

## April 20: Coach Leslie's letter to the Gold Group

Dear Gold Group,

It was great to “see” all of you at last week’s zoom meeting. I am impressed with how active all of you are right now and many of you have come up with creative ideas to stay busy over this break. That’s awesome! Keep it up!

We will continue to talk about the topic “**Controllable and Uncontrollable Factors**”. Please continue to squeeze the racquet/tennis ball daily while watching TV (10 minutes each hand). Remember, improving hand/grip/forearm strength is something you can control. In addition, 2-3 days a week, keep doing the ABC Ankle Flexion exercise—this too, is an area that you can improve while you are out of the water, that will help your kick when you get back into the water.

As I mentioned last week, there are many factors that you can “control” right now during this off season that can make you a better swimmer. Until we get back in the water, we will be discussing controllable factors including: learning more about the technique of each stroke, nutrition, mental toughness, confidence and physical toughness. We will also discuss techniques of how to handle the “uncontrollable factors” so that you have an edge going back into the water.

This Wednesday’s zoom meeting we will discuss Freestyle. In advance of the meeting:

- Try to watch this great video on Freestyle [https://www.youtube.com/watch?v=T10Y\\_yQBiXM](https://www.youtube.com/watch?v=T10Y_yQBiXM) (it is 9 minutes long).
- Look at past Gold Group drylands and see if you have questions (you will have an opportunity to ask questions), and if we have time, I will demonstrate & teach some new exercises.
- Wear comfy clothes and be in a space where you can move around (we are going to air swim freestyle)
- Bring your racquetball/tennis ball

I look forward to seeing all of you soon! Please continue to stay positive. We will all get through this together!

All the best,

Coach Leslie