

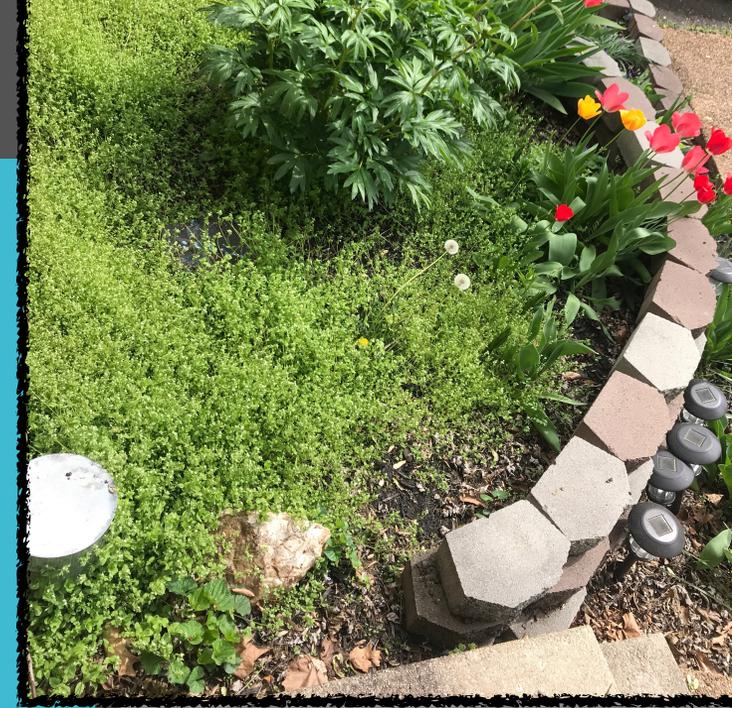


Coaches Connection!

What is up Guys?!

So yesterday I tackled my front yard. I LOVE to do yard work until it gets too "worky", then I don't like it! Well, I waited way too long and then it was a TON OF WORK! Took me all day to clear out my planters. They had a bunch of dead plants and so many weeds...so. many. weeds!! But check out my before and after pics! Pretty good right?! I am pretty proud of myself! Do you guys help out in the yard? I know a few of you guys have to mow your yard as one of your chores. You should come do mine too!

Stay Safe Everyone! -Coach Kelly



Parent Check-in: So I have been creating these slides for the last two weeks. I really enjoy making them, but I am not going to lie, they are a lot of work. Could you please answer the following questions to help me provide the best information to your swimmers? You can email me at CoachKelly@swimoccs.org

- 1. Are the “Coaches Connection” emails I have been sending out on M, W, F being read?**
- 2. Is it something you read with your child? Or do they read them solo?**
- 3. Are the video links being watched?**
- 4. I estimate that a swimmer could spend up to an hour on the slides if they are reading everything, watching the videos and answering the questions. Approximately how long does your swimmer spend on slides?**
- 5. Is there something in particular that you or your swimmer has enjoyed on the slides?**
- 6. Has your swimmer done any of the physical challenges at the end of the slides?**
- 7. Any other feedback you could give would be great. I am hoping that the emails are entertaining, educational and inspiring. Do you feel I am meeting that goal?**

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



And if you are a swimmer, **YOU** have to know Missy for her famous Viral music cover of “Call Me, Maybe”!!!!
This is the best! Click here—>
<https://youtu.be/YPIA7mpmIwU>
Missy Franklin whose big smile and enthusiasm is impossible to miss, as well as team captain Brendan Hansen’s impeccable underwater dance moves. Other swimmers include Cullen Jones, Anthony Ervin, and Jimmy Feigen. Almost the entire national team is in the video, with Phelps visible right at the beginning, as well as Ryan Lochte who makes a brief appearance



Call Me, Maybe?!”



- London Olympics: Broke the 200m Backstroke World Record
- Won 6 gold medals, the most by any female athlete swimmer at a single world championship meet in 2013
- First women to break 1:40 in the 200 Freestyle
- Individual and team NCAA championship titles with Cal Berkeley

Sadly, Missy Did Hit a Wall in Her Success.....



