

## **Blue Group (March 27):**

I hope everyone is doing well and adjusting to our current situation. It seems like I haven't seen everyone in a long time even though it's only been about two weeks. I never thought that I would miss waking up at 4:00 am every day, but I do. My mind and body are still in tune with the practice schedule we've been on for the short course year and I'm wide awake at 4:00 am every day. Most days, I can fall back asleep in about an hour. But it's really hard for me to sleep in even though I can. What about you? Can you sleep in or are you up early?

Here's a couple of Blue group updates for you-

As far as getting back in the water, I honestly don't know when that is going to happen. At the earliest, it wouldn't be until late April or early May. As of Monday of this week, the Governor has closed down all recreation centers for at least 30 days. I'm not sure when that will be revisited and updated but that puts us at late April/early May as a best case scenario.

I hope everyone is doing the dryland workouts I am providing on the Workouts tab on the website. I'm trying to be as creative as possible with the workouts and lack of equipment. Just a reminder that I'm posting workouts 4 times per week and I'm encouraging a couple days of aerobic work-running or riding a bike-to stay as fit as possible while we are away from the pool. Ideally, I'd hope that you're at least getting in five workouts per week.

Updates to our meet schedule-

-We are going to cancel the 29 Cup that was scheduled for May 9 against LY. We are looking at trying to reschedule something for the fall.

-Unfortunately, Y USA has decided to cancel YMCA Long Course Nationals for the summer, too (just announced yesterday). I will be coming up with an alternative plan(s) for our championship meet at the end of long course. I am sure there will be a lot of good options for us as a team.

One of my goals while we are away from the pool is to break down each stroke and to have you start thinking about ways you can improve your technique. I'd like to start with our baseline stroke-freestyle.

I've included this link for some basic tips on what we are looking for in an efficient freestyle:

<https://www.enjoy-swimming.com/freestyle-swimming-technique.html>

From the link, here are a couple of the tips that I think are most important-

### ***Tip 1-***

Keep your head in line with your body and look at the bottom of the pool. Head position is extremely important in freestyle (as it is in all 4 strokes) because your body is going to follow what your head is doing. Looking at the bottom of the pool is also important because it goes into the next tip-

### ***Tip 2-***

“Press you buoy”-Meaning press your chest slightly down to the bottom of the pool. If you are able to "press your buoy" and look at the bottom of the pool, you are putting your body in the ideal position to swim efficiently. In all four strokes, keeping the hips high are extremely important. I remember hearing from another coach at some point in my coaching career to "keep your hips out of the way"- meaning keep your hips high in the water. If you're able to "press your buoy" and look at the bottom of the pool, your body will be in line and ready to swim fast.

### ***Tip 5-***

Exhale while your face is in the water (underwater)/Inhale while you are getting your breath -

This seems like such a simple concept but a lot of you do not do this. If you are exhaling and inhaling when you are getting your breath, your breaths are too long and you throw the rhythm of your stroke off.

### ***Tip 6-***

High elbows underwater to help with the catch of your stroke. Here's a term you should know-**Early Vertical Forearm (EVF)**. A lot of you have the tendency to drop your elbows underwater (especially when you get a breath) and lose your power pull position. Keeping your elbow high underneath the water creates a power position. Here's a link with **EVF** information:

[https://www.google.com/search?q=early+vertical+forearm+images&tbm=isch&source=univ&sa=X&ved=2ahUKEwj1nu\\_i1broAhVLmXIEHcwFAXMQ7Al6BAglEBk&biw=1366&bih=655](https://www.google.com/search?q=early+vertical+forearm+images&tbm=isch&source=univ&sa=X&ved=2ahUKEwj1nu_i1broAhVLmXIEHcwFAXMQ7Al6BAglEBk&biw=1366&bih=655)

I'm going to update the Coaches Corner page every Friday with information for you.

Enjoy and be safe-

Coach Mike