

Coaches Connection

Hi Gang,

How is everyone doing? You guys hanging in there? Today I am STILL working on painting my house. I am not sure if I am really slow at it or its just way more work than I thought it would be. My husband has been home a lot more which is super cool because he cooks dinner almost every night. Fun fact: I have no clue how to cook! Have you guys made any dinners? You should ask your parents for a recipe and see if you have any culinary skills so you don't grow up and be like me. :)

I will be sending you emails a few times a week to stay connected during the break, but if you would like to email me, feel free! Just make sure you include your parents on all communication that you send me. Otherwise, I can't read it or respond

CoachKelly@swimoccs.org

Until we meet again, Coach Kelly

ps. Wednesday was April Fool's Day, did any prank you? DO TELL!



FUN FACTS ABOUT THE OLYMPICS!

- Gold Medals are mostly made of silver, they contain only 6 grams of gold. They have not been solid gold since 1912. If they were pure gold, they would be worth approximately \$28,000
- The lighting of the Olympic torch is not an ancient tradition. It started in 1936 in Berlin.
- The Olympics have been cancelled three times due to wars; World War I (1916) and WW2 (1940 & 1944)
- The Olympics have never been postponed a whole year before. This is the first time ever!
- Only one person has won a medal in during the Summer and Winter Olympics. American Eddie Eagan took the gold in boxing (1920) and then earned a gold medal in bobsledding in 1932
- In ancient times, the Olympians competed NUDE! In fact, the word “gymnasium” comes from the greek word “gymnos” meaning nude. As such, the the literal translation of gym, is “school for naked exercise”.
- The youngest (modern era) Olympian is Marjorie Gestring. She competed at age 13 in the springboard diving events.

Did you know that OCCS has had multiple swimmers qualify for Olympic Trials? Since the games are now postponed until next summer, that gives athletes a whole additional year to qualify. Since I have been on the team, I have cheered on Mary Claire Tansill who represented OCCS in the 200 Breaststroke. Next summer we will be adding Emily Hetzer and Corey Shepard to the list who have both qualified. I am excited to see who's the next qualifier!! -Coach Kelly



The 5 rings of the Olympic flag represent:

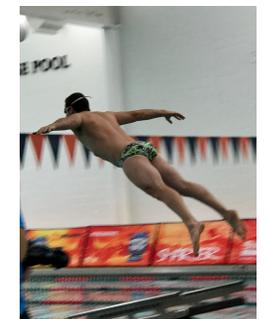
- ✕ Africa, Asia, Australia, Europe, and the Americas
- ✕ they are linked together in friendship.
- ✕ Every national flag of the world has at least one of the rings colors.



✕ As of 2012, the USA has won more Gold (976), more Silver (758), more Bronze (666) and more total medals (2400) than any other nation at the Summer games. That's a lot of bling!



✕ The United States has hosted the Summer Olympics more times than any other nation ✕ St Louis 1904 ✕ Los Angeles 1932 & 1984 ✕ Atlanta 1996.



