

# Coaches Connection!

Hey Kids! Happy Friday!  
Hope you guys are getting into a groove with your school work! I hear it had been a challenge to navigate this new way of learning. Don't worry, it will get easier and the best part? All this is temporary!

Hope you guys have a great weekend!  
Coach Kelly

Hey Parents, Happy Friday!  
Hope you guys are getting into a groove with your kid's school work! I hear it's been a challenge to navigate this new way of life. Don't worry, it will get easier and the best part? All this is temporary!  
I kept today's connection short and sweet!  
Coach Kelly



**-FOR ALL SITES: WARF, PWE AND MC: IMR AND PLUS GROUPS-**

# Zooming with Coach Caleb & 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 done in the backyard. Grab 20 markets or pencils. One item at a time walk 4 laps around the yard. Once the 4 laps have been complete place them the one item in a cup. Repeat the 4 laps until all 20 items are in your cup.

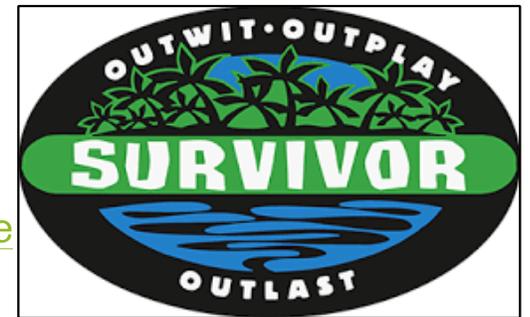
I encourage pictures and videos to be taken and emailed to Coach Christina of the challenge. The pictures and videos will go into creating the end of the season celebration.

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

Coach Caleb

Survivor Challenge Video

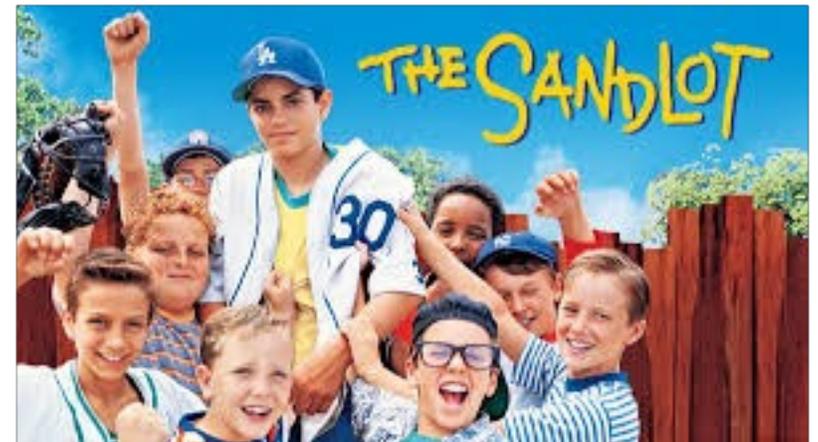
<https://www.youtube.com/watch?v=2jMzILEBhmw&feature=youtu.be>



Top 10 of My Favorite Sport Movies! If you are looking for something new to watch, check out some of these oldies but goodies to help inspire and to do as a family. Have you seen all of these? Have your kids?!

1. Absolute fav- The Sandlot! "You're killing me smalls!"
2. Angels in the Outfield- its been awhile, I just remember I loved it!
3. Mightly Ducks- "Quack, Quack, Quack Mr. Ducksworth"
4. The Rookie- I just watched this the first time the other night. Younger kids might get bored. I loved it!
5. Cool Runnings- Who doesn't love a Jamaican bobsled team?!
6. Space Jam- not one of my favorites, but it was my husband's absolute favorite when he was a kid.
7. Soul Surfer- Talk about "getting back up on that horse!" So inspiring!
8. RUDY- "Rudy, Rudy, Rudy!" I just re-watched this. Always Good! Might be boring for younger kids.
9. The Karate Kid- this is taking ya back!
10. Free Willy- not a sports movie, but I love the moral!

