

IMX Swimming Out of the Pool #5

Wednesday, April 8, 2020

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HELLO AGAIN IMX SWIMMERS!

I have always had an obsession with quotes. Sometimes, if you aren't sure exactly how you are feeling, look up some quotes. If you are feeling down, look up positive quotes, maybe even some negative to validate your feelings, but then go positive. Quotes have a way of speaking and relating to you, but most of all they can motivate you in any part of life. You can always go to google and type in "Quotes about _____." Sometimes I can't stick to just one quote either.

Quotes of the Day:

The 3 C's in Life:

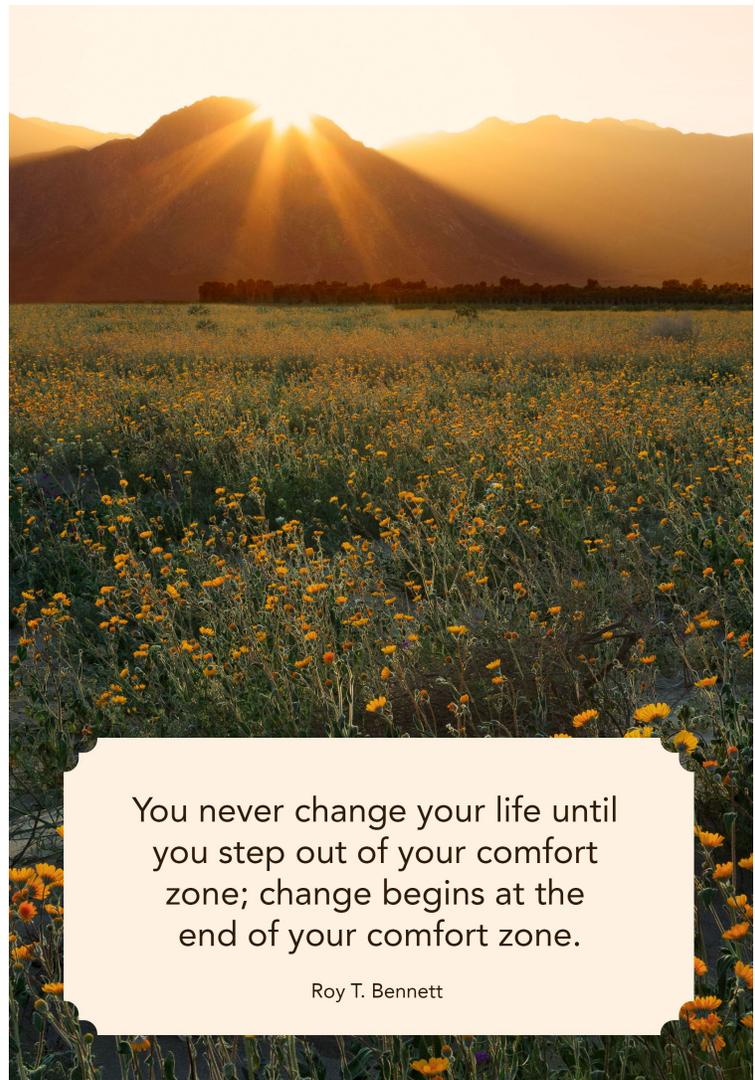
CHOICE,
CHANCE,
CHANGE.

You must make the **CHOICE,**
To take the **CHANCE,**
If you want anything in life to

CHANGE.



Knowing you are **BECOMING**
someone you can be **PROUD**
of ... There is no greater
MOTIVATION than that.



You never change your life until
you step out of your comfort
zone; change begins at the
end of your comfort zone.

Roy T. Bennett

Message from Coach Lauren

I hope you have taken advantage of the many nice days that we have been having. Spend time with your family, play games, make food together, exercise together, just continue to enjoy family time, even with everything going on in the World. We have to make sure we are staying positive and finding the little joys in the time we have at home. I miss you all so much and being on deck every day. Having the weekly Zoom meetings definitely helps the withdraw from the pool deck. Instead of a lot of new information today, we are reviewing some responses and looking forward to the Zoom meeting today for more discussion about nutrition.

During the meeting today, we will be referencing and talking about the article from Monday “The Big Deal About a Swimmer’s Nutrition.” If you have not read the article yet, it is included again below.

