

Hello 757Swim Families!

Just to remind all, due to weather we are postponing the car parade and canned food drive for this upcoming Tuesday 5/5 at 5:30pm! We are very excited to see you all there!

One of my favorite swimming related things to watch is SwimSwam's Practice and Pancakes Series. The series sends the host (who has one of the greatest swim jobs in the world) around the country to different NCAA and USA Swimming programs. This series allows you to have a brief look at some of the top swimmers and programs in the world, their culture, how they train and how they live. For swimmers looking at these high level collegiate programs this can be a helpful tool to see what team you feel you would most like to be a part of. For age group swimmers this is a great opportunity to see just how far swimming can take you and the great things you have to look forward to. For our 10&U swimmers this series is a fantastic opportunity to see top level swimming up close and personal!

Here are a couple links to my favorite ones

The Eddie Reese

Invite: <https://www.youtube.com/watch?v=uboo8vqohsU&list=PLIdl9zCABHXIlcV4Iuxf04nfRA42tyxyG&index=6>

Eddie Reese and Texas have a long standing tradition of putting out some of the fastest swimmers in history which is well on display here. This video depicts their "Eddie Reese Invite" which is really just an intersquad meet where they race fake events like 300 IM, 2000 Free and a 50 Underwater Kick. What I think is most important to pay attention to in this video is the supportive and competitive culture as well as positive attitudes on deck.

Tennessee Women: <https://www.youtube.com/watch?v=3T4rx-0eS98&list=PLIdl9zCABHXIlcV4Iuxf04nfRA42tyxyG&index=4>

Tennessee is another program that has a long standing tradition of excellence. The women especially have been outstanding and quickly became one of the best programs in the country. I sent out the video of Tennessee's Erika Brown swimming the 100 free. The culture in this video is impressive and the positivity is phenomenal. What I want all the swimmers to see is how hard these ladies are working outside of the pool, which is what we are all having to do right now. This work will transfer into the water. If you are someone who is struggling to find the motivation some days, watch these ladies get after it!

Nitro

Swimming: <https://www.youtube.com/watch?v=uooof96ihB3U&list=PLIdl9zCABHXIlcV4Iuxf04nfRA42tyxyG&index=23>

Nitro is a USA Club Swimming Program based out of Austin Texas. I am not too proud to admit that I have taken their idea for a get out swim and used it in a practice before. Coaches; much like writers, at times experience writers block. I know what I want to accomplish each day and what the goal is. Though at times I struggle with being creative and interesting or

even being so creative that its too confusing. It helps to get ideas and lean on others when needed. The swimming world is wide but its a tightly knit tribe. We can all use a little something to lean on.

Feel free to watch more than these 3! These are just the ones I wanted to share there are loads more!

Enjoy!