

COACHES



CONNECTION

-MISS'N MY TEAM-

KEEP'N THE DREAM

# 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](mailto: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**



## Mastering the Pace Clock



**Another Coach Kelly story:** when I was a kid and swam, I never knew how to use the pace clock. Many times, my coach would tell me to “go first” and it always terrified me because I never knew how many rounds we had done or when we were supposed to leave. I always had to watch the lane next to me and follow their lead. Now that I am a coach and see swimmer’s doing the same thing, I can sympathize with their struggle. So let’s learn how to use the clock so when we get back to the pool, you can be a pro!

**WATCH THE VIDEO ABOUT PACE CLOCKS!**

**<https://www.youtube.com/watch?v=PgZ7wtb4XVA>**

## Traditional Clocks aka Old School Clocks

A traditional pace clock looks like a large analog clock with a few small tweaks: There's no hour hand, and the clock has seconds written on it instead of hours. This means that there's a "60" written at the top of the clock instead of a "12." This is why swimmers often refer to the "60" as "the top."

Similarly, the 30, called "the bottom," is on the bottom of the clock. When doing a set, you might hear a coach or fellow swimmer say, "Let's leave on 'the bottom.'" This means leave the wall when the second hand gets to the 30. When reading the clock, the main hand that you need to pay attention to is the second hand.



## Digital Clocks:

Although most pools still use traditional pace clocks, some universities and well funded pools now have digital clocks. These clocks work similarly to the traditional clock: The minutes and seconds are displayed, but in a digital format. Once again, you mainly need to pay attention to the seconds.

Although not as intuitive, the lingo used with digital clocks hold the same meaning : The 60 is still called "the top" and the 30 is still called "the bottom."



## How to read the clock

“The top” refers to the 60 on the clock, or :00 on the digital display. “the bottom” refers to the 30 on the clock, or :30 on the display.

By thinking of the clock face as a pie that has been cut it becomes easier to visualize segments and keep track of your swims and send-off times.



When the second hand goes around once, how much time has gone by?

### 60 seconds:

Intervals or pace that are exactly one minute (or two minutes or three minutes, etc.) are easy. Whatever number you leave on in the first repeat, it will be the same number for all repeats in the set.

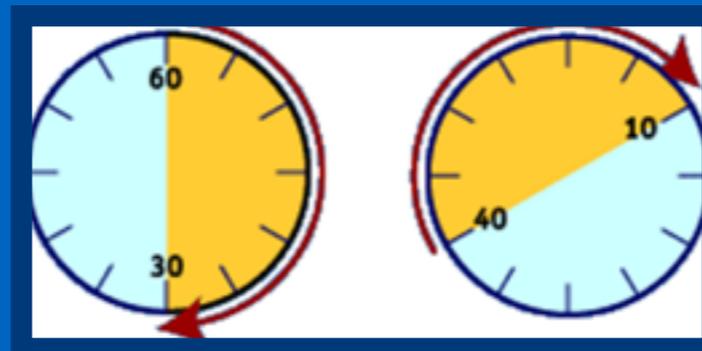
For example, 6 x 100 Free on 2 mins. If you push off on the 60 on the first repetition, you will push off on the 60 on the 2nd, 3rd, 4th, 5th and 6th rep.

Likewise if you push off on the 45, you will also do so on the other reps.

Same with the digital display, if you pushed off on :20 for the first repeat, all other reps will start on the :20.

### 30 seconds:

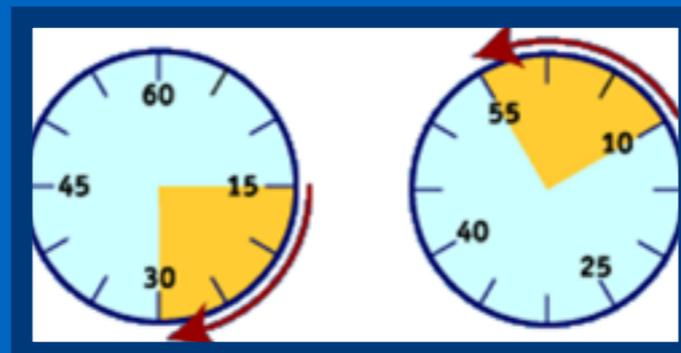
When using intervals or pace that involve 30 seconds (or 1:30, 2:30, etc.) you will always leave on one of two numbers. Those numbers will be directly across from one another on the pace clock. For example 6 x 100, on 1:30. If you set off on the 60, then your reps will alternate to start on the 60 or 30. If you start on the 10, you will alternatively start on the 10 and the 40.



