



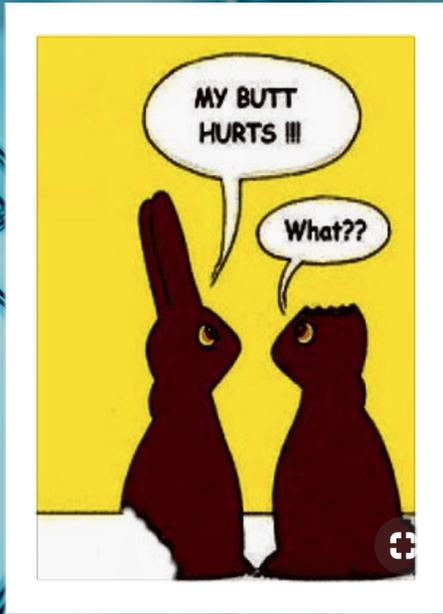
## Coaches Connection!

Hoppy Easter and Passover to all my Peeps! I hope you were all able to have a great holiday despite the shut down. I did a drive by to see my in-laws and nieces which was awesome to see them from a distance. I miss their cooking though, they always make a great Easter meal! My husband and I were lazy and we ordered take out, but we are going to cook something yummy tonight.

I miss seeing you all and remember "some-bunny misses you"!!  
Coach Kelly

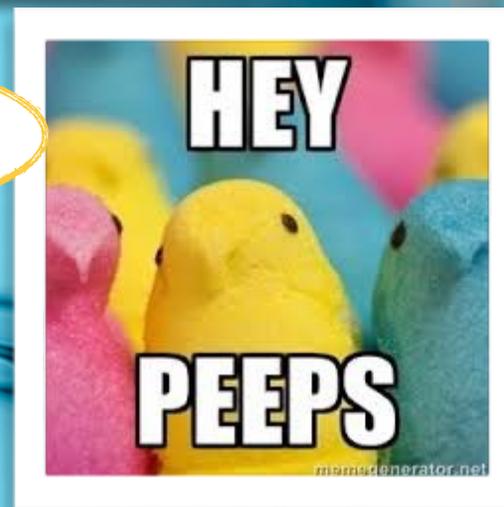


Hare's some really bad jokes for all of my peeps! Hardy-har-har!



What do you call a Transformer Bunny?

Hop-timus Prime



How does the Easter Bunny stay in shape?

Eggs-ercise

What do you call a bunny with money?

a Millionhare!



Where does the Easter Bunny like to eat out?

IHOP

How many eggs can you put in an empty basket?

Only one. After that it's not empty anymore

What do you call a bunny with lice?

Bugs Bunny

# History of Swimsuits

Swimmer's back in the day did NOT have it EASY!



## Around 1855

The first swimsuits were, of course, no swimsuits at all. People have always gone swimming in the nude or in any clothing appropriate for swimming such as loincloths. It was not until the 18th century that "swimsuits" were invented mostly for the purpose of hiding the human body according to the morality of the times.

Around 1855, swimsuits consisted of bloomers and black stockings while drawers were added to prevent the problem of exposure.

## Swimsuits Circa 1915 to 1930

You can see how the women's bathing suit (in the middle) has evolved from the previous one—the arms are now exposed and black is no longer the color. The woman on the right and the men are wearing the newer tank suits that developed during the 1920s.



In the early 1900s, the “seaside walking dress” was the trendy gown to wear on the beach or when walking the boardwalk.

