

Swimming Out of the Pool #1  
Monday, March 30, 2020

As we set into another week away from the pool, it's a great time to understand many of the other areas outside of the pool that lead swimmers to success. I will be sending the IMX "Swimming Out of the Pool" emails at **Noon on Monday, Wednesday and Friday** each week that we are out of the pool. Please take the time to read through the information every time it is sent out. You can print a copy for your swimmer, they should be reading this, not having the information told to them. There will always be a dryland workout to complete as well. Please let me know if you have any questions.

Wednesdays will also include a **ZOOM meeting titled "Weekly Wednesday" at 3p.m.**  
ZOOM Meeting ID: 404-396-821  
ZOOM Meeting Password: 79466227

In "Swimming Out of the Pool" we will use the OCCS student athlete development progression. Each group/level has a progression and topics swimmers should learn over their time in IMX. It is similar to the progression made by USA Swimming. We will explore the different areas of development and swimmers should complete the daily challenges. Daily challenges relating to the material presented can be found at the bottom of the document. Have swimmers keep track of their progress, they can use their daily accountability log (introduced below) to take notes about what they learn from the challenges.

Please respond to the challenges/questions at the end, this should be done by Tuesday night, Thursday night, Saturday Night. You can go over everything in one day, or split it over 2 days. I will be the only one to see the responses, but will also share them with your primary IMX coach if you are PWE or WARF.

<https://forms.gle/mDDAfVY2u9WMmaop9>

### **Character & Life Skills: Work Ethic & Self-Discipline**

At the IMX level swimmers must learn to take responsibility of their daily activities and begin to understand how it relates to their performance. This starts with them beginning to recognize their routines and habits.

#### **What is accountability?**

Accepting responsibility/ ownership for your actions and behavior.

What are you responsible for on a daily basis? It could be a chore around the house.

Accountability starts with you. What actions or behaviors should you be making to be a leader and hold commitments? Are there teammates that you see holding themselves accountable for the work they put in, are you holding yourself accountable at practice?

Every day you must hold yourself accountable, EVERY DAY. Taking accountability means taking on failure. When you admit that you have made a mistake or reached failure, you learn how to move forward. If you find excuses, you will keep making the same mistakes without progress. There is no shame in failing, it's one of the best ways to move forward. Accountability

is the difference between success and failure. If you don't take accountability or ownership of your actions, then you won't learn to find solutions, but when you do, you find solutions. You figure out where you went wrong or gave up, and make it one step farther each time you try. You might fail again, but it's part of the process of learning not to give up.

### **How can I make sure I am accountable?**

Every day during our time away from the pool, have swimmers write down a few things, to help keep track and stay on point. Keep your schedules as regular as possible, continue to go to sleep and wake up at normal hours. When we get back into our schedules, you'll want your schedule as close to normal as possible. Make sure you are taking mental breaks throughout the day, but also stimulating your brain away from screens. There have been a lot of nice days to go outside around your house, keeping distancing enforced, but getting outside and active another way. You can even do your dryland outside.

### **Daily Accountability Logs:**

#### **In the morning:**

Name one goal for the day:

Do active stretching or some exercises.

#### **In the evening:**

What was the most active activity you did today?

What was your healthiest snack or meal?

You can use a notebook and keep it next to bed or in the kitchen to keep track. Swimmers will give feedback/briefly can share during the Wednesday meetings about their daily logs, what they are learning and how it is beneficial. I will not be collecting responses for this, it is an activity for swimmers to hold themselves accountable without me checking in. Parents should check in to help them get in the routine of writing in their logs.

### **Biomechanics:**

Within this section we will cover topics that have to do with skills swimmers learn and should practice every day. They will take a closer look at the skills we talk about to help understand the importance of these skills.

#### **Underwater Kicking:**

Swimmers should be increasing distance and power in their underwater kicking. The goal for an IMX swimmer is to get a powerful push-off and stay underwater past the flags with powerful kicks.

This Swimming World article talks about the history of underwater kicking.

Swimmers will provide feedback in the daily challenge from information presented in the article.

They should watch the videos provided in the article as well.

<https://www.swimmingworldmagazine.com/news/the-history-of-the-underwater-dolphin-kick/>

Read the following article to remind yourself of a few ways to improve kicking off your walls.

You will provide feedback in the daily challenge.

<https://swimswam.com/5-tips-to-maximize-time-underwater/>

### **Resistance in Swimming:**

Swim resistance is the effect of water upon the motion of a swimmer. Maintaining correct body position is one way to reduce the amount of drag you create on your body while swimming. High tech swim suits are another way to reduce drag and raise body position in the water. You may have heard of swimmers shaving before a meet to help reduce the most possible resistance against their body while racing.

The article below will help you take a closer look into the science behind swimming. You may know some of the facts presented, but to be a successful swimmer, you have to understand how your body is moving throughout the water. You will read about energy, power, force, buoyancy and swimming efficiently, but in terms of science, then think of how it relates to technique.