Remember to take advantage of this time at home to know what you are putting into your bodies. You have most likely been eating more food from home and have more snacks only feet away from you all day long. Many, if not all of you, are doing a great job of doing dryland through a YouTube or webinar video, following the dryland structure below, or use the exercises you know to create a challenging workout. Continue to exercise as much as you can, get out and play games, just keep being active!

I will always remind you to use your accountability log to help you keep track of hydration, nutrition, goals, etc. really anything you feel you want to make a habit of. Once you have practiced that habit by writing it down, eventually you will be able to wake up and make a goal or drink enough water throughout the day without thinking about it.

Last week was my first every Zoom meeting, so I do feel more confident going into today. I was very impressed with how many kids attended last week and I hope to see as many faces today!

When the meeting starts, I will ask everyone to put themselves on mute. We will take more advantage of the Chat section to be interactive. They can still have their little side conversation and comments for entertainment, but will also answer questions through the chat or ask to share that way.

Weekly Wednesday Zoom Meetings – 3:00-3:40 p.m.

ZOOM Meeting ID: 404-396-821

ZOOM Meeting Password: 79466227

*I do use the free version of Zoom right now, so our meeting time is limited to 40 minutes.

For the responses and feedback of lessons, you can always go back to previous lessons and give a response if you haven’t already. I know you have to fit this into your schedule, but it isn’t a bad idea to do the work at or around the same time practice would be. Responding to challenges will help you keep you focused on what to look forward to and the commitment you have made to swimming. Don’t let yourself fall behind, keep thinking about swimming.

Review of responses

How I Wish My Season Had Ended

Below are the thoughts of an MC IMX swimmer about how their season ended or would have ended. They presented their response with a lot of emotion, but also that they are staying motivated during this time!

As a coach, it was amazing to see such a thoughtful response.

“I was disappointed that I did not make Junior Olympics and Florida because I was less than a second away from the 100 breaststroke cuts in both. But I was hoping at the Sprint into Summer meet I would get those times just to know that I could do them. I felt that after the President’s Day Meet, I had been training really hard and I knew that I would be able to do it. I was really excited because I was really close to the 100 and 200 breaststroke 13-year-old AA times and the 100 fly and 200 IM A times. I was so excited and I was planning to swim these at the sprint into summer meet. I thought I was going to have more time to train before the summer league and long course season, but when they canceled swim, I was sad and mad that I would not get more time to finish off my short course season. I felt that I was having a great season, and I was upset that it had to stop so abruptly. But I tried not to let that take over me. I’ve been doing dryland almost every day except for Sundays. I go outside and ride my bike or run 4-5 times a week. I even went on a 5-mile bike ride the other day! I do the live dryland with Katie Hoff on CGsports when I can! I love them! I am so excited to get back into the pool when I can and I hope that I will be able to get back into my groove pretty quickly. My goals are to keep trying to do dryland as much as I can, and to do the responses that you send out. I can’t wait for the Zoom meeting tomorrow!”

Physiological: Nutrition

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

- Understand that “Food is Fuel.” Energy in = Energy out.
- Makes healthy food choices (despite teammates unhealthy choices while traveling, after training, etc.)
- Can put together a healthy meal with all macros (carbs, proteins, fats) at table.

Nutrition Challenge – Make a Dinner

On Monday, I challenged you to make a healthy dinner. If you haven’t already, that is the main challenge for this week. It is an important skill for you to know, now and for the rest of

your life. Responses vary in length and depth and that can also depend on your age or experience. The more detail or thought you give, the more you learn.

“Broiled tilapia with olive oil and lemon juice and spices and a side of steamed golden beats in cinwa with walnuts and corunts. And black beans with pineapples. it was about six to eight ounces of fish and a third ounces of black beans and pineapples and was healthy because it had great nutrients in it.”

