

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



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**

Simone Manuel is the first African-American woman to win a medal of **any type** in an individual swimming event.



THINGS YOU SHOULD KNOW:

1. In the 2016 Summer Olympics, Manuel's wins the 100m freestyle. This was the first victory by the U.S. in the women's 100m free since 1984.

2. She & Stanford Teammate Lia Neal had already made history

Olympic games (2016) marked the first time two black female swimmers competed simultaneously on the U.S. Olympic team, but this isn't the first time Manuel and Neal made history in the pool. At the NCAA championships in 2015, the two were part of a historic 1-2 finish in the 100-yard free final—the first time three African-American swimmers swept the podium, with the University of Florida's Natalie Hinds placing third.





3. Simone wants to inspire more African-Americans to swim competitively: "I would like there to be a day where there are more of us and it's not 'Simone, the black swimmer,'" she said, "because the title 'black swimmer' makes it seem like I'm not supposed to be able to win a gold medal or I'm not supposed to be able to break records and that's not true because I work just as hard as anybody else. I want to win just like everybody else." Manuel carries the "weight of the black community" on her shoulders as one of the few black people in the sport. She wants to be a leading example in increasing awareness that swimming is an option for black people ...and it seems to be working.

4. At the 2013 world championships, the 16-year-old Manuel became the first U.S. junior swimmer to break the 25-second barrier in the 50 free.



5. Her nickname is "Swimone."

6. Manuel took her first swim lesson when she was 4 because her parents wanted all their children to be safe in the water, and by 9 was beginning to pursue the sport seriously. At 11, she joined Houston's First Colony Swim Team and became an elite competitor.

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

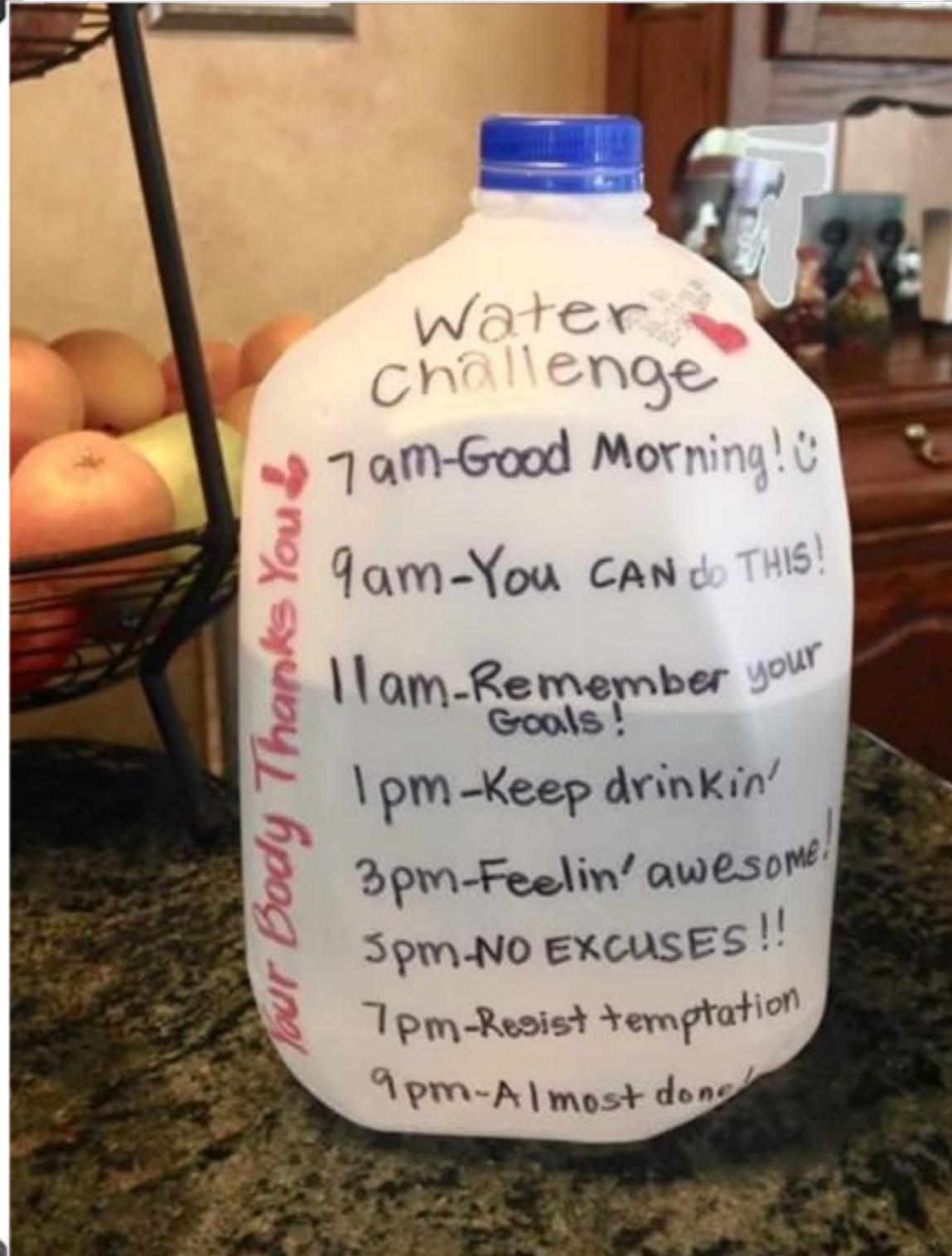
You're almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

