

To: KingFisher Parent's

From: Eric Linscheid

Re: Morning workouts for KingFisher athletes

The Kingfisher swimmers are working out hard in the morning. The workout is planned to improve the 10 physical skills of an athlete (see back).

In a nutshell, these young athletes are 1) moving fast and 2) explosively.

With this in mind, I encourage the young athletes to get the most of their workouts by doing two things:

Before workout:	Full gas tank (light breakfast)	to	Maximize effort
After workout:	Refuel gas tank (carbs)	to	Maximize fuel recovery in muscles
	Good proteins / fats	to	Maximize muscle repair & building

Good Recovery



<http://images.google.com/imgres?imgurl=http://www.sandb>

Poor Recovery



http://farm3.static.flickr.com/2024/2183208376_b6aff29788_o.jpg

To help in this endeavor, included are two ideas to help:

1. KHS Athlete Pamphlete on eating suggestions (included)
2. NuGo bar boxes available

*Swimmers taste tested bars and voted NuGo the best (taste) but are also one of the best nutritionally.

NuGo boxes are available: Vanilla or Peanut Butter. \$21 for 15 bars = \$1.40 / bar

(On sale energy bars are usually around \$1.25 / bar)

If paying by check, make it out to Eric Linscheid

The 10 General Physical Skills

Skill	Swimming Example
1. Cardiovascular/respiratory endurance - The ability of body systems to gather, process, and deliver oxygen.	Main set
2. Stamina - The ability of body systems to process, deliver, store, and utilize energy.	At all intensity levels
3. Strength - The ability of a muscular unit, or combination of muscular units, to apply force.	All strokes, turns
4. Flexibility - the ability to maximize the range of motion at a given joint.	Increase stroke length, kick power
5. Power - The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.	Seen as “time” of swimming event
6. Speed - The ability to minimize the time cycle of a repeated movement.	Time to complete each stroke cycle / flip turn
7. Coordination - The ability to combine several distinct movement patterns into a singular distinct movement.	Start, all strokes, easy to see in breast and butterfly, flip turn
8. Agility - The ability to minimize transition time from one movement pattern to another.	Turns, IM races
9. Balance - The ability to control the placement of the bodies center of gravity in relation to its support base.	Body twist on freestyle & back, stability on breast and butterfly
10. Accuracy - The ability to control movement in a given direction or at a given intensity.	Placement of hands / feet in stroke, hand/feet placement on wall

