

Blue Group Update April 10, 2020

I hope everyone is doing well and hanging in there. I don't have any updates to give you about a return to the pool. Hopefully sooner rather than later but it's too early for me to give an educated guess when that will happen.

One of the things I am going to include in this update is something that Coach Bridget found online from Dr. Alan Goldberg. Dr. Goldberg has many great tips and perspectives that are applicable right now. Please read the following article he just wrote.

[Dr. Goldberg article](#)

I'd also like to recognize all of our High School Seniors who are in the Blue group: Abby Brown, Sophie O'Donnell, Vijay Chhabra, Noah Hargrove, and Tyce Winter.

Thank you to all that you have done for the team. We wouldn't be where we are as a team or group without your leadership. When I came to the team in the spring of 2017, all of our seniors were just finishing their freshman year of high school. My first summer, we took 5-6 swimmers to Y Nationals (with a total of around 10 qualified). This past short course season, we had 27 swimmers qualified for the meet. What an incredible accomplishment this group of seniors has helped lead.

I encourage all of our underclassman to follow the Class of 2020's leadership and remember what they helped to create in a very short period of time. The team and group is completely different from three years ago and this group has helped pave the way.

Thank you Seniors. Here's a page on the website dedicated to the Class of 2020-

[Class of 2020](#)

One last thing that I want to include. I hope everyone is continuing to do the dryland's I am providing. Two other things I want to include that everyone can work on now that will have big benefits down the road

A) Ankle flexibility-

3-4 times a week I would encourage doing the ABC's rotating your ankles and using your toe as an imaginary pen (write out each letter in the alphabet with both feet). If done enough and consistently, ankle flexibility will increase. Having ankle flexibility is key to having a great kick.

B) Grip strength/Forearm strength-

I'm not sure how many of you remember this (probably our five seniors do) but I used to have everyone kick with a racquetball and squeeze with their hands to help create grip and forearm strength. I stopped doing this exercise in practice (too many balls being thrown around) but do believe this is a great exercise you can do on your own. Get a racquetball or tennis ball and squeeze off and on for 10 minutes each day (for both hands). You can do it while you're doing homework or watching TV. If this is done consistently throughout the season, your grip strength and forearm strength will increase. Being able to grab the water is a key component to swimming fast. I've had a lot of success with this exercise with the last team I coached. I highly encourage taking the time to do it daily.

Thanks and stay safe and be smart-

Coach Mike