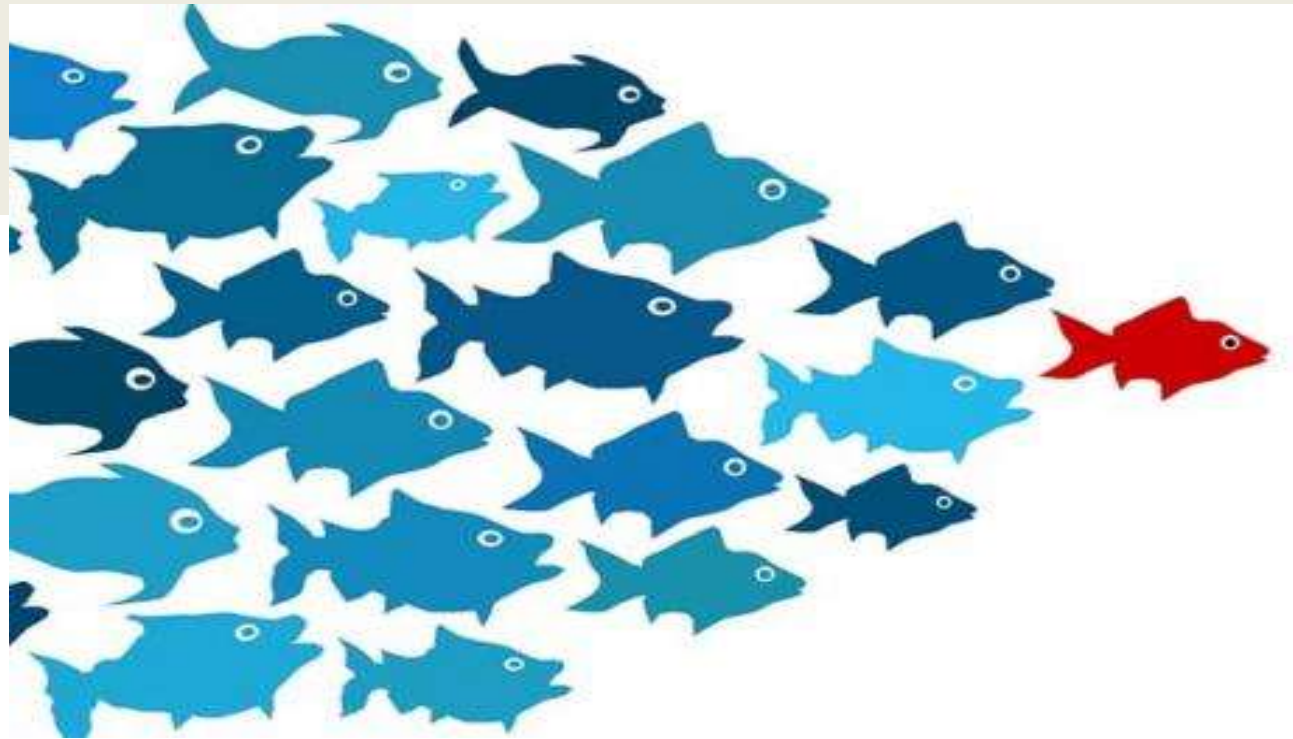


BAC VIEWPOINT

SWIM. LAUGH. GROW. SUCCEED...FOR LIFE.



LET THE HUNGER GAMES.....BEGIN!



Fish don't swim backwards

Little Things – Warm Up

PAULA LEE

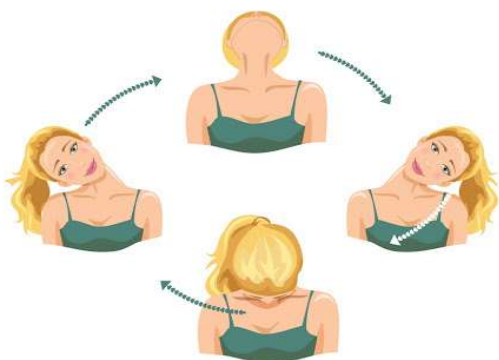
Why warm up?