1922

1900's

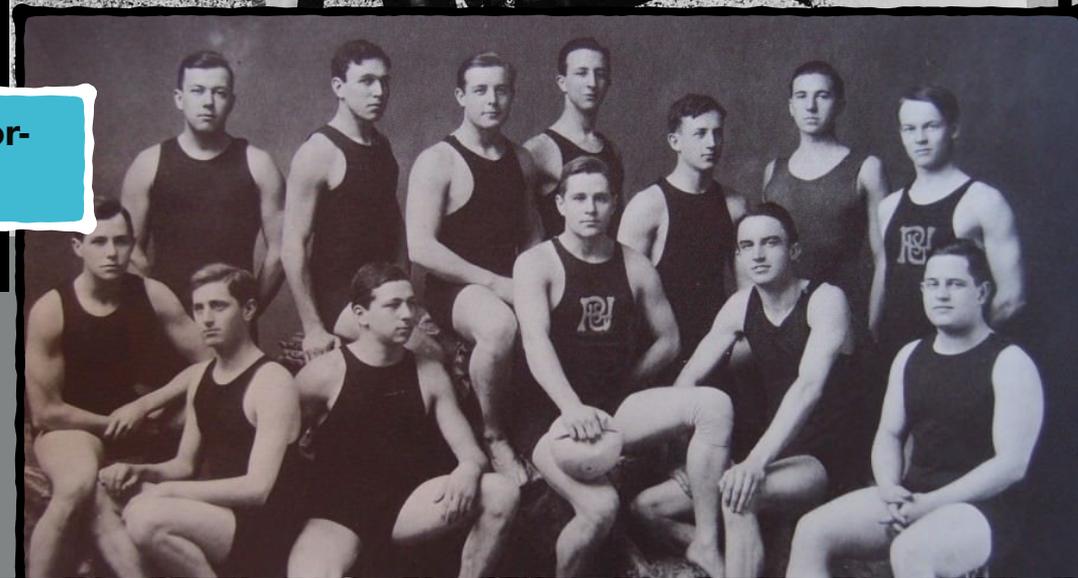


Turkish-style bloomers, often made of flannel (toasty!), transitioned to sailor-inspired frills and stripes. Even lace-up shoes were worn on the beach!



1910

The early 1900s were all about modesty as it was illegal for men to go shirtless on the beach





1920's



Women ditched the long sleeves and skirts to show a little skin, but shorts still had to meet a certain length, or else...they would be fined or arrested for wearing one-piece bathing suits without the required leg coverage.



1930's



1930's

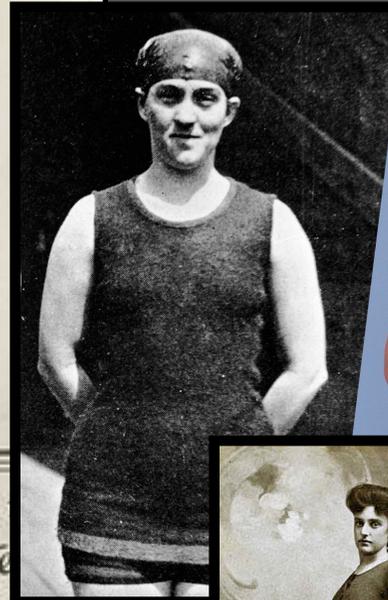
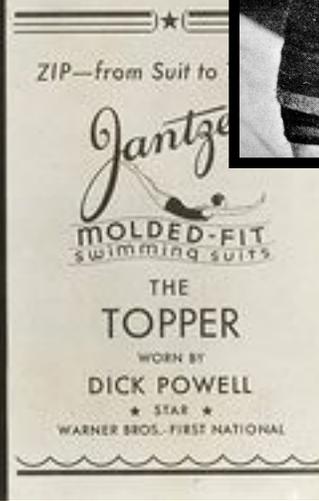
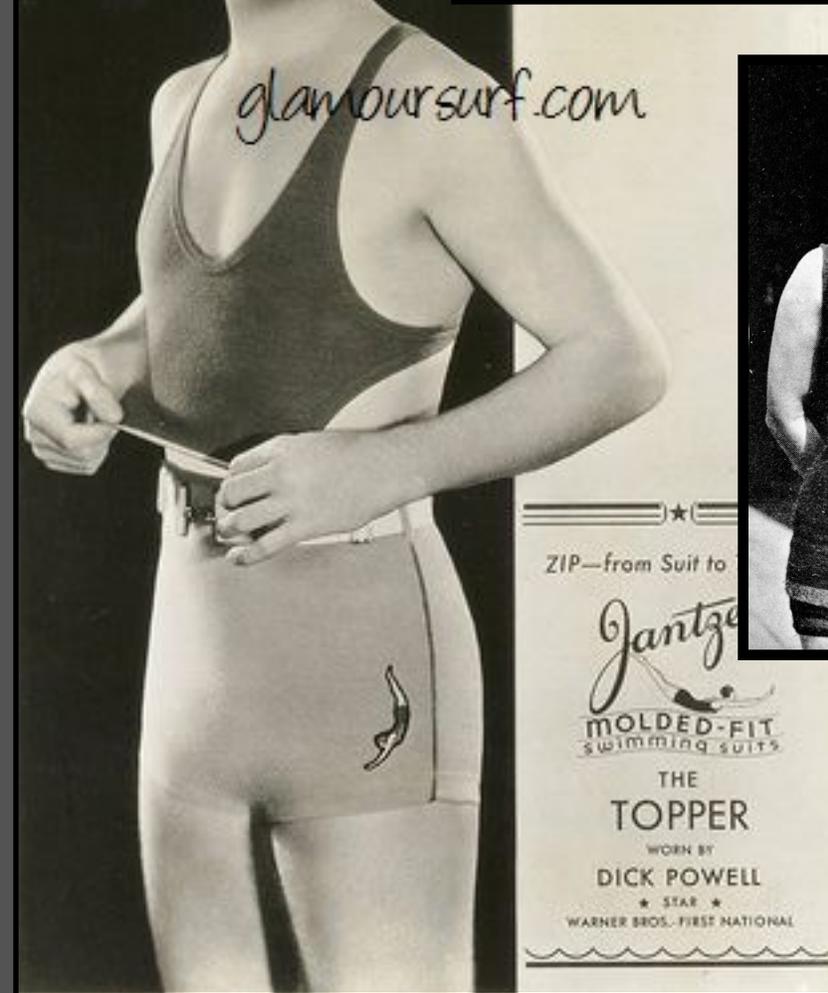


