

Pre-Senior
Senior
Senior Foundation

Coach Don and Coach Dalton

April 9, 2020

Positive Thoughts

Success is never final, and failure is never fatal. It's courage that counts.

George F. Tiltonood

Never say never because limits, like fears, are often just an illusion.

Michael Jordan

You have to expect things of yourself before you can do them.

Michael Jordan

Task Focus

Each day I will give you things you CAN do while training and racing are on hold. Below are activities and tasks for Thursday, April 9, 2020.

- 🚩 Keep following the dryland video. Working on those drills will help your over-all strength and conditioning. You will feel better when we return to swimming!
- 🚩 Here are some ideas and thoughts regarding eating well during our quarantine.

Healthy Eating/Cafeteria Style

By Garrett Weber-Gale

For two weeks in March, I lived and trained at the U.S. Olympic Training Center in Chula Vista, California. Not only is it an honor and privilege to train at an Olympic Training Center, but also a pleasure to be in an environment that is so focused on promoting excellence.

The weight room, physical therapists, the quiet environment where sleep comes so easily, and the dining hall all make hammering out solid training a delight.

As an adult, I've been living on my own for about the past seven years. Coming to the training center and eating at the cafeteria made me think back to my days in the dorm, and what it's like eating in dining halls. I frequently get emails asking me how students can stay healthy and get proper nutrition in the dorms.

Yes, it can be done. You just need to pay a bit closer attention to the details. At the Training Center, there are tags on many of the food items breaking down the nutritional information for us. Understanding that most cafeterias and dining halls won't have breakdowns, here are some key points to think about:

- ✚ Salads: Make a huge salad. Load that baby up with tons of veggies like carrots, cucumbers, broccoli, cherry tomatoes, beans, peas, onions, and whatever else you like. A salad can be a perfect place to jumpstart your healthy meal.
- ✚ Beware of thick sauces. Many dishes will have thick sauces at the bottom that the meats, veggies and carbohydrates are sitting in. Try to stay away from eating a lot of the sauces, as they are generally filled with salt, butter, and processed flour.
- ✚ Try to choose raw or lightly cooked vegetables. Cooking vegetables too long will rob them of their vital nutrients. If you choose the cooked veggies, go for lightly steamed choices that look like they haven't been sitting around very long. The longer veggies cook and sit before being consumed, the fewer nutrients they'll retain.
- ✚ Sugar can be just as harmful as fats and sodium, so be mindful. Many items, from cookies, scones, ice creams, yogurts, cereals, soft drinks, juices, granola bars and canned fruits can contain large amounts of sugars. Simple sugars, like freshly cut fruits, are great for helping your body recover immediately after workouts. However, too much sugar, and especially processed sugars, can add unwanted weight, and give you only sporadic bursts of energy. Keep the sweets as a treat.
- ✚ Getting around the sodium in pre-cooked foods is hard. Keep an eye out. If something tastes too salty, don't eat it, or don't eat it again in the future. Picking plain grilled proteins instead of chicken, fish, beef, or pork that is sitting in sauce will greatly help you minimize your sodium intake. Leave the saltshaker alone. If you start using less salt, your palate will naturally adjust so that you won't want salty things.

You don't need to go crazy to select healthier meals. Pick one or two things to focus on changing first. In a few weeks, these changes will become second nature to you, then you can move on to making other changes. Ask for substitutes such as brown rice, whole-wheat pasta, freshly steamed veggies, or egg whites. There's always something healthy if you know where to look.

Mental Focus

The 5 Superpowers of Performance: Passion, persistence, practice, patience and peace are all within your grasp!

By Wayne Goldsmith

People often look at great athletes with admiration, respect and a sense of awe. It's as if they believe that great athletes have some sort of "superpower" that gives them the ability to seemingly fly through the water effortlessly at remarkable speeds.

Want to know the truth?

Outstanding swimmers DO have superpowers! No, world-class swimmers can't spin webs or conjure up time portals, but they do have special powers: powers that give them seemingly super-human strength, speed, power and endurance.

And the best thing of all?

