

## NTG School – Day 4

It's the end of our first week of these lessons. I'd like to know what you guys are getting from this so I can make it more beneficial. In either the Group Me or text let me know what you guys have done, and what you haven't. Let me know what you'd like to work on further in the coming weeks. Since we're not in the pool I want to give you as much information as possible. Thanks, and have a great weekend.

### Stroke Workshop

As a group we need to work on our hand entry, especially on backstroke. First, you must be in good body position with your hips and eyes up. Now, don't let your hands cross over the center line of your body. Now, get your pinkie at least 12" into the water before you bend your elbow to catch.

Here are 2 videos to watch and learn:

<https://youtu.be/LDu4-dyA7DE>

<https://youtu.be/GqGjc7AqWw4>

What did you see from those videos? Do you know how your backstroke entry looks? What position is your palm facing at different points in the entry and catch?

Here's a video with my favorite helper working on a drill you can do at home:

<https://youtu.be/7LpR4nEvKml> (Subscribe to the channel if you'd like some forthcoming reviews of LOL dolls and candy over the weekend)

### Physical

- Run 45 minutes or longer – solid aerobic
- 500 abs – focus on obliques and back
- Shoulder rehab/prehab
- Streamline workshop and jumps 10x
- Ankle exercises 5x
- Share your results

### Character

So much of the growth we hope to see from NTG athletes is from an athlete focused on themselves and their own times into a leader who is focused on the group. When you swim in college, you will meet someone who is not an athletic leader, but who is an emotional leader for your team. They will be the one pushing everyone in practice. They will be your biggest supporter. They will focus on everyone but themselves. That is the path we hope to get you started down as you develop in the NTG.

During this time how are you supporting your teammates? Are you reaching out to them and talking? Have you just asked if they are ok (I promise not all of you are right now)? This is a great time to focus on others and look for ways to help.

Similarly, how good of a member of your family are you being? Are you listening to your parents? Are you helping with cooking and cleaning? Try to remove the focus from yourself over the next couple days and ask what you can do for others.

Let the Group Me or just text me with any examples of how you are focusing on your community.

## Challenge

Planks are a great full body exercise. Let's try the following from both your elbows and your hands:

4x

1 minute plank hold

1 minute recovery

Max plank hold for time

Try this as many times as possible today in both plank positions. Let's see who can get the most total time planking. Anyone think they'll break 30 minutes? An hour?!?!

## Psychological

Today we're going to try a simple mindfulness meditation. Its only 5 minutes, so, if you like it, try out a longer one. <https://youtu.be/LDu4-dyA7DE> How did you feel after that? What did you think about? How could you apply this to swimming? Would you do this before or after a practice? Would you do it before a meet or race?

## Send Off

Keep on being mindful athletes, family members, and members of your community by posting to the Group Me 😊 Hope to see everyone at the pool soon. You can always email or text with questions, comments, or concerns – or put them on the Group Me.

Coach Reid

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

919-672-6741