She started having spinal issues which caused extreme pain

The Olympic champion backstroker pulls herself up into her usual starting position, water rolling off her back and USA swim cap. Just like she has done a million times before. Right then, it happens—a blinding shot of pain sears through her back. She can barely move or breathe from the pain shooting through her body.

Team USA coaches and trainers rush over and gingerly pull her from the pool.

With trainers under both arms, she is hoisted to her feet, and they slowly help the 6'1" Olympic champion backstroker, step by step, to an area away from the media where she can be examined by team doctors.

“I was terrified,” she said. “I was so scared. I’ve never had anything like this happen to me before, and two days before the Pan Pac Championships in Australia starts, that’s definitely not something you want to experience.”

Franklin gutted out the week of competition, but the problems with her back were far from over.

But after a lot of rehab, handwork and determination she started to make her comeback

By the following February of 2015, six months after the injury at Pan Pacs, and just a month before NCAA's, Franklin was finally on the mend. Her pain was fading and her confidence grew!!!!!!

Missy Makes a comeback: "The inflammation was gone. The bad days fell away. And I was able to get back in the pool and do my thing."



Through the 2014/2015 season she'd had her sights set on becoming the first woman to crack 1:40 in the 200-yard freestyle. And the thought of going 1:39 had been on her mind ever since.

"Every day when I woke up for my early morning workouts, I felt sluggish, didn't want to get out of bed, didn't think I had it in me to power through another workout, I could just close my eyes and look at that sign. 1:39."

On March 21, 2015, Franklin got her opportunity. The final of the 200-yard freestyle would be a heavyweight tilt between Franklin and Stanford's Simone Manuel.

"I was really nervous. And, somehow, really calm. I took this as a good sign, because when I was teetering between nervous and calm, that's when I was at my best. It told me I was excited to swim but also confident," Franklin said.

When she stepped on the blocks, she knew that despite the strength of the competition, that this was her race.

"Have you ever worked so hard to get to a certain place, you're pointed so long in that one direction, you're dialed in in such a way, that you know you can't be denied?" said Franklin. "It wasn't something I could have put into words, wasn't even something I was thinking on any conscious level. It was just there," she said.

Franklin took an early lead and never looked back. She touched the wall in a best time, American record, and the distinction of being the first woman to swim under 1:40 in the 200-yard freestyle. And by a long shot. Her final time? **1:39.10**. Franklin erupted in celebration (that was very unlike her).

But this victory was particularly sweet because of the trials and tribulations, the doubts and uncertainties, the hard work and grit. Relief & joy exploded, Franklin was hit by a thought: ***That which does not kill us makes us stronger.***

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!



“As a team activity we all decorated our own jar and then throughout the season we would write notes of encouragement to ourselves,” said Franklin. “We would write down really good practices that we had or really any moments that we were very proud of ourselves.”

-Missy Franklin

There were a few reasons Franklin used the confidence jar:

For starters, the jar acted as a “Hall of Fame”, a place where she could log and recognize all of the little things that she was doing well, that might otherwise get lost in the shuffle over a long season.

-When you think about how many workouts, sets and reps compound into a full season, the highlights can get buried under the not-so-great moments.

-A Confidence Jar was a way to recognize all the little moments of excellence that were happening along the way. Reminders of all that the things that have been accomplished.

“**Relentless**” was Franklin’s mantra. Her guiding principle. She would write it out on her wrist on race day, on the band of her swim goggles, engraved on a ring.

“Seasons are so long that we tend to forget all of the incredible things that we’ve accomplished throughout the months,” said Franklin. “To have a jar that is full of all of the accomplishments that you have achieved in a season makes you realize that you are ready to tackle any challenge”



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: Missy Franklin

- I always say “the best swimmer’s are having the most fun”. Would you agree that Missy seems to really enjoy swimming and her teammates?
- Missy had a big setback in her swimming career, what was it?
- What did Missy say her motivation was to work hard even when she was feeling sluggish?

Confidence Jar: Project

- Do you currently write down anything after your practices?
- When you hit a challenging moment and lose confidence, how do you give yourself a boost?
- Do you think having a jar of all your accomplishments would give you confidence?