You have been told how good it is for you, but do you know why? Warm-ups for dry-land and swimming are designed to raise your body temperature, protect your muscles from injury and increase range of motion.

Dry-Land Warm-up

The warm-up before dry-land will get your blood flow moving by preparing your body for the stress that dry-land will put on your muscles. This warm-up is a dynamic warm-up or a warm-up with motion. Think of this warm-up as waking up all your muscles starting at the top of your head and working down to your feet. You might have done the dance called “Hokey Pokey” at one time. This is a dynamic warm-up.

Try this warm-up at home from a standing position: Start with warming-up your neck muscles by circling your head first one direction and then the other.



Leadership

JEFF LEE

Every swim team needs leadership from its athletes. When difficult times come swimmers search for their leaders on their team. However, not everyone can take that baton and lead the team through those difficult times.

It takes special characteristics to excel as a leader. If you want to be that person on your team, make sure you check all the boxes below.

Depending on your role with your team the limitations of your leadership can change. All the components below may not be achievable by one person, but the more you master the more you will be looked upon as a leader within your team. Coaches are obviously the first place to look for leadership, but they are not the only ones who can be looked upon in or out of the pool when needed. Leadership can come from any swimmer on the team. Develop the right skills, and you could be that swimmer. Keep in mind your individual role with the team will dictate how you use these pointers to display your leadership.

Set an Example

As a leader, your teammates are likely to follow your behavior. So, you need to be heading down the right path of behaviors.

If you are seen with your head down; complaining and ranting at a coach or situation, or generally conducting yourself in a negative way – then your teammates will see that it is ok to act the same way. The best leaders are the hardest workers on behavior and respect for their sport.

The same goes for in and out of the pool. Showing up late or having less than enthusiastic approach to training is giving the rest of your team a reason to be less focused. Set a good example every day, and your team will feed off your enthusiasm and positive approach.

Awareness

As a leader, awareness is key. Awareness comes from time spent building relationships with your teammates. Learn how to react to certain situations with certain swimmers. If the swimmer has had a bad performance or practice, do they react better to a few harsh words, or do they need a sympathetic shoulder to lean on to help them lick their wounds? (cont. Pg2)

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LEADERSHIP

LITTLE THINGS – WARM UP

BENEFITS OF YOGA

Benefits of Yoga

Body awareness is key

CATIE CHANG

Yoga is a great physical activity to enhance your swimming through body awareness, mobility, and increased strength. Throughout my high school years of swimming, yoga was a great way for me to increase mobility and stability in my training. This allowed me to listen to my body and address recovery and mindfulness into what I was doing.

Whether it is following a yoga routine for 10 to 15 minutes or an hour, it has some wonderful benefits for your swimming. Yoga is great for anyone because it is bodyweight exercise and at your comfort level. You are in control of what you are doing and how advanced you want to go.

For your training, I would recommend yoga training as only pre-workout or post-workout recovery. You do not need to spend hours doing yoga. The main purpose is to work on body awareness, mobility and strength in a way that will allow you to prepare or recover your body from your already intense training.

First off, body awareness is essential to yoga practice. This involves fully paying attention and being in the moment with what you are doing. Yoga poses require increased concentration to maintain balance and steadiness. Thinking about what you are doing for each pose will help focus on the breath and adjust your body accordingly. With yoga, body awareness is important to stay safe and know what you can handle.

That will push you to scan through your body and react differently based on what you are feeling. This is greatly increased in a yoga practice but will be seen as beneficial with in-water training.

