

Swimming.

IMR Prep/Foundations: Quarantine style.



FEEL FREE TO CONTACT ME.

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also available on Zoom!

QUARANTINE CHALLENGE:



Penguin walk with streamline arms, every time you here the magic words.



MUSCLES ENGAGED?

In proper streamline you should feel it in every muscle on your body.

Your Coaches Miss You!

How are you guys doing? I know being out of school and not being able to swim is a little weird, but hopefully this will all be over soon. Us coaches can't wait to see you guys again!

However, just because we're stuck in the house doesn't mean we have to be stuck on the couch. We want to challenge you guys mentally and physically during this break, so when you return you're more ready than ever!

DID YOU KNOW?

The oldest known stroke is the Breaststroke.

DID YOU KNOW?

The 1st race ever recorded was held in Japan, year 36 BC.

DID YOU KNOW?

President Ford had a pool built at the White House in 1975.

Technique of the Day: Streamline.

Have you ever heard a coach say “tighten that streamline!”? We hear it all the time at CPAC.

With proper form, your streamline can be the fastest part of your race. Streamline is vital in carrying power and speed from your push-off into your stroke.

A favorite drill of mine is ‘Torpedo’; pushing off the wall in ready position into streamline & gliding as far as we can. It really allows us to see how powerful our streamlines can be when we focus.

Here’s a video on why streamline is important:
<https://youtu.be/pQgBUAFuwLk>

“When I stretch, I always go straight into streamline. It’s just habit.” -Megan Romano



Character Building: Integrity

Integrity is defined as, the quality of being honest and having strong moral principles.

In school, we’re taught integrity means “doing the right thing, even when no one’s looking.”

This quarantine is the perfect time to practice integrity. What kinds of choices are you making? Have you read a book? Have you helped mom with dishes? Have you done any exercise?

Can you think of ways you have shown integrity during this break?

QUARANTINE CHALLENGE:

Coach Matthew H. & I challenge you to walk like a penguin with streamline arms every time you hear the words “**Wash Your Hands**”. Parents you can record if you’d like! We would love to see!

We also challenge you to:

- :30sec Plank
- :30sec Jumping Jacks
- 15 streamline squat jumps
- :30sec High Knees

Can you do this 2x each day?

No matter how much you want it,
someone wants it **MORE**.
No matter how hard you train,
someone is training **HARDER**.
No matter how fast you swim,
someone is swimming **FASTER**.

BE SOMEONE.