HYDRATED & HEALTHY

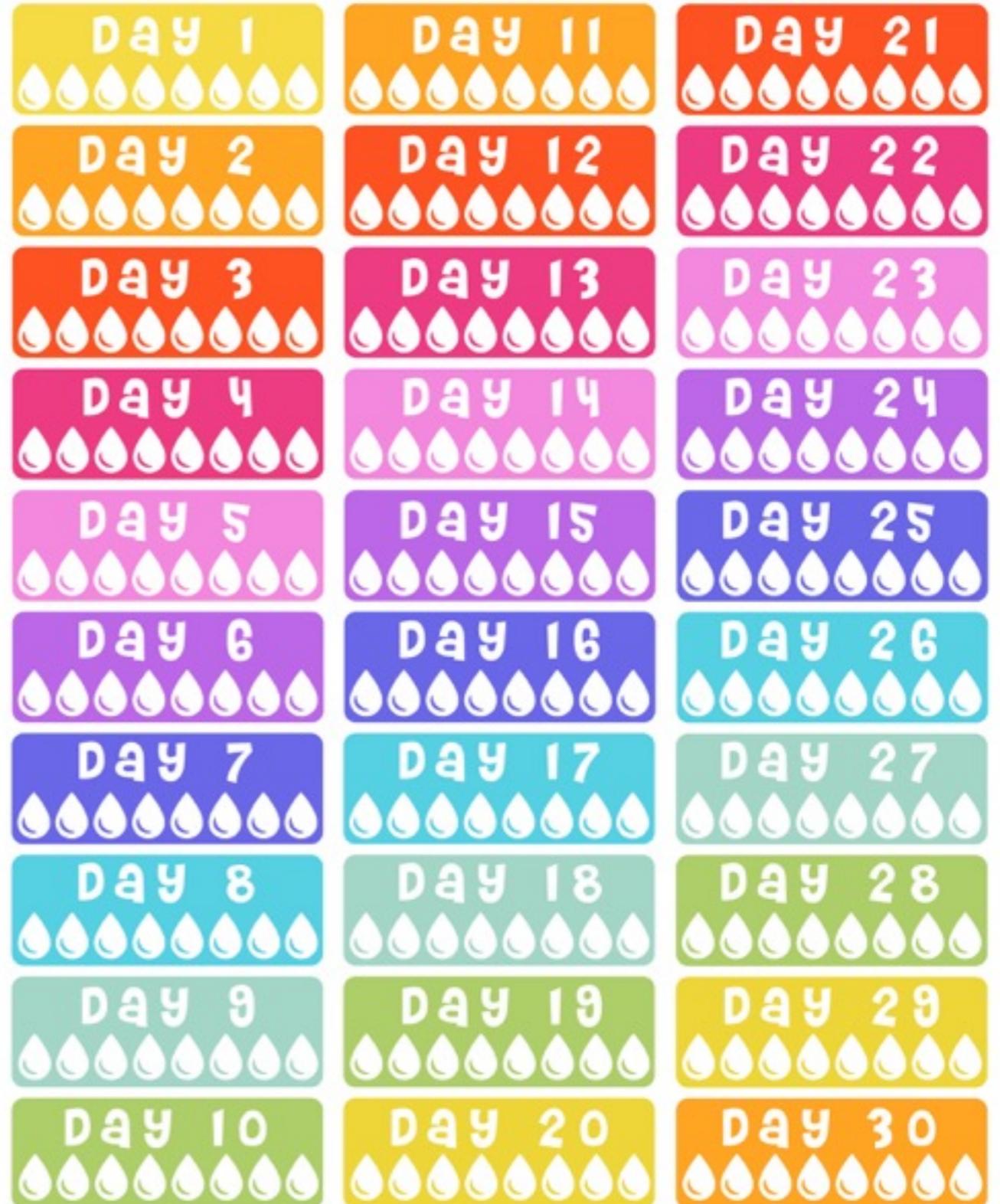
Great job! To stay hydrated, experiment during training to find the amount of fluid to drink that feels comfortable and allows you to perform at your best (6 - 12 glasses/day).



Who's in?!!!!



30 Day Water Challenge



WHO'S BEEN PAYING ATTENTION?!

Bonus Question

Can you name both Simone's in the photo?

What did Simone Manuel accomplish at age 16?

At what age did Simone start swimming competitively?

What did Simone Manuel do that made history?

What's her Nickname?



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