Technique Tip of the Day - Dolphin Kicks

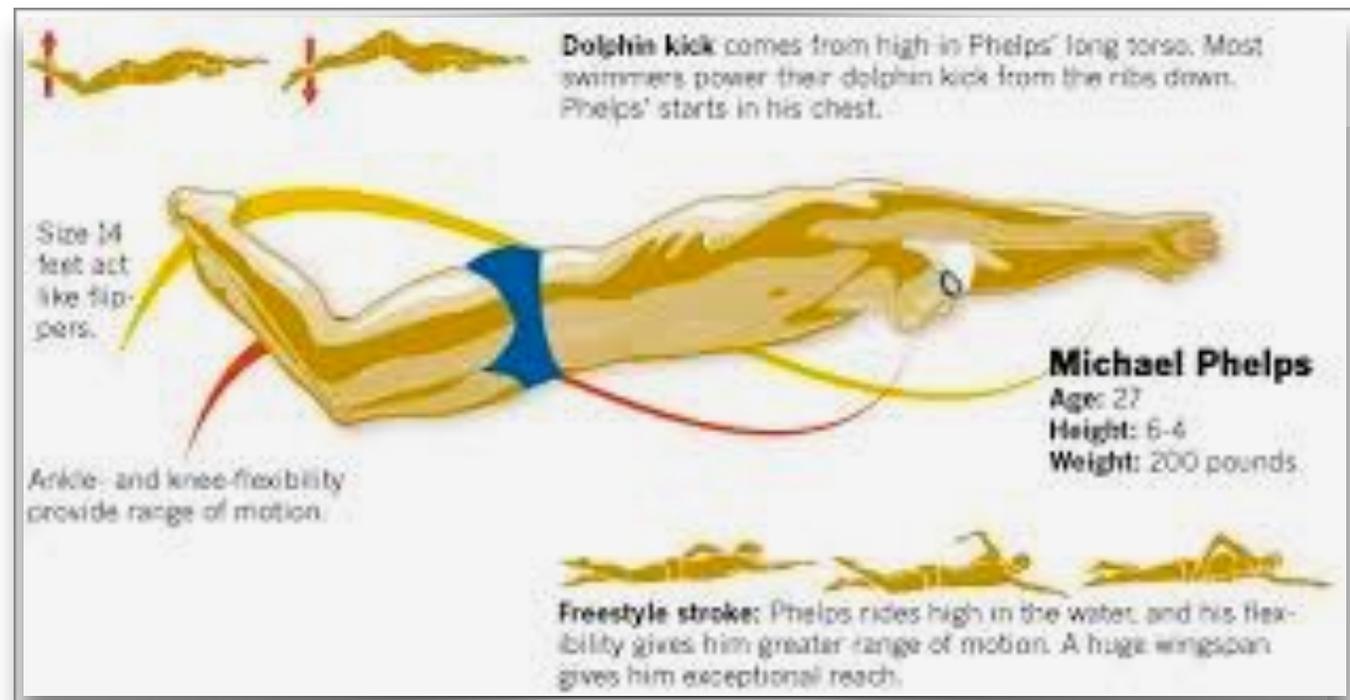
Once you have mastered a great streamline, you will want to add dolphin kicks to your underwaters.

It's super important to help carry your speed and power from your push-off into your swimming.

If you want to be an elite level swimmer, you will need to be able to have powerful dolphin kicks.

Here's a VERY EDUCATIONAL video that shows you how to do it best!

<https://www.youtube.com/watch?v=CsFS-A7omMA>



“You can kick underwater for fifteen meters. For backstroke this rule has been in place since 1988. Underwater kicking is important because it helps you carry the speed of your walls to further out in the race. The benefits are that it helps you go faster off your walls than you would have without it.” Anonymous

