



Coaches Connection

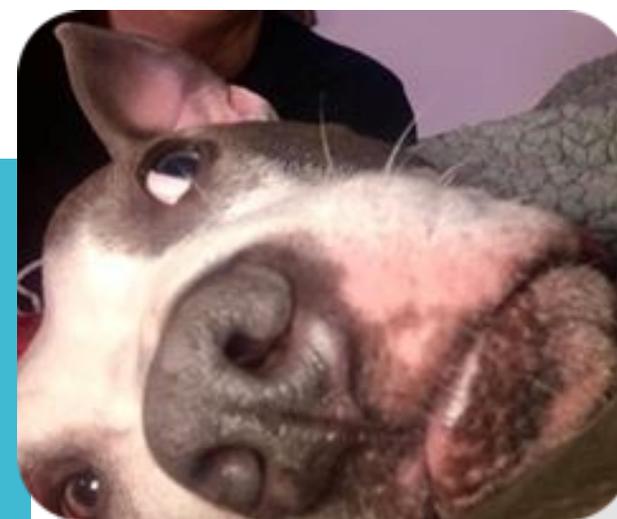


Hi Gang,

How many of you are realizing that your pets are your best friends? I have been hanging out with my dogs more than I ever have! They are my besties for sure! I wonder who has the strangest pet here? I would love to post on Facebook, pics of you and your pets having fun!

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





Zoom Opportunities with Coach Caleb and Christina



Hi IMR Parents and Swimmers,
Last week we held our second IMR chat which was a success. We had new faces join and swimmers return which was nice to see. Coach Christina also joined us and gave the swimmers a task of reflecting on an inspirational word. Since we are unable to swim during this time it is still important to stay active. Every week a new physical challenge will be added for the swimmers to complete at home during the week after the chat has ended. The physical activity at home will help when we get back in the water as it will be a little bit easier to swim practice. This week the swimmers have been encouraged to do flutter kicks every day for as long as they can.

The Zoom chat this week will be Thursday April 9th at 12pm. The topic that will be talked about is Butterfly, inspirational word of the day, and the physical challenge for the week. Below will be the information for the Zoom chat. Caleb Roach is inviting you to a scheduled Zoom meeting.

Topic: IMR Coach Zoom Chat

Time: Apr 9, 2020 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

[https://us04web.zoom.us/j/5261848765?](https://us04web.zoom.us/j/5261848765?pwd=VWpVZ25Zb0F4bWl1YlN4cXBPWkFUQT09)

[pwd=VWpVZ25Zb0F4bWl1YlN4cXBPWkFUQT09](https://us04web.zoom.us/j/5261848765?pwd=VWpVZ25Zb0F4bWl1YlN4cXBPWkFUQT09)

Meeting ID: 526 184 8765

Password: SWIMOCCS

Coach Caleb

INTERESTING FACTS ABOUT MICHAEL PHELPS



- If Michael Phelps was a country, he'd be ranked 32nd on the all-time medal count. THAT'S OF ALL TIME, 120 years worth!
- Since 2004, only 12 countries have won more gold medals than MP
- Nobody has hit double digit gold medals in their Olympic career. Before MP came around, the leader had 9 gold medals.
- If Katie Ledecky were to stay at her current gold medal rate, she wouldn't pass Phelps until the 2036 Olympics when she would be 39.
- MP likes to wear two swim caps when he competes.
- Phelps wears a size 14 shoe
- MP is double jointed in his knees and elbows
- Michael Jordan is MP's favorite athlete
- Phelps was just 15 when he attended his first Olympics
- Fun fact: I had sushi with MP when he was 20 years old (Coach Kelly)

Did you know that Michael Phelps holds 26 Guinness World Records?! 26!!!

- Most World Records (male) in Swimming
- Most Gold Medals (World Championship)
- Most Gold Medals (Olympics)
- Most Medals Won at FINA Swimming World Champs
- Most Consecutive Olympic Gold Medals in the same event
-The list goes on and on and on

MICHAEL PHELPS

Height: 6'4

Appox. Weight: 190 lbs.