I didn't put "Touch the Wall" you guys already know I am obsessed! See the Next page :)



# One of My Favorite Swimmers, MISSY FRANKLIN!

Missy is absolutely one of my favorite swimmers! Why? I think the biggest reason is because she doesn't let swimming define her. She is Missy Franklin, who happens to be a great swimmer. She has had so many triumphs & so many failures; but no matter what, she smiles so bright and stays true to herself. If you have never watched the movie "Touch the Wall" (or haven't in a long time), I HIGHLY encourage you to sit down and watch it. It is kind of a documentary of two swimmers, one being Missy. You will see what an advantage it is to have a positive outlook, to be sure of yourself and never forget to smile. Because at the end of the day kids, swimming is just a small piece of who you are and we are all capable of greatness!



**Click here to watch "Touch the Wall" on Amazon Prime Video**

[https://www.amazon.com/gp/video/detail/B01DVCOL42/ref=atv\\_dp\\_share\\_cu\\_r](https://www.amazon.com/gp/video/detail/B01DVCOL42/ref=atv_dp_share_cu_r)

# There is No Better Time to Work on Your Mindset!

With pools closed and swim meets canceled, there is a remarkable lack of chlorine in the air. My swim bag has never been drier, my hair has never less chlorine-damaged, and I am having swimming dreams on a nearly nightly basis.

But although we are all experiencing some kind of withdrawal from the pool, and we are all limited in the kind of physical training we can do, there is something that can be done to stay sharp.

And that's taking advantage of this golden opportunity to build a stronger, more focused mindset.

Maybe you've dodged mental training in the past because it seemed confusing. You didn't know where to start. Or the all-time chart-topping classic—not enough time.

Here are three simple mental training exercises you can do at home to get started on improving your mindset.

## **Journal out your most excellent performance.**

Swimmers tend to approach race day with a combination of superstitions and fly-by-the-seat-of-my-pants. Now that you have some time on your hands, it's worth looking back at the times where you crushed it and break down what led to those performances.

Grab a piece of paper and pen and write down quick bullet-points of:

Your mindset on race day. The emotions you were feeling. Your pre-race routine. The things you were focused on as the minutes ticked away until you raced like a chlorinated monster. Where your mind was at while you were swimming—blank? “In the zone”?

## Visualization and mental imagery.

We all use visualization in some degree. Generally, it is in a disorganized manner, daydreaming about false-starting during class or picturing your scary competition swimming scarier than ever. But visualization is a powerful tool that you can use for everything from improving technique to building self-confidence. It's no wonder that countless Olympians from Michael Phelps to Katie Ledecky use visualization as part of their preparation.

### Here are some tips for making your visualizations more real:

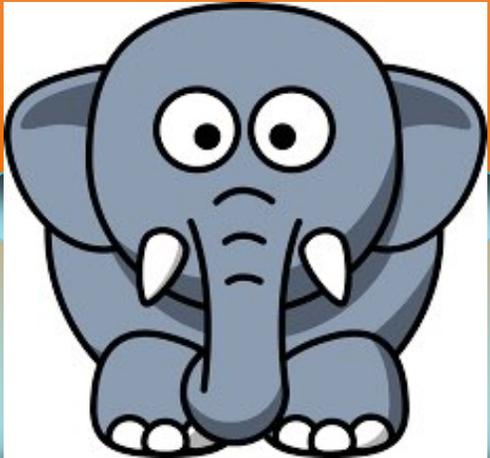
Picture the environment. The bright lights of the pool. Your coach standing on the pool deck, heat sheets rolled tightly in his hand. The tiles at the bottom of the pool. The black line whizzing by. The flex in the bulkhead when you push off.

Hit all your senses. The smell of chlorine. The gritty texture of the block under your feet. The chilly pool water when you dive in. The churning ball of pre-race nerves in your belly. The adrenaline as you march out onto the pool deck.

Use performance cues to “feel” your race. Write out performance cues for each stage of your race and use them to guide your visualization. For example, you could use the cue, “Explode!” for the start. Visualize yourself exploding out of the start. Same for the first 25 or 50, where the performance cue may be “Easy speed!” Use this cue to visualize yourself with easy speed.