The '30s brought more form-fitting styles in stretchy synthetic fabrics, with higher-cut legs and lower-cut necklines.

Anita Page  
Leila Hyams

urf

Jantzen made the first bathing suit entirely of wool, and decency standards of the time dictated that the suit covered a man's chest and upper arms. Competition was all but impossible in this swimwear, because the heavy wool Jantzen suits weighed about **nine pounds**. These suits fit poorly, encumbering the athlete rather than facilitating his movement through water.



**Annette Kellerman**

Every time a women dives into a pool, she can thank Australian swimmer Annette Kellerman for the crisp, fresh feeling of water on her skin. Kellerman once said, "there is nothing more liberating than swimming..all of life's shackles are washed away with the waves. in 1905, she invented a one piece swimsuit to reduce the amount of clothing women had to wear, allowing the freedom to swim in the water. In 1907, while dressed in her own swimsuit design, she was arrested for indecency.

# Skills and Drills: Freestyle Flipturn

You may be thinking “I already know how to do flip turns”, but executing a VERY FAST turn is something that swimmer’s could always improve on. Turns can “make or break” any race and visually learning about them will set you up for success. You can also work on flip turns at home by working on fast somersaults, into tight streamlines!

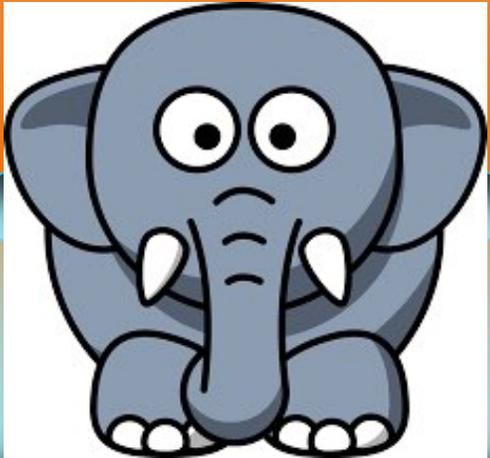
It is a great dryland exercise for swimmers!



Here is a YouTube video I recommend that will help you learn tips and tricks to be faster:

<https://www.youtube.com/watch?v=oVfU6ZA0Scw>

# 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!

# 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/B01DVC0I42/ref=atv\\_dp\\_share\\_cu\\_r](https://www.amazon.com/gp/video/detail/B01DVC0I42/ref=atv_dp_share_cu_r)

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!

# SWIMWORK:

## Swimming History: SWIM SUITS

- What were the first suits made of and how much did they weigh?
- In the 1900's were men allowed on the beach shirtless?
- Who invented the one piece bathing suit for women?

