

Monday, May 11, 2020

Hello IMX!

I hope that you all enjoyed the Awards from last Monday, it was great to know there were so many families watching. Congrats to those of you that received recognition for accomplishments.

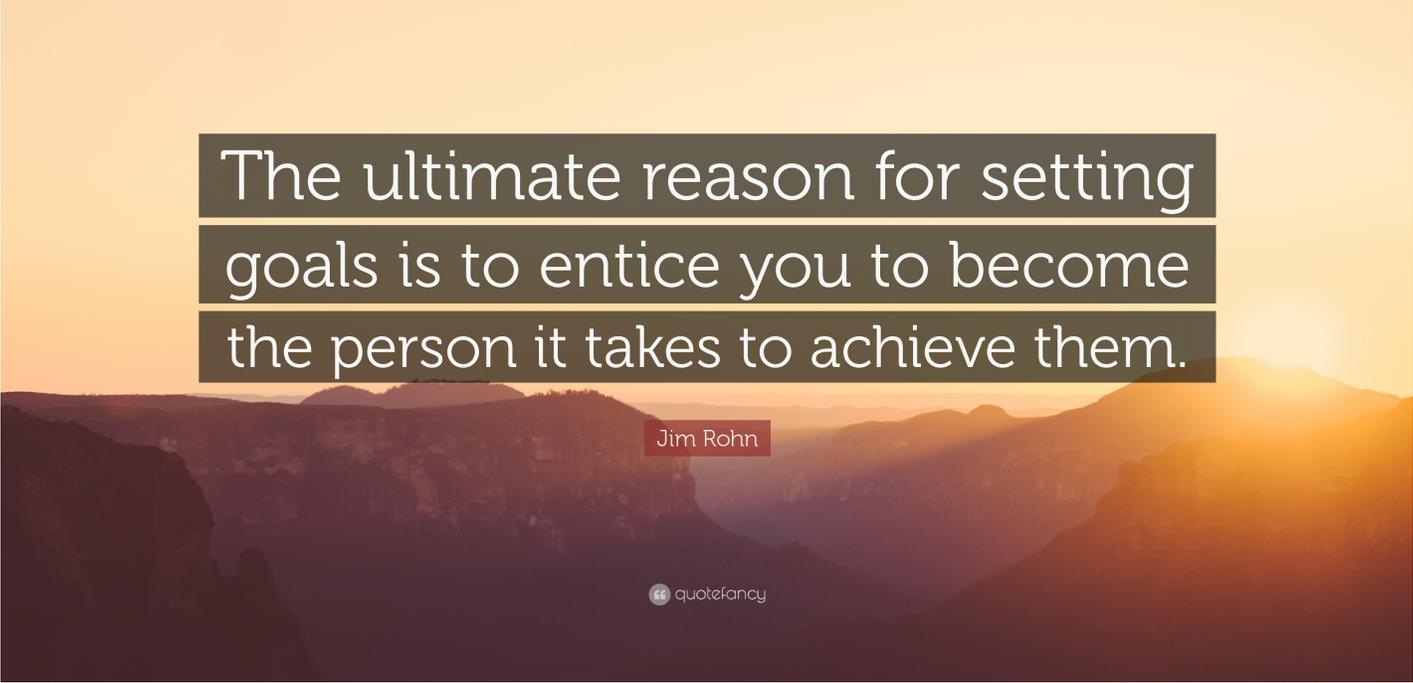
I have been sending out the Swimming Out of the Pool for over a month now. The first topic that I talked about with all of you was accountability. It is important at your age to be holding yourself responsible and not waiting for your parents to ask you or tell you what to do.

I want you to think about a goal, that you already have or make a new one, using the guide that is provided below. You can take a goal that you have already made and use the topics below to add more detail about how you will reach your goal.

Check out the different types of stretch exercises we talked about last week on Zoom on the last page. For the Zoom meeting on Wednesday, I will send out an email in the morning to let you know what time we will meet.

Responses are always welcome for any of the activities that we have gone over in the past month. Send responses to me at kranzlaureno@gmail.com. I hope to hear from you!

Coach Lauren



The ultimate reason for setting
goals is to entice you to become
the person it takes to achieve them.

Jim Rohn

 quotefancy

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Accountability Check

What have you been holding yourself accountable for over the past month?

- Is there a schedule you have been following? What does your schedule include?
- Have you been staying active? Doing schoolwork?
- Any new habits that you have incorporated into your routine? Anything you will keep doing in the coming months?
- If you did a 30 day challenge from the DareBee site, how did it go? Will you do another one?

Don't wait for the motivation to just hit you while you have been sitting watching tv. Make a plan or goal for the day (that includes being active and exercising your brain as well) then make yourself do it.

The Most Detailed Goal Of My Life

**What is your goal?
How will you get there?**

Use the following guide to build a detailed goal that includes all of the points below. Make a list using the topics, then put them all together to write out a complete and thoughtful goal.

Make sure your goal is :

Specific Measurable Attainable Relevant Time bound

A dream written
down with a
DATE
becomes a goal. A goal
broken down into
STEPS
becomes a plan.
A plan backed by
ACTION
makes your dreams
come true.

GREG S. REID

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	Completing None/ Some/ All suggested / More than suggested	Part of your schedule? How much time should you dedicate to this?	How will you make sure you incorporate and stick to this part of your goal?	What kind of work, commitment or focus does this topic require?
Schoolwork				
Exercise				
Nutrition				
Mentality				
Breathing				
Visualization				
Self-Talk				
Heart Rate				
Stroke Techniques				
Sleep				
Teammates				
Focus				
Change				
Times/ Splits				
Schedule				
Work Ethic				
Habits				

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Last week on Zoom, Coach Dalton talked about some of the different ways to stretch. Below are guided stretch workouts for Active, Static and Dynamic Stretching. Give them all a try!

Active stretching demands you assume a position and then hold it using nothing but the strength of the agonist muscles. The results of active stretching are not just elongated muscles but also enhanced muscle growth, stronger tendons and a greater range of motion in the main muscle groups afterwards. The Anchor'd active stretching workout takes you through some of the key positions that affect the body's main muscle groups. You will feel the difference afterwards.

<https://darebee.com/pdf/workouts/anchord-workout.pdf>

Static stretching uses even, applied force to help muscles and tendons lengthen gradually as they are held in a stretched position. You start off applying form to the muscle, or tendon you are stretching and hold it until you almost get to feel discomfort. The Stronghold stretching workout is designed to help you elongate muscle groups, gradually.

<https://darebee.com/pdf/workouts/stronghold-workout.pdf>

Dynamic stretching uses controlled leg and arm swings that gently take you to the limits of your range of motion. This helps activate the muscles and produces better strength not just flexibility. The Unbound workout helps you free your body by letting muscle groups that frequently restrict each other's motion, learn how to work better together. Performed prior to an exercise routine it is gentle enough to warm up and activate the muscles and specific enough to be also useful as a follow-up cool down routine to a good workout. There are no sharp moves to the Unbound workout, freedom comes as you go through the sets and build up some repetition.

<https://darebee.com/pdf/workouts/unbound-workout.pdf>