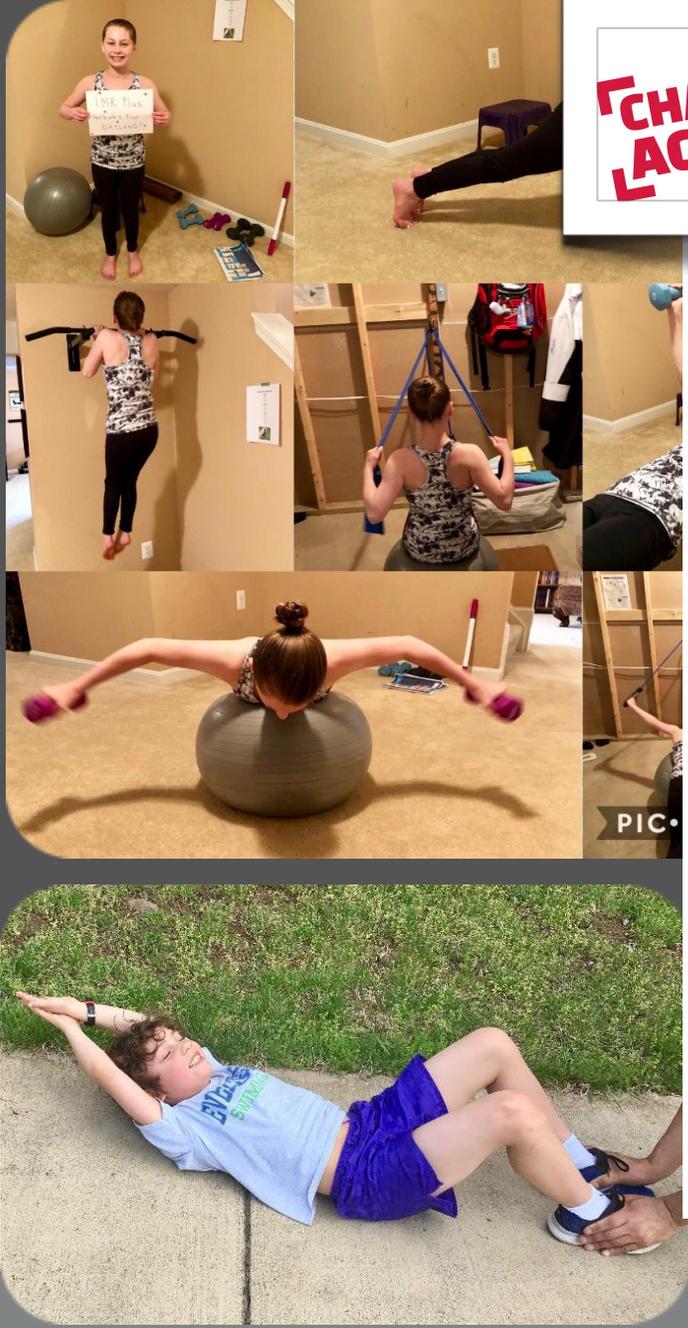


Athlete Development: Sportsmanship

- How would your coach describe you?
- How would you like your teammates to describe you?
- How would you describe yourself as a teammate?
- In a year from now, do you think these descriptions will all be the same?

**CHALLENGE
ACCEPTED**

This week you have the "Coin Flip Challenge"



[Link to coin](#)

Heads

Tails

- Round #1** →
- Round #2** →
- Round #3** →
- Round #4** →
- Round #5** →
- Round #6** →
- Round #7** →
- Round #8** →
- Round #9** →

- 15 jump squats
- 1 min high knees
- 20 kneeling push-ups
- 20 jumping jacks
- 40 cross jacks
- 30 crunches
- 10 push-ups
- 1 min jump rope
- 50 crunches

- 25 calf raises
- 25 Jumping Jacks
- 10 push-ups
- 1 min butt kicks
- 20 star jumps
- 20 streamline sit-ups
- 20 kneeling push-ups
- 25 Jumping Jacks
- 20 sit-ups

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