In swimming, you must be aware of what your body is doing constantly. By having an increased body awareness, you can adjust the “little” technical movements of each stroke. You can sense what may feel “off” in your stroke and adjust to become more efficient in the water. This will greatly improve your training because you know what your body is doing. Mobility is important in swimming with everything you do. Yoga practice incorporated into your current swimming program will help increase the mobility and stability you previously had. It will allow you to focus on that mobility and release the tension with every pose you complete. You can create stability with each pose by focusing on your body. The more balance you practice, the more stability you gain. This will ultimately help create stability in your core and foundational posture in the water. Over time, the mobility in each yoga pose will increase and you will find yourself as having a more relaxed strength to your workouts. Mobility is what will get you moving in swimming and allow you to perform at a higher level because you are increasing your range of motion.



To improve performance in the water swimmers often turn to dry land training to help improve their strength, mobility and body awareness.



Core strength is critical for swimmers



It all then can translate into success in the water

Leadership

CONT. FROM PG1

Certain swimmers react differently to different kinds of leadership. A passionate, rousing talk may be enough for some swimmers, but others may need a few soft motivational words to get them back on track. In the heat of the moment it is easy to lose that awareness of what is needed, leading you to take a wrong tone with a teammate. Develop that awareness by drawing on what you know about your teammates, the situation, and past experiences in similar situations.

Passion

Sports in general are passionate, packed with euphoria from success and disappointment from defeat. As a leader, you always must demonstrate the positive side of those emotions with your teammates to drive them to their goals.

It is not just passion toward achieved goals you need to display as a leader. Caring for your teammates and the sport of swimming are both ways to display that passion. Show that passion every day and it will rub off on your teammates.

Enthusiasm

Show enthusiasm for swimming and expect others to follow. Be the most enthusiastic in training; be enthused to new approaches; be supportive to team bonding activities; strive to be the best you can be at every meet.

Enthusiasm is infectious. Bringing some into everything you do when representing your team can lead to an increase in dedication and commitment from everyone on your team.

Motivational Skills

As we mentioned earlier, your position as a leader means in times of trouble, your teammates will turn to you. In response to that, you need to show the ability to fight before turning into Mr. or Ms. Motivator to turn that sinking ship around.

Perfecting your motivational skills should be your top priority as you look to be the best leader you can be. At it's best those skills will challenge your teammates to be better every day. Good leadership is about injecting that challenge in the minds of your teammates.

Will to Win

One common theme among great leaders is an insatiable will to win. Great leaders are the ones that make every little thing perfect, bring their absolute best every race, push their teammates and never give an inch on effort to their opposition.

Bringing energy to everything they do as they hunt for success; leaders are winners as they put the required time and effort into what needs to be done to be successful. If those character traits don't spill over into cheating or aggression towards others, a complete and utter will to win should be high on the list of must-haves for a leader.

Got what it takes? If this sounds like you, then raise your hand and take on a leadership role with your team.



Little Things – Warm Up

CONT. FROM PG1

Do this for 20 seconds. Next move your shoulders by lifting them and circling them back, down and forward. Keep circling them one direction for 15 sec. and then the other for 15 sec. After just a couple minutes of doing this you should feel those muscles becoming looser and more awake. If you want to continue on, go ahead and warm-up the rest of your body with arm circles, hip circles, leg swings and ankle circles. After about 10 minutes of this type of warm-up you are ready to do dry-land in a safe and prepared way.

Swim Warm-up for practice

The warm-up at the beginning of your practice is generally an extension of the dry land you just finished. You have increased your blood flow, stretched and worked out your muscles throughout dry land. Now, you need to get in the water and continue your warm-up.

What should a good warm-up before practice look like?

This warm-up will be a way to work on your feel for the water by doing stroke drills and swimming at an easy relaxed speed. One of the benefits of this warm-up is for your lungs, as you go through warm-up you will notice how much easier it is to do those dolphin kicks off the wall at the end of your warm-up. The other benefit from warm-up is that oxygen is being delivered to your muscles, which is great for swimming but something you will not notice. Just know that it's good for you and your swimming.

