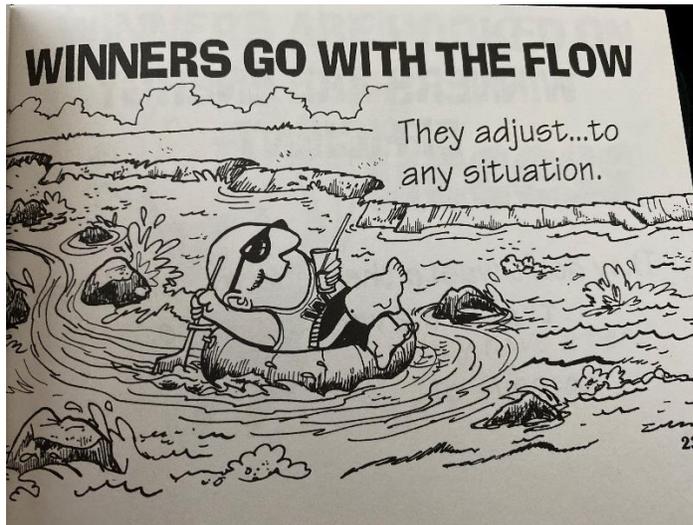


# CITY Digital Swimming Rambler Vol 1



## *Races of the Day*

[Michael Phelps: 400 IM – LCM](#)

[Ella Eastin: 400 IM - SCY](#)

## *Mike's Motivational Movies:*

Miracle, McFarland USA, Chariots of Fire, Invincible, The Rookie, Rudy, Warrior, Remember the Titans, Hidden Figures, The Blind Side, October Sky, Armageddon, For Love of the Game

## *Parent Education Articles*

<https://www.growingchampionsforlife.com/wp-content/uploads/2020/01/FivePivotalLessonsforParents.pdf>

[Maxime Rooney: "What I am supposed to learn from this?" \(Lockdown\)](#)

[https://www.usaswimming.org/news-landing-page/2019/07/29/how-adults-take-the-joy-out-of-sports-\(and-how-we-can-fix-it\)](https://www.usaswimming.org/news-landing-page/2019/07/29/how-adults-take-the-joy-out-of-sports-(and-how-we-can-fix-it))

## *Dryland Ideas*

Please remember to be safe, smart and stick with things you can safely do on your own at your home!

[Swimming Activation – Functional Prehab Warmup](#)

[SwimSwam Dryland #1](#)

[SwimSwam Dryland #2](#)

[Cardio Kids Video Workout \(Jumping Jax Gym Vol. 1\)](#)

**PCS Nutrition Corner:** While staying healthy is always a good thing, we are even more aware now of what is going into our bodies due to current events. When a swimmer gets some down time, it is still important to maintain well-balanced nutrition and get some exercise. A healthy diet should be “simple”, not overly processed, fried or filled with bad fats. Athletes can get all the protein, carbs, good fats, vitamins and minerals that they need from a well-balanced colorful meal. There is no such thing as a “magic food” that will have everything your body needs in one tidy package. While we aren’t fueling our bodies for a race or practice at the moment, now is a perfect time for perfecting those healthy eating habits and maybe even trying some new foods that can be used when we get back in the pool.

We are inviting all swimmers and parents to share some of your favorite snacks and recipes with us to be posted in our newsletter. Email coach Rachael at [sweetwatersdancingpiper@yahoo.com](mailto:sweetwatersdancingpiper@yahoo.com)

*George's Go-To-Breakfast before summer AM practice: 2 brown eggs scrambled with diced ham, black beans, spinach and feta cheese wrapped in a tortilla.*

**Do you have a favorite “pump-up song” you want to share with the team?**

**Email it to [pcscoach@pcschools.us](mailto:pcscoach@pcschools.us)**

***Your current situation is no indication of your ultimate potential.***

~Tony Robbins