“For dinner tonight I made fish tacos and a cabbage salad. We used cabbage, fish, tortilla, onions, honey, green onions, tomato, black beans, lettuce, and several spice like garlic powder and pepper. 4 oz of the fish had 100 cal, 1g of fat, 21g of protein, and 0g of carbs. 1 tortilla has 100 calories, 18g total carbs , total fat 2g, total proteins 3g. Black beans: 1/2 cup 90 cal, 0g fat, 18g carbs, 6g proteins. Honey: 2oz 170.2 calories, carbs 46.2g, proteins .2g, fat 0g. Red Cabbage: 100g: 31 calories, carbs 7.4g, fats .2g, protein 1.4g. Tomato 100g: calories 18, carbs 4g, fat .2g, proteins 1g. I helped prepare the meal by mixing ingredients, and cutting the veggies. I give the meal a 8.5-9 stars and i think I could have added a little less salt to the salad and maybe a bit more garlic powder (not too much). Another thing I learned while making the dressing for the salad was that if I use olive oil I have to stir more intensely to make sure the oil and other ingredients mix. (Please note that these measurements are for the packaging and not the entire meal also this is for the entire meal not just my serving.)”

Read the following article below, we will be referencing it during our Zoom meeting today.

The Big Deal About Swimmer's Nutrition

Swimming requires massive amounts of energy, whether it's an elite-level practice or an age group practice. Because of this high energy expenditure, swimmers need to take the right steps to replenish the nutrients lost.

According to wellness coordinator **Brigette Peterson's** research in sports nutrition, competitive swimmers can burn up to 5,000 calories in four hours, depending on the intensity of the workout. Thus, swimmers can burn approximately 40 percent of their daily energy during this time. Because of this incredible energy expenditure, proper nutrition is essential to rebuilding and recovering.

Peterson says, “Nutrition is the cornerstone of every athlete's performance, but especially a swimmer's.”

Continue to read the article from [Swimming World](#) (linked above) about what to eat before, during and after meets.

IMX Swimmer Challenges

- (continue) to choose a healthy snack each day
- Prepare a dinner for your family using the information you learned on constructing a healthy meal
- Provide [Feedback on the Google Form](#):
 - What did you make? What ingredients did you use?
 - Present the nutritional facts/ values for each food group using nutrition labels
 - How did you prepare the meal? (cut up veggies? Bake? stovetop?)
 - Give a self-review about the meal and your experience, what you learned on cooking dinner or food.
- Pick a 30 Day challenge from the Darebee site: <https://darebee.com/challenges.html>
 - You can say what challenge you pick in your feedback

Dryland

The workout below should take over 30 minutes to complete. It is structured based on the IMX requirements and the dryland exercises we have worked on throughout the year. Make sure you are stretching and doing exercises correctly. You may add a medicine ball or resistance band to any exercises to challenge yourself more. Be sure you are staying hydrated!

You are welcome to do multiple rounds of each segment of exercises.

3 x (Without stopping)	March Steps	March Steps
	10 Second Sprint	High Knees
	30 Seconds	March Steps
	10 Second Sprint	High Knees

Rest 1:00 - 2:00

2 x	20 Seconds	March Steps
	20 Seconds	Jump Knee Tucks
	20 Seconds	March Steps

(Without stopping)	20 Seconds	Squats
	20 Seconds	March Steps
	20 Seconds	Lunges

Rest 1:00 - 2:00

2 x (Without stopping)	10 Burpees
	1 Pushup
	20 Side Lunges
	1 Pushup
	30 Jumping Jacks
	1 Push up
	20 Streamline Squat Jumps
	1 Push up

Rest 1:00 - 2:00

4 Rounds Rounds 1 & 3 1 x then :30 rest Rounds 2 & 4 2x then :60 Rest	15 Seconds each exercise	Sit up punches
		Flutter Kicks
		Sitting Twists
		Reverse Crunches

Rest 1:00 - 2:00

2- 3 Rounds	20 Seconds each exercise	Plank On Hands
		Up (hands) & Down (elbows) Plank
		Moving Plank (left- center- right)
		Alt Arm & Alt Leg

		(R Arm + L Leg/ L Arm + R Leg)
	Rest :40	

Rest 1:00 - 2:00

2- 3 Rounds	20 Reps each exercise	Arm Circles
		Side Arm Raises
		Arm Circles
		Front Arm Raises
Rest :30		

STRETCH!!

You should know the proper stretches; you can reference the darebee site for stretch routines.

Yoga Resources

[H2OM Yoga](#)

Hosted by Leslie Tomlinson - she was a former NCAP coach at the Freedom Center Site, and now studies and practices Yoga Therapy. This is her website and she is offering Zoom Classes during this time!

[Planet Granite - Earth Treks](#)

Earth Treks offers multiple daily live streams of various yoga classes. Check out the schedule and participate in one - maybe with a family member!