

NTG School – Day 6

Week 2! I hope everyone is doing well. I'm really missing the pool, so I've been enjoying watching videos as I think about our daily lesson. Has anyone else been watching any swimming? I actually got to watch a few minutes of an international meet on tv this weekend before Elizabeth complained too much.

Keep the chatter going on the Group Me. As we get closer to a return date, we will be adding some Zoom chats and really making sure we're all on the same page. Look for more information on that in the coming weeks. Until then, stay in shape, keep learning, and be good representatives of the Occoquan community.

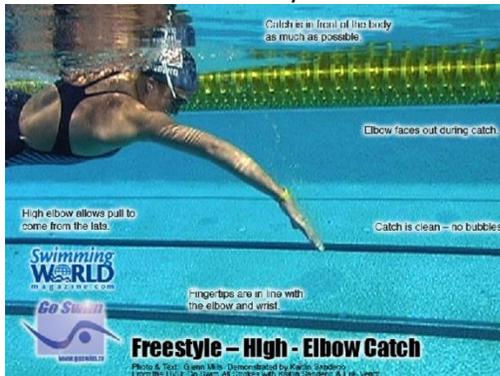
Stroke Workshop

Today's focus is on the freestyle catch. Let's start by visualizing your stroke... What does your hand entry look like?

What should happen with most freestyles is an entry at a 15-degree angle just past your head. You then extend your hand keeping the finger tips flat as your rotation helps you achieve your maximum stretch. At the end your eyes are looking down with your shoulder on your ear and your fingers 1-2" beneath the surface. See any flaws in the picture below?



The next move is probably the most difficult in swimming because there isn't an equivalent land movement. While keeping the shoulder (mostly) still, press down with your finger tips to approximately a 30-degree angle. At this point your finger-tips, palm, forearm, and even bicep should all be in position to mover water toward your feet.



Here's a video of my resident Youtube star working on her catch: <https://youtu.be/QxK-KE-3A50>

[3A50](https://youtu.be/QxK-KE-3A50)

Here's a great video breaking down high elbow catch (under 6 minutes):

<https://youtu.be/omkBPOvAuu8>

Physical

- Run 45 minutes or longer – solid aerobic
- 1,000 abs – plank challenge counts – I also like the ladder Nick posted on Group Me

- Shoulder rehab/prehab
- Streamline workshop and jumps 10x
- Ankle exercises 5x

Character, Life, and Psychological

Let's take a few minutes to do a small meditation on who you want to be as an athlete when we return to the pool. Find a quiet space to sit and think. Make sure there are no distractions and clear your mind of any concerns, worries, or plans. Once you are quiet and calm, imagine your first practice back... What do you see? How do you feel? Why do you feel that way? How do you approach the pool? What do you think about as you swim? What are your goals?

Take time after this exercise to write down your thoughts. How did you imagine your first practice? Were you ready to go and excited or out of shape and hurting?

Over the next weeks keep the image of who you want to be on that day in your thoughts. Make sure you're doing the work to be ready to be the person you want to be on that day. Be mindful of what actions you need to take now to be prepared on day 1.

Challenge

Create a dryland machine to work on your freestyle catch. Try to use items most of us would have in our houses so we can make our own. Make a video and send it to the Group Me so we can work on this together.

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.

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