

Blue Group Update April 3, 2020

As we head into week 3 away from the pool, I hope everyone is adjusting and finding some sort of rhythm in their daily routines. As I've told all of you many times (mostly concerning swimming), things aren't always going to fall into place the way you'd like them to. Our current situation across the state and country only amplifies that you need to be able to make adjustments. We will get past this at some point and be able to get back to our daily lives. One thing that I've learned over the past couple of weeks is to appreciate the little things (whatever they may be). For me, I've really enjoyed being able to sit down and have dinner with my family every night (this doesn't happen during the swim season). I've also enjoyed spending extra time with my kids and my family. My daughter, Olivia, and I have a daily Tetris challenge (old school video game-she usually wins). I've played basketball with my son, Luke, daily for the past three weeks (his basketball skills are improving dramatically). While your lives are slowed down right now, learn to appreciate everything you have and may have taken for granted in the past when your life was full and busy.

Something that I am learning to make an adjustment to is the ability to plan. Whether you realize it or not, I do spend a lot of time planning the swim season. I can tell you it is very challenging right now because there seems to be changes coming from our government leaders routinely. To be honest, I still have no idea when we are going to get back in the water. I have no idea what our meet schedule is going to look like when we do get back in the water. What I can tell you is that the full time coaches meet a couple of times a week and we're working on all kinds of scenarios when we do return to the pool. Please be patient while we figure all of this out. As soon as long term, concrete plans come from leadership, we will communicate with everyone. We want to get back to our normal routines as soon as possible following the guidelines laid out by leadership. Above all, everyone's health and safety must come first.

Last week, I broke down freestyle. I hope everyone found the information valuable. This week, I'd like to focus on butterfly. Here's a link with a lot of information on butterfly.

<https://www.swimming.org/masters/advanced-butterfly-stroke-technique/>

To have an effective butterfly, there are four main components to think about:

- a) **Stroke**-Let's start with where your hands should enter the water. Entry should be in front of your shoulders. The most important part of the stroke is going to be the catch (Remember the EVF we talked about with freestyle). This should happen out in front prior to your hands coming underneath your chest area. The stroke should finish around your hips with a straight arm recovery over top of the water. Think about it this way-power underneath your body and relaxed recovery over top of the water.
- b) **Kick**-You should have two kicks for every stroke cycle-one at the top of the stroke and one at the bottom of your stroke. The kick at the top is a small kick and the kick at the bottom of your stroke is a big kick. The big kick at the bottom of your stroke helps with your recovery.
- c) **Breathing**-Most swimmers will breathe to the front (some of you may like breathing to the side). The most important thing to think about is keeping your body close to the water while you are getting your breath. While breathing to the front, keep your chin on the surface of the water

and think about breathing forward-not up (exhale underwater/inhale when your mouth is out of the water). Another way to think about it—is pulling forward into your breath and not up.

- d) **Body position and body movement**-Body position and body movement are extremely important in butterfly. A chest press, a hip pop, and your ability to keep your head at the surface of the water is key to an effective butterfly. Press or push your chest towards the bottom of the pool. While you do this, your hips should come to the surface (It is important to try to keep your head at the surface while you are pressing your chest and popping your hips). Here's a link that gives a little more detail with body movement and body position.

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

Stay safe and I really hope everyone is taking social distancing seriously. Please hold yourself, your friends, and your teammates accountable.

Coach Mike