Consistency is king. Banging out a couple quick visualization reps and then dropping it won't help you improve. Treat it like a skill. The more you do it, the better you will be able to control the outcome of your mental imagery, and the deeper they will sink into your brain (making them feel more and more like “real” experiences).

# HOW TO EAT AN ELEPHANT!!



Now, of course, we are not talking about eating a real elephant... **DO NOT GO TO THE ZOO AND ATTEMPT TO EAT AN ELEPHANT**, that will get you into trouble-quick! But this is an analogy or metaphor for facing things that are challenging. This is applicable for swimming as well as outside the swimming world.

Eating an Elephant is what it feels like when you are faced with a task that seems bigger than you can handle. It is overwhelming. Something that you doubt that you can do. We all face elephants in our lives. Success people learn how to face those challenges and still be successful. They accomplish more than even they thought was possible, originally.

The answer is simply yet challenging. You break it down into pieces, and sometimes you break the pieces into pieces. And, you attack one part at a time. Before you know it, you will leave people behind whom are too scared to start to do what seems impossible. So..What seems impossible? What do you want to accomplish that you think you can't do? In swimming or in LIFE!!!

Take that dream and break it into pieces. If you want to be an Olympian? What does it take to be there? To work hard in every practice? YES. To make mistakes? YES!! To learn from those mistakes? ABSOLUTELY!!! Olympians are not BORN, they are made through work, dedication, and learning from mistakes. They EAT their elephants, every day. Every day getting closer to their dreams.

There WILL be setbacks. It will happen. So.... What are you going to do when setbacks come? Are you going to give up on your dreams, or fight harder for them?



# Ways to be a Great Teammate! (that you may haven't thought of)



1. Work hard. When you work hard, you make other's around you want to work hard too. Your effort is contagious & you can lift your teammates up or drag them down. You hold a lot of power!

2. Believe in yourself. Believe in your team, in your coaches, in your teammates and what you can achieve together. Make your goal into group goals and hold each other to the highest standard!

3. Encourage those around you. Preach "we don't give up when things get hard". What you won't realize is, the more you encourage others, you are not giving up on yourself either. When you support others, you are becoming the best version of yourself in multiple ways.

4. Be Optimistic: Don't focus on setbacks, keep sight on the future because the best is yet to come!

5. You can give energy or take it. Be the light of positivity that creates an environment of excellence!

Your Swim-School Project:

# A Confidence Jar

If you have been reading all the info I have been sending you, you will understand that your mindset is a huge component to your success. Missy Franklin used a confidence jar despite the smiles and bubbly personality, she had her own doubts, uncertainties, insecurities and lapses in self-confidence. Just like any other swimmer. So putting small achievements into your jar after each practice or activity will add up and slowly fill your jar. Anytime you need a pick up, look through the jar for a boost!