Birthday: June 30, 1985

Married to: Nicole Johnson

Kids: Boomer, Maverick & Beckett

While MP was training for the 2008 Olympics, he was consuming a mind-blowing 12,000 calories per day!! (5 hours of training a day, 6 days a week)

- Each meal was approximately 4,000 calories
- MP was eating 5 times the recommended daily intake for men
- Many times, Phelps would eat over 2 pounds of pasta a day
- MP would drink over 7 gatorades a day, but would also double that amount in water too!
- He considered his dinners pretty light, only eating a whole pizza and a pound of pasta



Technique Tip of the Day - Breakouts

Once you have mastered a great streamline & underwater dolphin kick, you would want to continue your speed with an amazing breakout.

It's super important to help carry your speed and power from the underwater portion of your race.

Today's episode tackles breakout speed. The skills on the video are critical to your overall success by accelerating your stroke onto the surface. Watch the video and think about how you can apply the skills to your swimming.

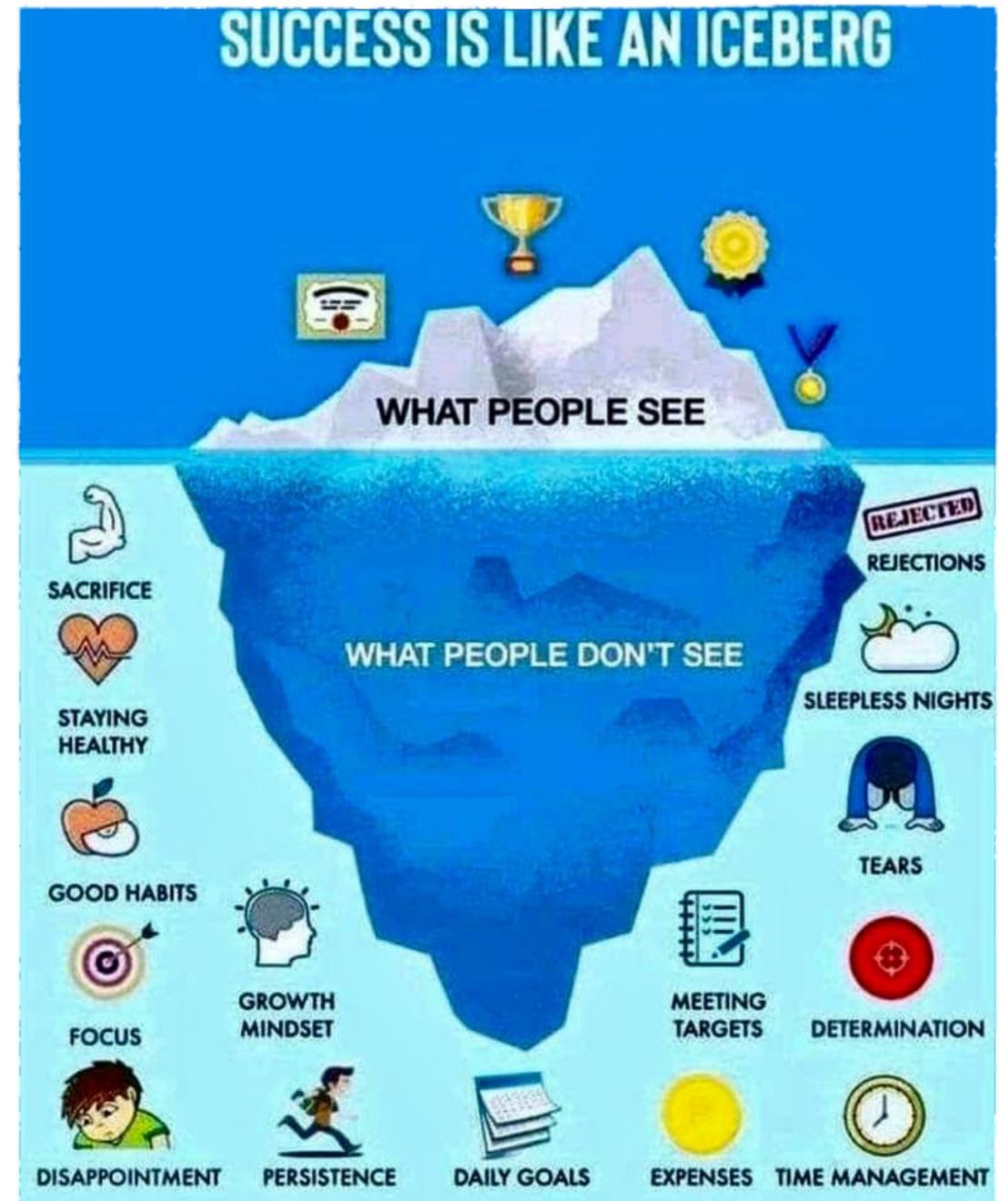
<https://www.youtube.com/watch?v=armlt0f5FZI>



It is easy to look at the athletes we admire and think “wow, it must be nice to be so good at that!” and assume they are just naturally blessed. These achievements blind us so that we often are not even aware of the huge efforts that were necessary to make these accomplishments possible.