You, too, can have those same superpowers: **Passion, Persistence, Practice, Patience, Peace: the 5 Superpowers of Performance.**

PASSION:

Do what you love...then love what you do.

When you talk to great athletes and to high achievers in all walks of life, there's one message above all that comes through loud and clear: "I do it because I love it." A former national head breaststroke coach—a coach of world champions and Olympic medalists—once said to me:

Commented [a1]:

“The secret to success isn’t really a secret. Find out what you’re passionate about, and work hard at it until you become the best at doing it. It doesn’t matter if it’s stamp collecting...or rock climbing...or cooking BBQs. If you find the one thing that inspires you—the one thing that ignites the fire in your heart—you’ll persist at it until you realize your potential.”

If you’re passionate about backstroke...do backstroke.

If you love sprinting 50 fly...then sprint 50 fly.

If relays get you excited...swim relays.

Over and over again, the most important lesson we learn from the most successful people in the world is to **pursue your passion.**

PERSISTENCE:

Never give up.

When you were a little kid and you were learning to walk, you fell over. And each time you fell, what happened? You got up.

You fell over again. What did you do then? Once more you got up.

By the time you were 2 years of age, you had already learned one of the most important lessons you’ll ever need to know: **Persist. Persist. Persist.**

No swimmer wins every race they enter or does a PR every time they compete. No Olympic champion in history has ever gone undefeated from their first race as an 8-year-old until winning Olympic gold.

Everyone has disappointments, setbacks, injuries, illness, plateaus—EVERYONE. However, the swimmers who achieve the highest levels of success do one thing that sets them apart from the rest: they persist.

PRACTICE:

Work harder—more often—than anyone else.

Of all the lessons we’ve learned from the brilliance of Michael Phelps and leadership of Coach Bob Bowman, the most important one has to be this:

“Bowman highlighted his Christmas-New Year’s training of 2002-03, explaining how Phelps improved with his “unbelievable work ethic.” For six years until the 2004 Olympic Games, Phelps trained 365 days a year, a staggering statistic in itself. (World Aquatics Convention 2016, FINA Coaches Clinic).

Think about that for a moment.

The most successful swimmer—the most successful athlete in any sport in the history of the Olympic Games—trained harder and more often than anyone else was even prepared to train.

Is it a coincidence? No.

No matter how much talent you think you have, no matter how brilliant you think you might be...in the end success comes down to one thing above all: practice.

PATIENCE:

It takes 10 years of consistent hard work to become an overnight sensation.

I was talking with a world record holder and world champion. I asked her about what it felt like to have burst onto the world scene and to have everyone talking about her amazing performances. She said:

“I tried to make the national team every year for the past five years. Each time I tried, I just missed out. A few times, I came in third, but they only selected the first two swimmers. Another year, I came in second, but missed the qualifying

time. But I always knew in my heart that I'd make it. So, every year after missing selection, I'd come back home, spend a few days dealing with the disappointment, then get back into training to try and make it the next year. It's funny how people ask me how come I'm swimming so fast now. I tell them it's because of the times I failed. It's because of my five years of disappointment and the thousands of training sessions I did as a result that makes it seem like I am an overnight success."

PEACE:

Relax and enjoy the journey.

There are two types of people in the world—what I call the ONEs and TOs.

The ONEs are always talking about "one day";

"One day, when I'm rich, I'll..."

"One day, when I'm famous, I'll..."

"one day when I break 39 seconds for the 50 free, I'll..."

The ONEs are always thinking and talking about some time in the future when they'll do something amazing.

On the other hand, the TOs are focused on right here and right now: TO-Day!

"Today I'll spend an extra 30 minutes on my math homework so that I'll be able to learn more."

"Today I'll eat some more fresh fruit and vegetables so that I feel healthier and stronger."

"Today I'll concentrate on my fly kick underwater so that I can improve my starts."

The ONEs are always stressing out about what could happen or should happen or might happen. The TOs are relaxed and focused and spend their time doing the things that they know will inevitably lead them to the success they seek.