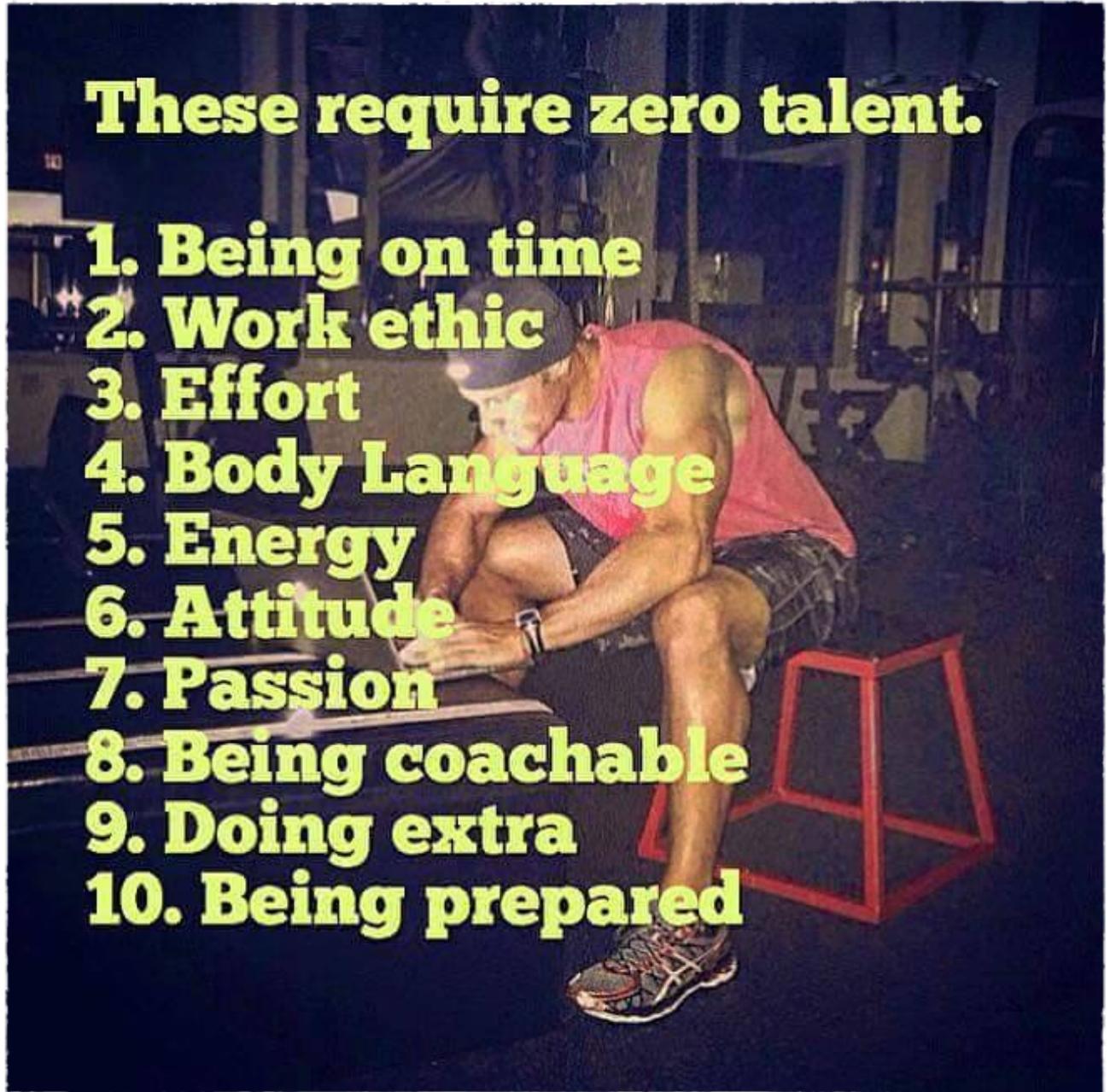
How many dolphin kicks do you do off each wall at practice and at meets? What is ideal?

- IMR: 2-3 Dolphin Kicks
- PLUS: 3-4 Dolphin Kicks
- IMX: 4-5 Dolphin Kicks

What things can you do in practice, at home and during meets to demonstrate accountability? Can you name 10 ways to show your commitment improvement?

These require zero talent.

- 1. Being on time**
- 2. Work ethic**
- 3. Effort**
- 4. Body Language**
- 5. Energy**
- 6. Attitude**
- 7. Passion**
- 8. Being coachable**
- 9. Doing extra**
- 10. Being prepared**



CHARACTER & LIFE SKILLS - ACCOUNTABILITY

HOW DO YOU HOLD YOURSELF ACCOUNTABLE?

When you hold yourself accountable, you are making a deal with yourself to be the best swimmer that you can be.



“I can hold myself accountable by taking responsibility for my actions and staying dedicated to things I need to do, such as schoolwork and sports. Outside of the pool, I am responsible for all my schoolwork, baseball, track, and some chores around the house like taking care of my dog and taking out the trash. In the pool, I take responsibility for the times I get and the training I do to get those times. I could hold my teammates accountable for the times they get. For instance, if a teammate was complaining about a time but never worked hard in practice, I could give them a friendly reminder of this fact and encourage them to work harder in practices to come.”

Mason Lancellotti (OCCS IMX Swimmer)

*Outdo.
Outwork.
Outshine.*

“I hold myself accountable by thinking of things that could happen if I did not hold myself accountable. In my house I am accountable for doing my laundry, emptying the dish washer, and keeping my room and the basement clean. In the pool i hold myself accountable for my effort and attitude. I feel my teammates should be accountable for supporting and helping one another.” Theo Avelis

Stories to Inspire!!



There are so many cool stories that inspire us and amazing people who have succeeded against all odds.

Today we are going to learn about a normal swimmer named Elizabeth.

**IT'S NOT THE TEAM
WITH THE BEST
PLAYERS THAT WIN.
IT'S THE PLAYERS
WITH THE BEST
TEAM THAT WINS!!!**

[Facebook.com/LessonsFromBaseball](https://www.facebook.com/LessonsFromBaseball)

Elizabeth does not like swim meets. She gets horribly nervous but not because she wants to win. She doesn't want to win. She doesn't expect to win. She doesn't care if she wins. Her nerves stem from the possibility that she will do something horribly wrong and let everyone down. The day of a meet, she would be scared all day. She would be scared as the meet began and scared throughout the meet. Afterward, when her mother and I asked, "Did you have a good time?" she would say, no, she did not.

