

IMX Swimming Out of the Pool
Friday, May 1, 2020

**Failing to plan is
planning to fail.**

I want to see you!!

This Sunday is the OCCS Donation Drive Thru! It has been fun to put this event together with coaches taking on different aspects of the event to make it as safe and smooth as possible. Decorate your cars and get on OCCS yard sign, maybe buy some raffle tickets too! I can't wait to see you!!

Then tune in Monday night for our OCCS virtual awards banquet. Coach Nick and Coach Dalton have been hard at work putting together the online platform for the awards banquet to be possible. A big thanks to them for putting in so much time and effort so we can celebrate our swimmers! Watch the team awards, a recognition and farewell video from the senior swimmers (put together, like always, by your truly) and finish it off with Coach Kelly's slideshow then the team raffle! Check the attachment for what to donate.

See you soon!

Coach Lauren

Race Strategy

This week we have focused on race strategy and putting together your best race possible. Monday we talked about packing and splits and Wednesday we talked about having a pre-race routine and thinking through your race. Today I want you to think about your best and worst races. But first...

I know directions for the activity on Monday were a little confusing. Here is a completed example and I've added notes to help guide you.

Make a realistic guess on what your goal time splits should be by comparing your best 50 time to your split in the 200 IM. In the example below, you can see the biggest difference is in the backstroke & breaststroke leg. This is where the swimmer would want to work on pushing harder and dropping a little more time on those splits. While trying to drop down the middle 100, the swimmer will most likely be around the same split for fly and free. The swimmer reflected this below, keeping the fly and free splits less than .5 off their best time splits.

Actual Best 200 IM Time & Splits

38.75

200 IM Splits		Best 50 Time	Goal Splits	
Fly	34.63	32.11	Fly	35.00
Back	41.65	34.10	Back	41.50
Breast	44.24	42.66	Breast	45.00
Free	33.73	30.11	Free	33.50
200 IM Time	2:39.25		Goal Time	2:35.00

What you want each 50 split to be to reach your goal time

Best 50 time for each stroke. If you are 13-14, use your 100 time and splits to help you construct your time

Add up your splits, they should be your goal time.

This is a very important lesson! In pre-senior you will need to know your times and the pace you want to hold. Your coaches will ask you and you need to know off the top of your head what your pace will be. This activity prepares you to answer the question “how will your race?”

Tell Me About...

Your Best Race & Your Worst Race

You can make bullet points, write in sentences, write a paragraph... whatever method is best for you to learn.

What went right or wrong? Start? Turns? Goggles? Cap?

What did you eat before? Drink? Warm-up? Stretch?

What was your mentality?

What was your pre-race routine? Music?

Add time? Best time? Dq? Place? Qualifying Times?

Was your technique good or bad? Did you hold your technique?

How did you react after the race? What did you do after the race? Talk to your coach first, warm down, talk to your parents, talk to your teammates.

Were you prepared for your next race? Did you warm down enough? Did you do the same routine?

How can you use this race in the future? What lessons did you takeaway?

Anything else that you did to prepare or that did not help in your preparation?

Dryland:

Try out this drylands exercise from dare bee made for swimmers! The workout is also an attachment in the email.

<https://darebee.com/workouts/dryland-swimmers-workout.html>