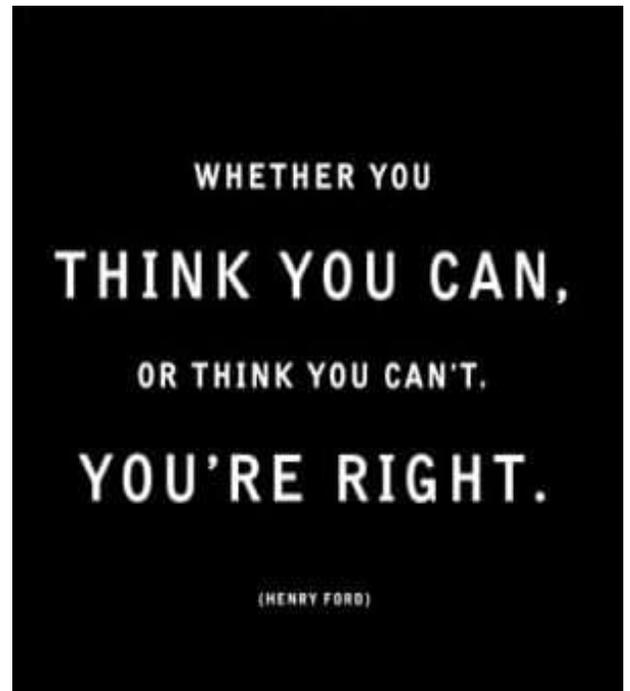
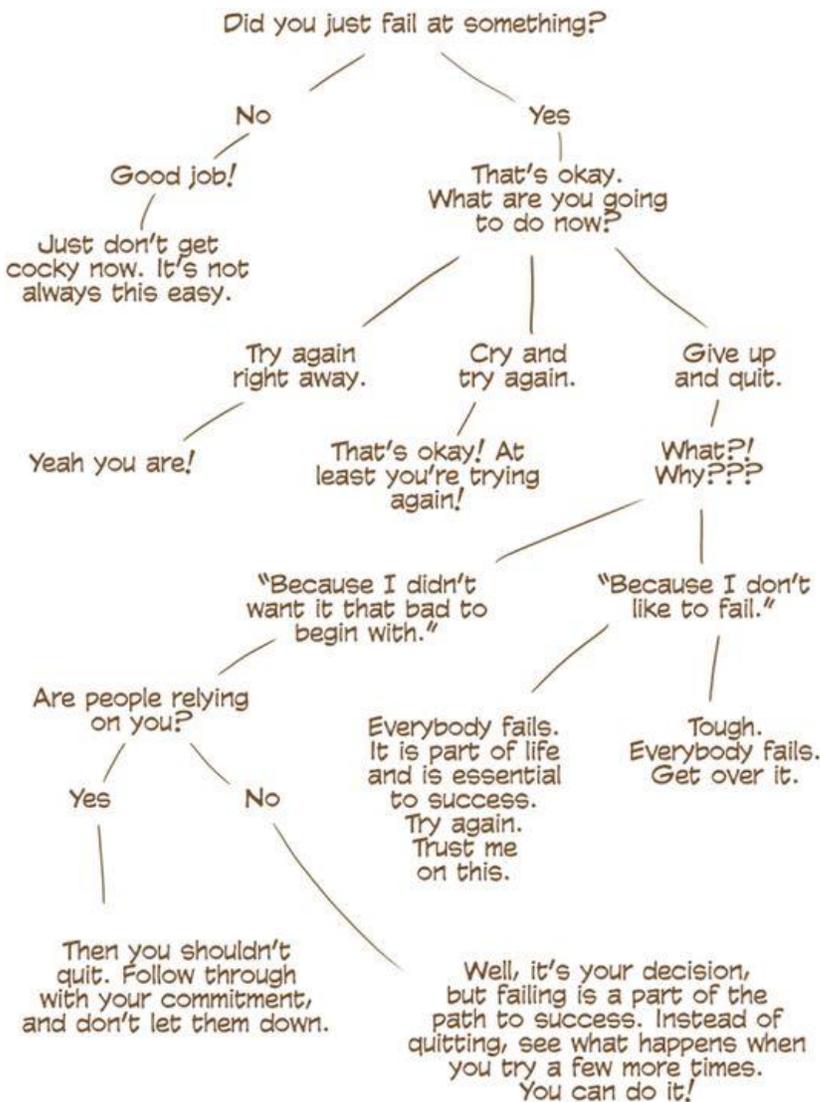


- 1 Quotes of the day
- 2 What's new with you? SWIM
- 3 Talk to yourself... Positively
- 4 Practice Positivity
- 5 Dryland Ideas

Quotes of the Day:

fail chart



Self-talk is the most powerful form of communication because it either empowers you or it defeats you.

