

## NTG School – Day 10

I enjoyed the conversation and getting to see you guys yesterday. Thanks for joining in. My biggest takeaway from NTG school and the talk yesterday is that those who are participating are learning a ton and staying in shape. Its great to see you guys engaging and learning more about our sport. I hope that those of you who aren't sharing are still keeping up with the lessons. This really is a perfect time to increase your knowledge base, so we can return to the pool better athletes than when we left.

### Stroke Workshop

Backstroke Friday! I really liked the Group Me conversation about underwater dolphin kicks yesterday for those of us who participated, so I'm going to keep a similar process going forward. Below are some helpful videos for backstroke technique. Take a look at them and come up with your Top 5 Backstroke Technique Ideas. This can include drills, ideas to focus on, technical pointers or anything else that you think will help your backstroke. I'll share my top 5 after a few of you have.

<https://youtu.be/mJMs4B00u0I> - General Technique

<https://youtu.be/bPyLoflxaZ4> - Chloe Sutton

[https://youtu.be/mlOqxig\\_36w](https://youtu.be/mlOqxig_36w) - Amy Bilquist

<https://youtu.be/JpSx4bqpnNA> - Race Club - 1 Arm

<https://youtu.be/qN2DRWdSbT0> - Race Club - Back Rotation

<https://youtu.be/Fs1Fyp69rFA> - Race Club - Kick

### Physical

Please check out the video that Aaron shared from Dalton and Don on the Group Me. That's a great workout plan. At this point I think everyone has gotten into some sort of a routine. I'm going to keep sharing some videos for new ideas to try out, but we just want you to get in a strength routine you can stick to. Pick what you like. Here's today's: <https://www.instagram.com/tv/B-uSdxTnVom/> Here is a tracking spreadsheet you can use if that works better for you:

<https://docs.google.com/spreadsheets/u/0/d/1gqp4dFC-8A4rn-vUqUaKnm19VDnviZMUnn-xAloZe4/htmlview?pli=1>

Running (or a similar aerobic exercise) is super important still, so I'm going to continue giving you a run each day. Additionally, I'll keep some of the abs, specific skills, and stretches we work on here as reminders to keep improving there too.

- Run
  - :10m warm up
  - 5x
    - :02m !!
    - :02m jog to lower heart rate
    - (:01m walk recovery if necessary)
  - :10m warm down
- 6 x 100 alternators or V-ups
- Shoulder rehab/prehab
- Streamline workshop and jumps 10x
- Ankle exercises 5x

## **Character and Psychological**

Today we're talking about practice (<https://youtu.be/LiNdUXhGeX4>). Specifically, we're going to discuss motivation. I'm going to discuss individual motivation and group motivation, and how they work together. Find a quiet spot to sit and think. Take notes if you'd like.

Group motivation is fairly simple but difficult to put into practice. A motivated group is a group that helps each other get better, but how does that happen? Several factors can help: shared goals, leadership, positive competition... What else can you think of? What are the NTG's strengths and weaknesses when it comes to group motivation? How can you help us become a more motivated group? Finally, what are behaviors that hurt our motivation, and how can we limit those as a group?

Individual motivation isn't really individual or motivation at all if the NTG is the group that it is capable of being. While an individual can be motivated by themselves, a positive group can motivate everyone. If we have a group that is truly working to help each other get better, then the only thing the individual needs to do is to START. To try. If we create an atmosphere of leadership, positivity, and hard work, then we can help everyone as long as they are willing to start and commit to the group. How do you think we can go about making this a reality for the NTG?

## **Challenge**

Actually make your top 5 list for backstroke ideas. I promise that the videos are worth the time, and writing down what you learn will help ingrain the ideas. I look forward to seeing what we come up with. I'll grow a beard until the quarantine is over if we get 25 lists from 25 different NTG swimmers by Saturday at noon.

## **Send Off**

Thank you again for joining the Skype chat yesterday. To re-iterate, take this time and use it well. Become a better athlete, student, friend, family member, or anything else – just make sure you don't waste this opportunity. Enjoy the weekend, and we'll see you soon.

Coach Reid

[Reid.owen@gmail.com](mailto:Reid.owen@gmail.com)

919-672-6741