honor of the night came in the 100 back. Sophomore Anna Kenna (Chantilly, Va.) swam a lifetime-best 54.58 seconds for second overall, with what was the seventh-fastest race in school history.



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If you were not able to join Coaches Joan, Reid and Jorge on Tuesday night the archive is here:

“ASK an OCCS Coach”

Date: Apr 28, 2020 06:52 PM

Meeting Recording:

https://zoom.us/rec/share/_c1vPr7W3V1lebPV-RneW5E4HLjeeaa8hidlrPNYyB0XFqlr_wFVBws4tnucxnX8

Access Password: 6o.4#&F=



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

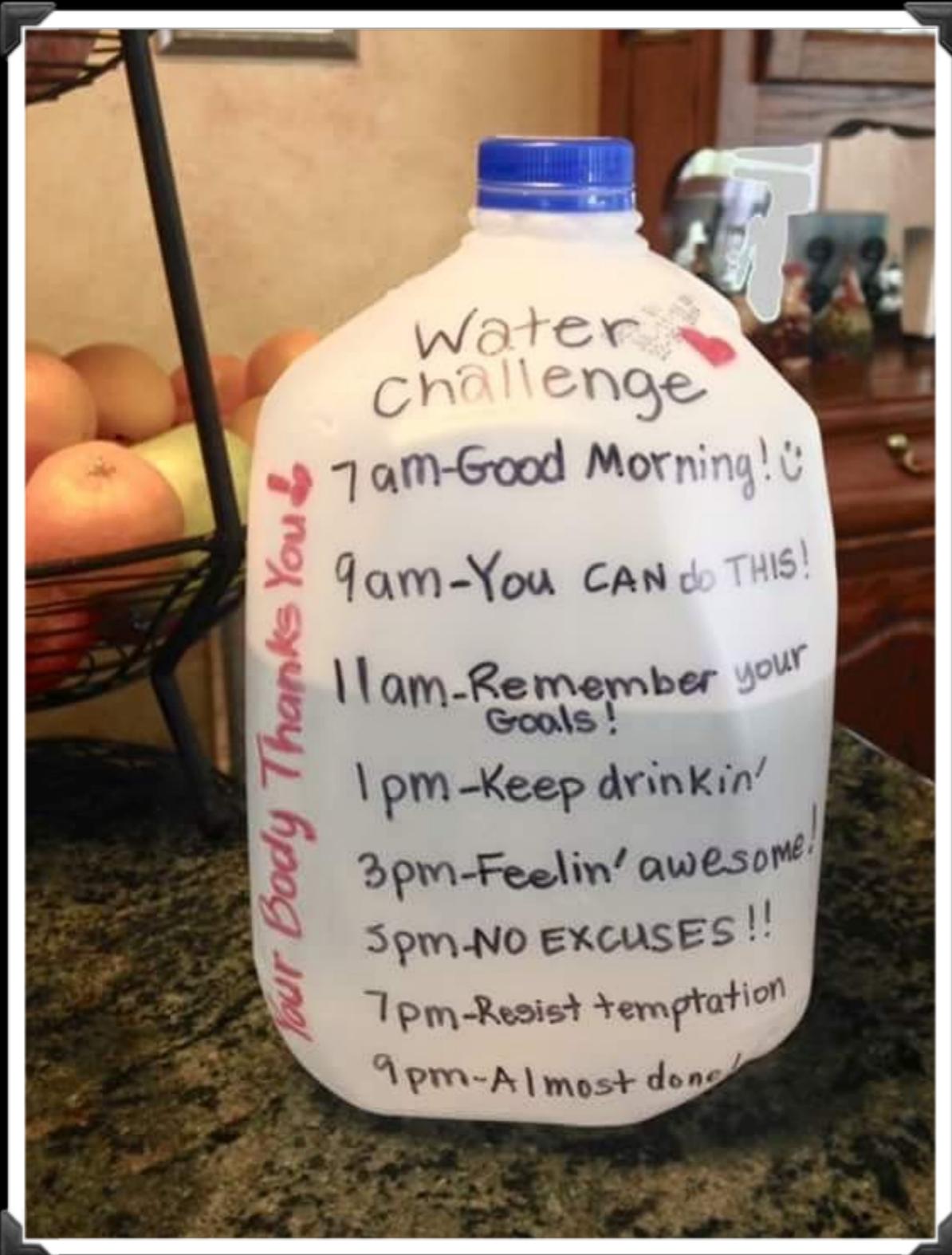
You're almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

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

Day 1	Day 11	Day 21
Day 2	Day 12	Day 22
Day 3	Day 13	Day 23
Day 4	Day 14	Day 24
Day 5	Day 15	Day 25
Day 6	Day 16	Day 26
Day 7	Day 17	Day 27
Day 8	Day 18	Day 28
Day 9	Day 19	Day 29
Day 10	Day 20	Day 30

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