## Skills and Drills: FLIPTURNS

- Flipturns skills can make or \_\_\_\_\_ your race.
- True or False: Once you know how to do a flip turn, there are not many things that can make it faster
- Should you leave the wall on your stomach, back or side after you flip?
- Name something about your flipturn that you could improve on:

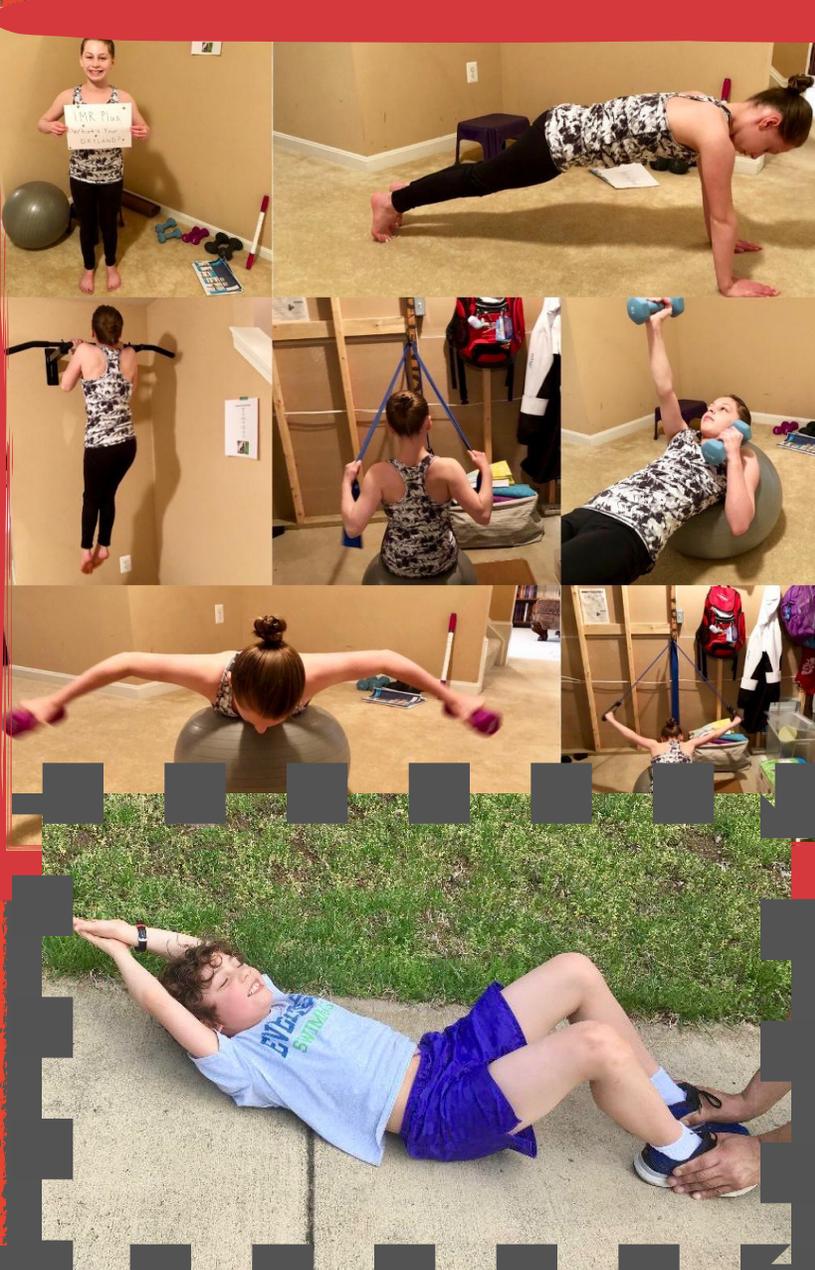


## Athlete Development: GOAL SETTING

- What analogy was used to setting a big goal?
- What is a good way to make a big goal seem more achievable?
- What is a big goal that you have?
- How can you break that goal apart to make smaller goals that will lead to the big one eventually?

Don't forget to make your confidence jars!

Also, ask your parents to watch "Touch the Wall" movie starring Missy Franklin!



# 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!