For a digital clock, remember when you set off for the first repeat and then add 30sec to the clock face as this is when you will start next. Then alternate between the 2 numbers.

### 15 or 45 seconds:

Intervals of either 15 or 45 seconds will split the clock into quarters. Intervals ending in 15 seconds (1:15, 2:15, etc.) will have send-off numbers rotating 15 seconds clockwise. Send-off times in 45 second intervals (:45, 1:45, etc.) will have send-off numbers that rotate 15 seconds counter clockwise. In both cases, send-off numbers will alternate ending in 5 and 0. For example 6 x 100m on 2:15. If you start on the 60, push off times will be 60, 15, 30, 45, 60.... If you start on the 10, push off times will be 10, 25, 40, 55, 10....



On the digital clock, just add 15 seconds for the coming 3 repeats then alternate between these accordingly. For 6 x 100m on 1:45, if you start on the 60, push off times become 60, 45, 30, 15, 60... If you start on the 10, push off times become 10, 55, 40, 25, 10...

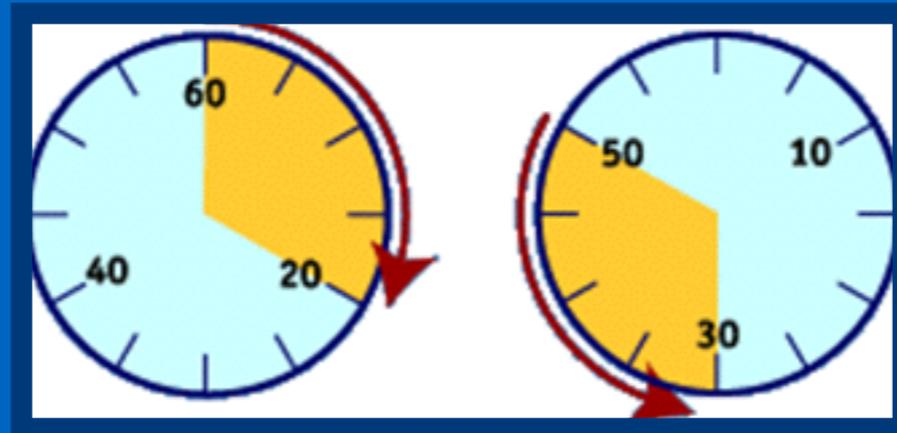
## 20 or 40 seconds:

Intervals of either 20 or 40 seconds slice the pie (pace clock) into thirds. This means you will always leave on one of three numbers. If your interval is 20 seconds (or 1:20, 2:20, etc.) your numbers will rotate clockwise. If your interval is 40 seconds (or 1:40, 2:40, etc.) your numbers will rotate counterclockwise.

For example 6 x 100m on 2:20, you will rotate 20 seconds clockwise.

If you start on 60, you will rotate push-off times on 60, 20, 40, 60...

If you start on the 10, push off times will consequently be every 10, 30, 50, 10....



For a digital clock, remember when you set off for the first repeat and then add 20sec to the clock face as this is when you will start next. Eventually you will alternate between 3 numbers, such as 5, 25, 45 or 30, 50, 10 etc.

For 6 x 100m on 1:40, you will rotate 20 seconds counter-clockwise.

If you start on the 60, you will rotate push-off times on 60, 40, 20, 60...

If you start on the 10, push off times will consequently be every 10, 50, 30, 10....

For a digital clock, remember when you set off for the first repeat and then subtract 20sec on the clock face as this is when you will start next. Eventually you will alternate between 3 numbers, such as 5, 45, 25 or 30, 10, 50 etc.

# PUT YOUR CLOCK SKILLS TO THE TEST!



1. The set is 4x50 free on 1:00 and you are leaving on the top. When will you leave for each 50?
2. The set is 4x50 free on 1:20 and you are leaving on the :40. When will you leave for each 50?
3. The set is 4x50 backstroke on 1:30 and you are leaving on the bottom. When will you leave next?
4. Your next set is 8x25 kick with board on :20 and you are leaving on the top. When will you leave for the next 7x25's?

Have you found a pattern for the intervals? Intervals will either have repeating numbers or you will be subtracting/adding each round.

Examples:

Repeating- 1:15 You will leave on :00, :15, :30, :45, :00....what's next?

Adding- 1:10 You will leave on :00, :10, :20, :30, :40, :50...what's next?

Subtracting- :55 You will leave on :00, :55, :50, :45, :40.....what's next?

# 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