Elizabeth started to talk about quitting swimming, which broke my heart because she loves swimming. So I came up with the deal, the deal was "as long as you work hard and have fun at practice, you do not have to do swim meets".

Recently, Elizabeth's team announced a special swim night: Members 11 and older would swim a timed 50 meters in all four strokes and then have pizza. It wasn't exactly a meet, because it would involve only team members. That was my view. Elizabeth countered that it absolutely was a meet because there would be races and timers and so on. I told Elizabeth I really wanted her to go. She fought back furiously but finally agreed.

When the day of the special swim night arrived, Elizabeth was nervous. When we got to the pool, she became even more nervous. She was probably the youngest person there and shorter by at least a foot than most of the other kids. Her first race was the 50-meter freestyle. For the first time in competition, she used a swim turn. That was really cool to watch, and she flipped very well. But she missed the wall. :(

She swam her backstroke and breaststroke without incident. It wasn't fun for her; I could see that. The older kids didn't really notice her. She didn't have any chance to win a medal. You always hear in sports that the butterflies go away after a while, but Elizabeth's butterflies just kept flapping.

Then it was time for the T-shirt relay, for some unknown reason, Elizabeth's relay team chose her to swim the anchor leg. They worked out a Cirque du Soleil move to get the T-shirt off one swimmer and onto the next one. It didn't always work, but it was always entertaining. By the last leg, Elizabeth's team had built up a moderate lead. Then it was Elizabeth's turn to swim. It was rather extraordinary to watch the team try to dress her in socks and a T-shirt. And then she was off. She seemed to swim faster in the T-shirt and socks than she did when she wasn't wearing them.

Approaching the halfway mark, she was still in the lead. Then somebody noticed that one of Elizabeth's socks had fallen off and was floating in the pool. "She has to get that sock on before the end of the race," a swimming official told Elizabeth's team, "or you will be disqualified." One of her teammates jumped in the water, grabbed the sock, and threw it at Elizabeth. She still didn't notice. She was in the zone. She made the turn and started her last 25 meters. It was time for desperate measures. A girl on my daughter's team jumped in the pool, grabbed the sock, and swam after Elizabeth. She grabbed Elizabeth's foot. "You have to put the sock on," the girl screamed. Elizabeth treaded water while her teammate put on the sock.

By now, the girl in lane two was about to pass Elizabeth. With the sock finally on, Elizabeth swam her heart out for the last 15 meters. It was close. But Elizabeth beat the other girl to the wall for the victory. There was much celebration and joy. Hugs. High fives. Cheers. And, for a few minutes, Elizabeth was the hero. It was completely unexpected and completely ridiculous and completely pointless. But she was the hero.

On the ride home, she relived her moment of glory again and again. She talked about how scared she was when someone grabbed her foot and how funny it was when she was sloshing to the finish and how great the night was. She told me that if the T-shirt relay was an Olympic event—and she is quite sure it should be—her team would win the gold medal. I told her that in my professional opinion, she was absolutely right.



Let's hear your answers!

- How do you think Elizabeth felt before the relay race?
- Have you ever felt like Elizabeth before?
- When her teammates gave her lots of high fives and cheers when she won, how do you think she felt?
- What had more of an impact, her winning the race or the way her teammates made her feel?
- How do you think Elizabeth feels about meets now?
- Do you realize what an impact you could also have on a swimmer who is not feeling very confident and nervous?
- Is supporting teammates something you do well or is it something you could improve on?
- What is the moral of the story in your opinion?



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



- Staying physical isn't just good for your body, it is proven that it is also great for your mind
- This time away from the pool is a great way to build your core strength which many of you struggle with. My "favorite" video to build core strength is called "8 min abs". Its really cheesy because its from the 80's. You will love the clothes! You can find it on YouTube!
- Physical challenge – 4x through:
 - :30 plank
 - :30 jumping jacks
 - :30 streamline pull-downs (on stomach, start hands in S/L then pull them out to the side to make a W)
 - :30 high knee jumps