<https://www.explainthatstuff.com/swimming-science.html>

### **Physiological: Nutrition**

I will hold swimmers accountable for how they decide to fuel their bodies. At the IMX level, swimmers need to be putting together their own snacks, and learn how to prepare healthy meals. Why do we tell you, our swimmers, to be drinking water so much? Why is hydration important, what happens when you are dehydrated? What are the benefits of drinking water?

<https://darebee.com/nutrition/fitness-and-hydration.html>

**Keep track in your log how much water you drink each day this week.**

How should you decide what to eat as a swimmer? This is an easy read about nutrition and different options available. You will also see some of the ways it is important to time how swimmers eat in relation to training and competition.

[https://hubbardswim.com/docs/RecTeam/Nutrition\\_for\\_Swimmers.pdf](https://hubbardswim.com/docs/RecTeam/Nutrition_for_Swimmers.pdf)

**This week, pick/make one healthy snack a day and write down in your log.** I will refer back to this, along with other material, as we go along for other meals to make.

### **Daily Dryland:**

Swimmers will be given dryland exercises they can do at home. This is an example of something to be accountable for and realize the more you stick to the plan, the better your progress will be and the easier it will be to get back into our usual training. I would suggest supervising to make sure they are doing exercises correctly.

The workout below should take 45 minutes to an hour to complete. Swimmers should take the time at the end to make sure they are stretching. Remember that doing exercises incorrectly or rushing them can lead to injury, watch what you are doing, push yourself as much as you can, without injury. While swimmers know the exercises below, I have included reminders they need to pay attention to while they do their workouts.

To help keep your cardio endurance up get outside to ride your bike or go on a walk or run, at least 4 times a week in addition to the dryland exercises.

## **Warm-Up**

This warm-up should take *at least 2:30 and no more than 3:00* (timed exercises are :30 each, total of 2:00 plus the exercises in between). Move quickly in the transitions, the point is to warm-up your muscles and get your heart rate up.

High Knees for :30 Seconds → 20 Jumping Jacks → Butt Kicks for :30 Seconds → 10 Burpees → High Knees for :30 Seconds → 10 Pushups → Butt Kicks for :30 Seconds

## **Circuit- Body Weight Exercises**

Complete this Circuit 2x – it should take 32 minutes, 15 minutes per round.

Each Exercise for :45 seconds, rest & get ready for next exercise :15 seconds

1. Squat Keep arms across chest, sit back – stand up like pushing off a wall
2. Plank on Hands Hold core tight, keep back straight
3. High Knees Knees up to Chest, running pace
4. Shoulder Taps Push-up position, no rotation
5. Jump Knee Tucks knees to chest with power – like off a turn
6. Push-Ups Don't cheat yourself
7. Flutter Kicks Hands under butt, STRAIGHT LEGS, do not touch the ground!
8. Mountain Climbers Keep your core tight and your butt low
9. Tri-cep Dips This is an ARM exercise, move your body with your arms, not hips
10. Calf raises Feet flat to tippy toes, to feet flat, no cheating yourself
11. Reverse Crunches No touching ground, knees to chest, straight out, back to chest
12. Plank Jump In/Out In hand plank position, feet jump in under chest and back out
13. Sit-Ups Arms across chest, no cheating
14. Streamline Squat Jumps Tight streamline, tight core
15. Burpee w/ Pushup QUICK, down on hands, jump feet out, pushup, jump in, jump up.

Rest 2:00

## **Warm Down and Stretching**

Use this stretch routine to warm down:

<https://darebee.com/workouts/finish-line-workout.html>

Refer to the following links every day or every other day to make sure you are stretching, working on flexibility and your posture. Look around at the other stretching workouts on the site. I will switch it up the stretching I send, but start with the links below.

### **Full body stretching exercise:**

Use this at the beginning of a workout to warm-up or to help stretch in the morning.

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

### **Stretching for after working out:**

Follow these stretches at the end of a workout.

<https://darebee.com/workouts/finish-line-workout.html>

### **Exercises to improve posture:**

<https://darebee.com/workouts/posture-perfect-workout.html>  
<https://darebee.com/workouts/posture-workout.html>

I will be referring to the site <https://darebee.com/> often, as I have in the past. It is great site with pictures and explanations of the exercises so the kids know what to do exactly. Most of the exercises they have done before and should understand, but references never hurt.

I encourage you to look around the site and the resources it offers. I will include a few links for stretching and a posture routine for swimmers to work on.

Parents, you can even try some of the workouts they provide (over 1,000).

**They have a daily dare and daily workout challenges. Can everyone in your family complete the daily challenges?**

### **Swimmer Challenges to Complete:**

Respond on the following google form. Only I will see your answers, but may share some information or learning from what you provide. Please make a note in your response if you do not want me to use your name or answers to share with everyone.

<https://forms.gle/mDDAfVY2u9WMmaop9>

- How do you hold yourself accountable? What do you take ownership of in and out of the pool? What is something you would hold your teammates accountable for?
- How far can you kick underwater now? About how long has this rule been in place?
- Why is underwater kicking important? What are the benefits?
- What is resistance or drag in the water mean? Why is it important to reduce drag and how?
- Explain conservation of momentum in your own words.
- Complete a daily challenge from the darebee site with a non-swimming family member.