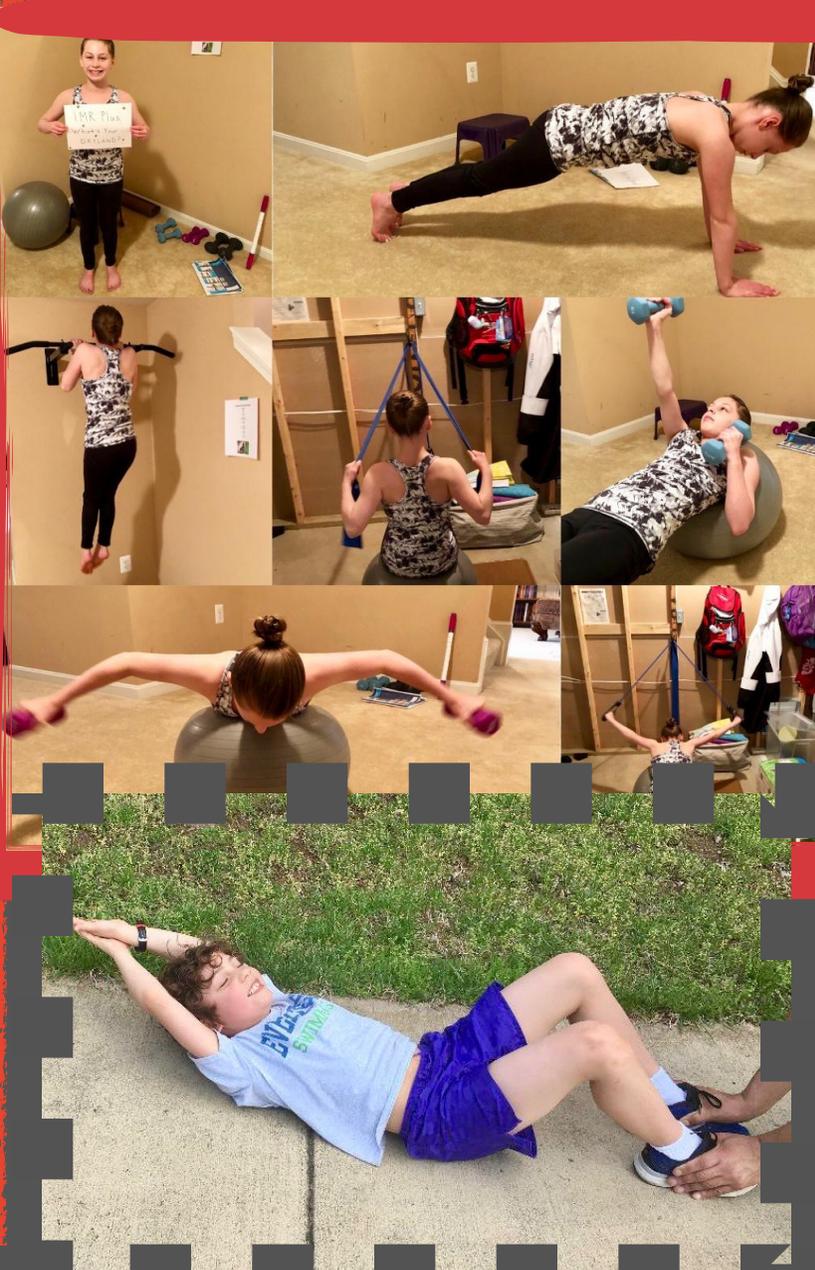
*Capturing  
your*



Dream. Write. Believe.

**THE CONFIDENCE JAR IS A VISUAL REPRESENTATION OF THE WORK YOU ARE DOING.** As the season progresses, and that little jar begins to stretch at the seams, you get a strong, motivating sense of how much quality work you have done. You can see it right there, each day, getting more and more packed. The season is long, and it's not always obvious to us how much quality work we have done in the water. But with the jar, getting progressively more stuffed with mini-achievements, **you have physical proof that you are getting better in the pool.**

- Step 1. Find a jar that can hold a lot like the size of a large peanut butter or mason jar
- Step 2. Decorate it any way you want, with things that inspire you
- Step 3. Figure out what kind of things you will want to put into the jar to help you through the hard times or when you need that boost of confidence. Start now with your dryland workouts!



# 5-4-3-2-1 Workout

**CHALLENGE  
ACCEPTED**

**Directions:** Complete the workout in order as written 5-4-3-2-1, which will take 15 minutes. Rest & repeat as necessary, 2-3 times is suggested.

## 5 Minutes

- 1 min jumping jacks
- 1 min high knees
- 1 min butt kicks
- 1 min cross jacks
- 1 min high knees



## 4 Minutes

- 1 min squats
- 1 min wall sit
- 1 min jump squats
- 1 min wall sit

## 3 Minutes

- 15 tricep dips
- 10 push-ups
- \*repeat for 3 min

## 2 Minutes

- 1 min walking lunges
- 1 min mountain climbers

## 1 Minute

- 1 min elbow plank

[Link to timer](#)

Make sure you are following OCCOQUAN SWIMMING on Facebook!  
We have MANY resources, webinars, & dryland challenges daily!