What's New with You?

Can you swim without a pool?

We are inching up on a month now of being home and away from the pool. For most of us, this is the longest we have been away from a pool in... years! With summer swim and/or long course season, our longest break is in August, usually only being about 3-4 weeks. Even so, most of you still spend August around water, playing in the pool or going to the beach.

We are little water creatures so... what is a fun way you can swim?

Here is a challenge for you...

Who can be the most creative out of water swimmer?

Can anyone put together a virtual relay??

There have been many videos coming around of swimmers finding creative ways to “swim” outside of the pool. Bath tub, puddles in the driveway, swimming on pillows, swimming on benches with water splashing on you, etc... Send me your videos, tiktoks, or pictures of how creative you can be!

Parents must send these to me or kids must include their parents if they send it to me.

The point this week will be to talk positive.

Learn about how to use self-talk and read an article from SwimSwam about Caleb Dressel and how to prepare behind the blocks. We will talk about this information and other tools to talk positive on Wednesday.

After reading about self-talk, practice positivity with the exercises provided. You may send your answers to me, but at the very least, write them down so we can talk through thoughts together on Wednesday.

Coach Lauren

Send responses to my email kranzlaureno@gmail.com

Let's talk... **POSITIVE**

Psychology: Self-Talk

The goals in Self-Talk for IMX swimmers from the OCCS & USA Swimming Student Athlete Development Progressions:

Knows at least one technique for handling negative self-talk.

How to use self-talk for faster swimming:

Taken from a SwimSwam article on self-talk, here are three proven ways to incorporate smarter self-talk into your swimming, regardless of whether you consider yourself the *rah-rah* type or not:

1. COOL YOURSELF DOWN BY REPHRASING YOUR SELF-TALK.

Use self-talk to calm yourself down when you feel the anxiety or nerves building up. Use your name or “you” to motivate yourself and bring yourself to the present moment instead of building up worry in your head. I have seen or heard some of my swimmers do this in practice and/or in meets.

2. USE DIFFERENT TYPES OF SELF-TALK FOR DIFFERENT SITUATIONS.

Instructional self-talk is handy for when you are trying to focus in on technical elements of your swimming (“High elbow! Crisp hand entry! Finish your kick!”), while **motivational self-talk** is there to push you through the exhaustion and get you hyped up (“You got this! Finish hard! You can do it!”).

3. THE “1MR” TRICK.

Just... 1 More Rep...

When you find yourself losing motivation, remind yourself how far you have already made it and how close you are to being done. Keep yourself going, just 1 lap at a time, until you have finished the race, set or practice. Don't psych yourself out before you start.

What do you do behind the block before a race?

Talk to your friends or talk to yourself? What should you do?

Caleb Dressel is one of the biggest names in the swimming world today. Self-talk should be part of your pre-race routine. Whether it is internal or external. Most swimmers think about telling themselves in their heads that they can reach their goals. Some swimmers like to say their motivation out loud to themselves; it can help to hear it, hear your name and that you can or will complete the challenge in front of you.

Read this SwimSwam article about how Caleb Dressel prepares for a race and a more in-depth view of tips to be positive. <https://swimswam.com/caeleb-dressel-external-self-talk/>

Practice Positivity

Identify Automatic Thoughts and Connecting them to Thinking Traps

Situation Describe a difficult situation that came up for you this week	
Thoughts Name 2-3 automatic thoughts that you had in this situation	
Feelings Try to identify what feelings your negative thoughts created	
Thinking Traps What thinking traps were you falling into? (Thoughts that trap you in anxious or negative thoughts)	

Remember to...

- Eat Healthy & Hydrate
 - BE ACTIVE
- Do 2-3 hours of schoolwork M-F
 - Hold a sleep schedule
 - Keep accountability
- 30 Day Darebee Challenge

Dryland Ideas

INDOOR CARDIO CRUSHER

the workout

2 MINUTE INTERVALS

60 seconds: jumping jacks
60 seconds: side to side leaps
- rest 60 seconds -
60 seconds: run in place
60 seconds: shuffle side to side

rest one minute

1 MINUTE INTERVALS

60 seconds: mountain climbers
30 seconds: rest
60 seconds: burpees
30 seconds: rest
60 seconds: high knee run
30 seconds: rest
60 seconds: squat jumps side to side

rest one minute

30 SECOND INTERVALS

30 seconds: air jacks
15 seconds: rest
30 seconds: squat jumps
15 seconds: rest
30 seconds: jumping lunges
15 seconds: rest
30 seconds: jumping lunges

- go through 1, 2 or 3 times
- or repeat each section 2x before moving onto the next interval grouping