Homework: Make your own iceberg

1. On paper or poster-board, make your iceberg
2. List a short term goal (something you want to achieve in 6 months or less) above the water
3. Under the water, list or draw all the things that will lead up to achieving your goal. Some things will be hard and possibly undesirable.



**You have two ways to mentally approach each situation.
How do you approach challenges you face?**

I'll stick to what I know.
Either I'm good at it or not.

DESIRES

I want to learn new things.
I am eager to take risks.

It's fine the way it is.
There is nothing to change.

SKILLS

Is this really my best work?
What else can I improve?

This is a waste of time;
there's a lot to figure out.

EFFORT

I know this will help me
even though it is difficult.

It's easier to give up.
I'm really not smart.

SETBACKS

I'll use another strategy;
my mistakes help me learn.

This work is boring.
No one likes to do it.

FEEDBACK

I recognize my weakness,
and I know what to fix.

It's easy for him or her.
They were born smart.

**TALENTED
PEERS**

I wonder how they did it.
Let me try to figure it out.

MINDSET MATTERS!!



Having a positive attitude can greatly enhance your performance. You have two way of viewing every situation. One way will help you and the other way can hold you back from succeeding....

Change Your Words to Change Your Mind!

I'm too slow

I will work hard and will get faster everyday

I can't do it!

I will keep working on this until I can

I don't get it

Is there another way to learn this, can you explain this another way?

Fill out the boxes below with a positive outlook instead of a negative one.

I didn't win..

I didn't get a best time...

The ABCs of Making Mistakes with a Growth Mindset

I am **ALWAYS** learning.

Mistakes make my **BRAN** grow.

I want a **CHALLENGE**

Things are **DIFFICULT** before they are easy.

I focus on my **EFFORTS**.

I listen to **FEEDBACK** from others.

I **GROW** when I make mistakes.

I ask for **HELP** when I need it

I'm **INSPIRED** by the success of others.

Success is the **JOURNEY** not the destination.

KEEP trying is my personal motto.

Mistakes are a part of **LEARNING**.

My brain is like a **MUSCLE**; work makes it stronger.

My **NEURONS** are firing and brain is growing.

There is always another **OPPORTUNITY**.

My goal is **PROGRESS**, not perfection.

I ask **QUESTIONS** when I don't understand.

I am **RESILIENT**.

Struggling makes me **STRONGER**.

I keep **TRYING** until I get it.

I take time to **UNDERSTAND** my feelings.

I will have **VICTORY** over my circumstances.

WORK is my path to achievement.

A little **EXTRA** effort will yield big results.

I haven't figured it out **YET**.

I am **ZEALOUS** about learning new things.

Change these quotes, using a “growth mindset” (positive outlook):

1. “I did not have a good practice”
2. “That race was terrible, I totally messed up”
3. “I know I am going to add time in my race”
4. “I didn’t even want to come today”
5. “Oh great, Sam is in my heat. He is fast”
6. “I hate waking up so early”
7. “I don’t like this pool”
8. “I won’t be able to make the interval”
9. “I hate this stroke”
10. “I suck at kicking”
11. “I should be first in my lane”
12. “This set is boring”
13. “How much longer ’til we are done?”
14. “This is too hard, what’s the point?”
15. “urrrrhgghhh, I didn’t win?!”
16. “I’ll never be as fast as Maddox”
17. “I am not a sprinter”
18. “That’s not how I do it”

This week you have the "Coin Flip Challenge"

May the odds be in your favor :)

Heads

Tails

Round #1 →

15 jump squats

25 calf raises

Round #2 →

1 min high knees

25 Jumping Jacks

Round #3 →

20 kneeling push-ups

10 push-ups

Round #4 →

20 jumping jacks

1 min butt kicks

Round #5 →

40 cross jacks

20 star jumps

Round #6 →

30 crunches

20 streamline sit-ups

Round #7 →

10 push-ups

20 kneeling push-ups

Round #8 →

1 min jump rope

25 Jumping Jacks

Round #9 →

50 crunches

20 sit-ups

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