Swim Warm-up before a Meet

This swim warm-up should start with a warm-up on the deck similar to what you might do before dry land. Take 10 to 15 minutes to stretch and get your heart pumping before you get in the pool. While you are stretching it's also a great time to prepare yourself mentally, rehearsing your race in your mind, imagining how the water feels, your tempo and turns. When you get in the pool, you're ready.

The swim warm-up should be a combination of swimming, drills, kicking and sprints to get your nervous system working and wake up those fast twitch muscles. Your warm-up will change with your abilities, younger swimmers will do around 1,000 yards with some of the older swimmers doing up to 2,000 yards. Your coach will give you a basic warm-up that over the years you will tweak and adjust to what works for you and your races.

Warm-up before a Race

It's very common that you will have down time between races and possibly an hour or more after you have done your warm-up in the pool. Ideally there will be a warm-up/cool down pool but when that's not available what is the best way to prepare for your race? Did you respond dynamic stretching and visualizing your race? If so you are correct. It's important to get your heart pumping and blood flowing before your race so that you're not diving in cold. It's just as important to be mentally ready, rehearsing your start, swim, turns and finish of your race. You can't be too prepared, to do your best. Make it a habit to get up and start moving before your races doing dynamic stretching

and visualizing. You will notice the difference in your races and how much better you feel in the pool!

Summary

The warm-ups that you will do on the deck and in the pool are by far one of the most important "little things" you can do to help your swimming. Whether before a big race, before a practice or dry land the warm-up you do will determine how ready you are to perform at your best. Think about staying loose, staying warm and be ready! Finally, the process of learning what warm-up works the best for you is an ongoing responsibility of each swimmer and their coach no matter the swimmer's level and abilities. Be open and flexible to try new warm-ups to be the best you can be in the sport.



VISUALIZATION- one of the most powerful tools in a swimmer's arsenal



World's premier website for online yoga classes and information on yoga for swimmers.

While holding each pose, you are relying on every muscle in your body to keep you there. This will improve your muscle strength and ability to focus on your strokes differently. You will be more aware of each pull and breathe. You will try to find a way to get even better at it because you will be more aware of your strength. With strength, there is an increased ability to focus on your breathing. By being able to control your breathing and work into that, you can swim with greater ease. The breath control will help you feel like you are not searching for air when training or racing.

Some examples of breathing in yoga practice would inhale for 2, exhale for 3. You have to be focused on that breathing because you are in the moment with it. With each breath, you are allowing yourself to be present and listen to your body. This can take some time to adjust to, but know that the impact of it will benefit you in the long run.

Overall, yoga practice can be beneficial to anyone.

Adding yoga practice into your training can help with your stability, mobility, breath control, body awareness and increased strength. You already possess all these skills with your current training. Yoga can just provide time to solely focus on you and your body. With each pose you practice, there is the intent behind it. You are improving your stabilizers in the body and improving what you are already able to do in the water.

This is a great way to allow your body to warm up before practice or cool down and recover after practice. To determine if it is right for you, you can always try it.

Activity: There are many different yoga videos out there, however, there are some specifically geared towards swimming. Check out this website, www.swimmingspecificyoga.com.

From this website, it is perfect for swimmers and each yoga routine addresses different skills/mobility wanted for swimming. Check it out and try one or two online classes and see how it goes!

Benefits of Yoga

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CONT FROM PG2

This will translate to the pool by having long and efficient strokes and kicks. For example, you can reach further toward the wall with each stroke, get into a tighter ball on your flip-turn, or have a longer posture with streamlining underwater.

This is just a snapshot of what yoga can do for your swimming. Done correctly, you will feel better and lighter in the water because your muscles will not feel as tight. It will allow you to focus on that mobility and release the tension with your yoga and swimming practice.

Each yoga pose that is practiced is done with great strength. To allow your body to settle into a position and hold for a certain period of time is hard work. These poses will challenge your balance, your body awareness, and the ability to trust yourself and your breath to keep you in that pose.