



Coaches Connection!

Hey Team,
So I did not too much today. I got sucked into a Netflix show and didn't realize how long I spent on the couch! Can anyone else relate to that? The next thing I knew, I was on Season 4 and had been watching TV for like 7 hours!! Oh my gosh, it was crazy!
My big activity was running to the store. Why you ask? I will tell you! My husband decided to make spaghetti for dinner and didn't realize we had NO SAUCE! So if I didn't go to the store, we would have been eating noodles and meat, ew. When I got to the store I got the LAST TWO JARS! It must had been my lucky day, because I would have been bummed out if there was no more sauce!! Its my favorite part! Have you made any meals (no cereal doesn't count)? Anyone have a cooking disaster?
Just as a reminder, I love hearing from you guys, but cannot answer if you text me or email me without a parent added to your message. Stay safe guys! Coach Kelly



Zooming with Coach Caleb & Coach 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 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)
Meeting ID: 526 184 8765
Password: SWIMOCCS
Coach Caleb



**SWIM
HISTORY:
"BACK IN THE
DAY"
HOW MUCH DO
YOU KNOW
ABOUT YOUR
SPORT IN THE
OLD'N DAYS?**

- In Japan, swimming was one of the noble skills of the Samurai
- Swimming was initially one of the seven agility tests of Knights, they were tested by swimming in armor! YIKES!
- Heated pools were created in 1930
- The first bikini was invented in Paris in 1946
- The first swim goggles were made of tortoise shells. However, if you ask any of your older coaches, none of us wore goggles in practice or in meets. Which is probably why we aren't too sympathetic when your goggles leak! Goggles really didn't start actually working well until the 1990's
- Mark Spitz was the Michael Phelps of the 70's. He won 7 gold medals at the Olympics
- Here are three videos that I swear will BLOW YOUR MIND, of Olympic swim races back in the day! I promise they are really amazing to watch! (I think many of you are just as fast as the Olympians!)

**3 VIDEOS SHOWING
THE EVOLUTION OF
MENS SWIMMING
FROM 1936, 1961
AND 1972**

This video is so cool, it is the 200 breaststroke in 1936. However, you will see a variation of butterfly arms with a breaststroke kick and everything in between. The man in the lead at the beginning ends up getting SOOOOO tired. What do you think of this?! Crazy right?!

<https://www.youtube.com/watch?v=l-R4wiSZcRc>

Video takes place at Yale University in 1961, competing in the 220 yard butterfly. YES, that's right, I said 220 yards!!! You gotta watch how they finish the race!!!!

<https://www.youtube.com/watch?v=k4W0ls8iGjI>

1972 400 Medley Men's Relay- American's take the gold and earn a World Record, with Mark Spitz swimming fly.

<https://www.youtube.com/watch?v=8uXuXyZy4qE>

WOMEN'S SWIMMING!!!! 1984 Olympic Games- 200 Breaststroke

[s://www.youtube.comhttp/watch?v=Su9wGXx3zwM](https://www.youtube.comhttp/watch?v=Su9wGXx3zwM)



Technique Tip of the Day -

Bilateral Breathing aka Breathing Every 3 in Freestyle

If you've heard it once, you've heard it a thousand times— your coach yells from across the pool deck—

The breathing pattern is every three strokes, not every stroke!

“What’s the big deal?,” you might have muttered to yourself.

Well, understanding that breathing changes our technique and when you spread it out between both sides you develop a stronger, fuller stroke that is also technically even.

Why Bilateral Breathing Is Critical

- It balances out your body position in the water so you are swimming even and are building strength in your stroke on both sides
- Breathing bilaterally teaches you to control your breath and oxygen intake to condition yourself to being able to do perform better with less aka it makes your lungs stronger
- It teaches you to rotate on both sides. Flat swimming is slow and bumpy, rotating your hips, body and shoulders create power & speed

But, but...elite swimmers don't breathe bilaterally, so why should I?

Most elite swimmers breathe every two strokes from the 100m freestyle and up. Nathan Adrian, Michael Andrew & Jason Lezak all breathe every two strokes over the course of the 100m race.

But that doesn't mean that this is how they trained as a younger swimmer. Once you have mastered a perfectly balanced stroke, your coach will work on the perfect breathing pattern for each distance of race. This will more than likely happen in your older teen years, 14+. So in the meantime, train evenly by breathing on both sides.



Swimmer's should never lift their head forward when they take a breath

Swimmers heads should never lift out of the water to breathe



The more you practice breathing every three, the easier it gets and the better you you will become!

Swimmers SHOULD rotate their bodies to breathe and keep one goggle in the water with their head's down



To do this well:

- Swimmer's should blow bubbles slowly out of their nose in-between each breath to empty their lungs and prepare for the next breath
- A swimmer's eyes should stay down and just slightly forward throughout their freestyle. Your breath should not disrupt your body position and rhythm



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!

Have the actions of a role model-Conduct yourself in such a way that your parents, coaches, and teachers would be proud of you



Traits of Leaders, Role-Models & Ideal Teammates

A great role-model gives relentless effort: Remember, your coach should not have to coach effort! You cannot control many things that will happen during your swim season, but you can control how hard you work. The only way to get better is to give your maximum effort. This not only makes you better, it pushes your teammates to get better as well.

An ideal teammate is humble: Swimming is a team sport and group sport. You may be the star of your group, remember that the team comes first. Teams succeed when no one cares who gets the credit.

A great teammate helps foster a family atmosphere: Support your teammates like family. Your season is going to have highs and lows, so are your teammates. Teams that build close relationships are usually the teams having the most fun and having the most success.

A great leader has respect for others: Respect your teammates. Respect your coaches. Respect your family, Respect your teachers. Respect your facilities.

SWIMWORK:



Swimming History:

- What were some of the biggest changes you saw from historical swimming to now?
- What challenges did swimmer's probably have back then?
- What surprised you the most in the historical videos?

Stroke Technique:

- Do you currently breathe every three strokes in freestyle?
- There are many advantages to breathing every three that were not mentioned. Can you name 3 examples of when bilateral breathing would be helpful?
- What freestyle event would you not be recommended to breathe every three strokes?

Athlete Development:

- In what ways are you a good teammate? -What actions can be difficult at times?
- What things do you wish to improve on?
- Are there any of your teammates who are good leaders?
- What kind of things do they do to be a good leader?

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!