



# THE SANDPIPER SKINNY

Sandpipers of Nevada

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## *Dryland: The Scope, Benefits, and GAIN*

In the last year, many swim teams around the nation have discovered the importance of dryland. We at Sandpipers have always known and stressed the importance of improving our swimmer's athleticism, both in the water and on land.

Before joining our team, Coach Alonzo trained professional athletes, including football, baseball, and hockey players. He worked with Olympians too—most notably our very own Cody Miller, who was one of the first Sandpipers to train with Coach Alonzo. Since then, nearly fifteen years ago, Coach Alonzo has worked with all of our athletes, whether they knew it or not.

As the Strength and Conditioning coach (also known as dryland), Coach Alonzo teaches the other Sandpiper coaches the philosophies, movements, and exercises. He also helps write the workouts for each and every group.



White Groups learning Sandpiper Dynamic Warm-Up

Around the same time Sandpipers welcomed Coach Alonzo, Vern Gambetta founded GAIN—Gambetta Athletic Improvement Network. As a world-renowned S&C coach with an elite career in nearly every sport, Gambetta wanted to bring his trainings to age-group programs. Coach Alonzo and Sandpipers attended several of Gambetta's S&C camps. There, we listened and learned and adapted our own form of dryland, better tailored to the wants and needs of our swimmers.

But what are these needs? Why even do it? Shortly speaking, dryland creates better athletes. Here's how:

**Flexibility.** Being flexible is key to having strong, efficient strokes, especially in the butterfly and breaststroke disciplines. Dryland, even basic movements encompassing our dynamic warm-up, promotes muscle elasticity, which means it'll be easier to have perfect technique.

**Explosive power.** Certain skills like starts and turns involve a swift activation of muscles. Dryland builds the power necessary to perform these skills quickly. This is not to be confused with **strength**, which is your overall physical ability. While both are built with dryland, they are two different skills that need to be taught.

**Body awareness.** Many swimmers have difficulty knowing where their limbs are in the water. The mobility, crawling, and agility work we do in dryland develops body awareness faster, which in turn allows swimmers to correct any technique flaws.

**Injury prevention.** Of all the things dryland does, this might be the best. Injuries could take athletes out for weeks, maybe more. Dryland helps prevent injuries and can even minimize damages when they do happen.

Many of our younger athletes may be thinking dryland isn't necessary for them. How incorrect that thought is! Just like in swimming, there is a progression to dryland. Each step builds upon each other, which is why dryland is important, even for swimmers ten and under. It's crucial for them to learn the foundations of these movements and techniques. These are skills that directly transfer to the pool, and tools they'll use their entire lives.

Sandpipers has begun to implement dryland days for all groups. We will continue to give our swimmers these important opportunities because as you can see, dryland isn't an accessory to swimming: it's an integral hub to the wheel. Without it, you'll only roll so far.



## RACE DAYS AND FUTURE SWIM MEETS

### A Quick Update

In the current pandemic, swim meets have been beyond difficult to come by. However, Sandpiper coaches and staff are actively working towards creating more opportunities for all of our athletes.

We are currently in the process of scheduling a Cinco de Mayo swim meet in May and a Rock the Blocks. We're also very hopeful for future SCS meets. We ask for patience and excitement while we finalize these details. In the meantime, we hope you all enjoy your Race Days!

While not a swim meet, Race Days are designed to epitomize the two key traits to any meet: racing and having fun! Let's take a look at some of our team's race days.



For up-to-date news, event information and more, visit the team website: [www.sandpipersofnevada.com](http://www.sandpipersofnevada.com)

## NEW TO MEETS? READ THIS!

Swim meets are the greatest part of swimming. They're crammed with fun, excitement, and—sometimes—a little confusion. This article is for those who have never been to a swim meet or those who want a few reminders.

**What is a swim meet?** A swim meet is an officially recognized competition. Athletes swim multiple races, varying in stroke and distance (as selected by their coaches), and compete with each other based on their ages and genders. Similar to race days, each event is broken into heats and lanes. Unlike race days, athletes are started and monitored by Officials, certified individuals who ensure proper technique is upheld.

**What to bring?** Swim meets vary in length. If many swimmers attend, they can last four hours. Here is a list of items you will need and want when attending.

- ✓ Team cap and team suit! It's super important swimmers wear their team gear! An extra cap and pair of goggles won't hurt either.
- ✓ Towel(s). You might need multiple depending on length and how many events you swim.
- ✓ Sandpiper Apparel. Team shirts, parkas, pants, etc.
- ✓ Warm clothes. Shoes/socks, hats, maybe even a blanket. Staying warm (especially when wet) is crucial.
- ✓ Food and water. Athletes need to stay energized during meets! Bring more than enough water or sport drinks to get through the day. You'll also need healthy food to maximize energy. This can be fruit, veggies, a sandwich, whole wheat bagels, you name it! So long as it has proper nutrition. Eat a great meal before coming to the meet too!
- ✓ Marker. Your swimmer may want to write their event number, heat, and lane down so not to forget.
- ✓ Chairs. While there is some bleacher space at pools, it is limited and not particularly comfy. Foldable chairs work well—as do thick blankets to set on the ground.

**What to do?** Find your coach. The first thing you should do when you get to the pool though, is find your coach. They will answer any questions you have and guide you through the swim meet. It can be overwhelming for swimmers and parents, so please use them as a reliable source.

**Lastly, have fun!** While competing is a thrill in and of itself, swim meets are also a wonderful opportunity to sit and talk with friends.

We hope this offered some insight into swim meets. If you don't have some of the above gear, please visit the Sandpiper store, Bodyline Swim Shop, where you can purchase all of your aquatic needs.

**The store is located at 4460 S Durango Dr Suite A, 89147.**

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## CALLING ALL SANDPIPERS!

Many of you have realized in the age of COVID, you are not be able to be on deck or even see your kid swim—other than via video. At the same time, you may no longer be able to volunteer at positions you have for years: hospitality, timing, check-in, etc.

What is the solution? Become an official, C6 operator, or administrative official! There isn't much training involved, and you get to be on deck with your kid AND support the team.

Reach out to Shay Kerby at [kerbyfamily@me.com](mailto:kerbyfamily@me.com) or ask your coach how you can help!

### KEEP YOUR FRIENDS AND FAMILY HEALTHY!

#### Sandpipers Travel Policy

A reminder for or those of you who traveled or have yet to return from traveling during the break. It is Sandpiper policy that if you boarded an airplane, regardless of destination, you take a COVID test 48 hours (minimum) after returning to Las Vegas before returning to Sandpiper workouts. Please send test results to Coach Michael at [coachmichael28@gmail.com](mailto:coachmichael28@gmail.com).

Additionally, if you traveled out of town by car, it is highly recommended you follow the same procedure.

If you have any questions, please email Coach Michael or your lead level coach.

**Want access to your time database, Sandpiper news, workout log and more on the go?**

Make sure to download TeamUnify's *OnDeck* app to access to the Sandpipers from your mobile device!  
(Available in the Apple and Google Play stores)



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