The ONEs are obsessed with the achievement of distant goals and faraway dreams. They can't relax or celebrate their current successes because they're always looking to what's coming next and what might be—rather than on what's happening right now and what is.

The TOs know that by doing what they need to do each day, they can find PEACE—they can relax and enjoy the journey.

Make your ONE DAY...TO-DAY!

Physical Challenge

Alright, so we have a bit of a challenge physically not being able to get in that water. So, today's "physical" challenge is *visualizing physically* going through your Breaststroke. Josh Prenot shares tips and drill ideas for your Breaststroke.

Timing

Prenot describes timing as the most essential part of breaststroke. For swimmers who struggle to master timing, he points to some advice from USA Swimming's High-Performance Consultant Russell Mark: Pull with your legs in a streamline and kick with your upper body in a streamline.

To work on timing, Prenot recommends doing what's called separation drill. Do a breaststroke pull with your legs in a streamlined position, get back to a full streamlined position and hold for a half-second, and then do a breaststroke kick with your arms in a streamlined position.

Pull

Prenot graduated from Cal in 2017 with a physics degree and can talk at length about force and leverage. The breaststroke pull is where all of that sciency stuff comes into play. “I like to keep my elbows pretty high in the catch, so I can apply forces on the water with my entire forearm,” he said. “I think you’ll see a lot of people sort of turn their palms outward for the catch phase. I think that helps breaststrokers to be able to feel the water on their palms and fingertips.”

Prenot suggests swimmers pull breaststroke with a pull buoy or with a band around their ankles to figure out what’s the best technique for them on the breaststroke pull.

Kick

Prenot doesn’t believe there’s a big secret when it comes to breaststroke kick. “It’s just flexibility,” he says. “You’ve got to have hip flexibility and ankle flexibility in order to grab a lot of water with your feet and your shins. It’s really just doing it a lot. At Cal, we do a lot of kicking. I’m kicking breaststroke with the board every time we do that because I want to make my kick as strong as possible.”

He suggests stretching consistently to maintain good flexibility and doing double kick and triple-kick breaststroke.

Turns

This is an area where Prenot believes swimmers can improve quickly. “I think the actual act of just the turn, just hand touch to foot leave, is overlooked by swimmers,” he said. “I think it’s something that really isn’t that hard to get better at, and it can help you make up a lot of ground really quickly. It’s a really easy way to drop a lot of time.”

Prenot recommends swimmers take a breath “late” in the turn. Rather than breathing immediately after touching the wall, swimmers should begin turning as soon as they touch and take a breath later in the turn. This helps them keep their hips up.

Race Strategy

There are multiple ways to pace a 200 breaststroke. Prenot prefers to split his races evenly, something apparent from his going 32.70, 32.33, and 33.15 in his second, third, and fourth 50s respectively, while earning the silver medal in 2016 Olympics.

“I never want to burn all my energy on the first lap and then just try to hang on,” he said. “But I don’t want to be so far out of the race that it’s hopeless with a quarter of the race left. If you have good technique, but you’re not able to swim an effective race strategy, there’s a chance that you can be overtaken by somebody who maintains their energy throughout a race.”

Fun and Games!

Here’s more of the Swimming Timeline:

Check out your knowledge! Did you know? Swimming has a long history of innovation in style and technique. Here’s a look at historic moments in swimming that, when seen through a proper lens, sheds light on the sport we know today.

1716: Ben Franklin invents swim fins by the age of 10, an age when most kids dive knees first while holding their noses.

1804: “Seaman’s Friend”—a lifebelt—was an invention rejected by the Royal Navy due to concerns that sailors would use them to abandon ship. Not to be confused with a pull buoy, which isn’t great for floating, or swimming or much of anything.

1844: A Native American named Tobacco wins a swim competition in London. Despite his “ungentlemanlike splashing,” using a “windmill-like stroke,” he and his American teammate beat the Englishmen, who prefer the “more dignified breaststroke.”

FUN! More to come on Monday!

Motivational Moments---Enjoy!

50 Famous Soccer Goals; Impossible to Forget

<https://www.youtube.com/watch?v=bKOTKhtbM54>