



UNIVERSITY OF  
SAN FRANCISCO

Koret Health and  
Recreation Center

November 16, 2020

# USF KORET YOUTH SWIM CLUB

## FUN Stuff...



Start your breakfast right  
with some turkey shaped  
pancakes!



Follow this tutorial for a  
DIY hand turkey! All you  
need are paper, a hand to  
outline, and colored  
pencils!



Check out this DIY leaf craft! You can use these to decorate or get in the fall spirit!



The California Academy of Sciences is now open! Spend the day exploring and see their new exhibit, Venom!





**Congratulations to our swimmer of the week, Amanda Keene!**

Amanda loves mango ice cream and her favorite swim event is either 100 butterfly or 200 freestyle! Her favorite book is Throne of Glass and she likes orca whales. She has been busy outdoors during shelter in place by biking and swimming in the bay. Amanda's favorite vacation was to the Philippines because of the amazingly clear water she got to swim in! She also loves Tokyo because of all the good food there!

"Green Team Amanda Keene is our swimmer of the week! She would always give her best in practice, working hard to improve all her strokes (especially butterfly!), and was always friendly and fun to be around. Amanda always worked hard to master the techniques she was taught, and as a result made great improvement in all her strokes. It was especially exciting to see how much she improved her butterfly, and even got to the point where she enjoyed swimming it in competition. And she brings that same excitement to practices. Even on days when she was tired, she was always kind and enthusiastic, cheering for her teammates. Congratulations Amanda!" -Coach Kathleen

Reminder: If you would like to be featured in our newsletter or nominate a friend, fill out [this form](#). We would love to see your smiling faces as well! You can send a picture in by emailing [usfaquatics@gmail.com](mailto:usfaquatics@gmail.com)

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## Riddles of the Week



Congratulations to Emily Y., Samantha Y., and Anna C. for correctly answering our riddles! Your names will be entered in the drawing for a prize at the end of the month.

If you forgot to submit your answers last week, don't worry! You have another chance to get your name entered into the drawing by answering **THESE** questions!

Here are the answers from last week:



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## Dryland Workouts





This is the last High-Intensity Interval Training (HIIT) workout out of three (1. Legs, 2. Upper body, and 3. full body). We are exploring HIIT workouts for different parts of our body to not only build strength in the muscles we use while swimming, but to train explosiveness in the water for sprinting.

Today, we will be focusing on building explosive power throughout our entire body! This includes bettering our pulls, kicks, dives, push-offs, flip turns, and even our rotation in the water.

□ Tips for HIIT workouts:

□ All the exercises today are on a timed interval so try to get as many reps as possible (AMRAP) for each exercise.

□ On the active rests, try to maintain a stable breath and use this time to prepare your legs for the next circuit of exercises.

□ Each circuit has 2 exercises so try to power through each one and then you get an active rest that will always be an ab exercise.

□ This workout is meant to be fast and intense but it has amazing outcomes!

□ Workout details: Complete 1-3 sets w/3min rest

1 □ a. Squat Kicks (1 min)

1 □ b. Pulse Press-Ups (30 secs)

► 45 sec Rainbows (active rest time)

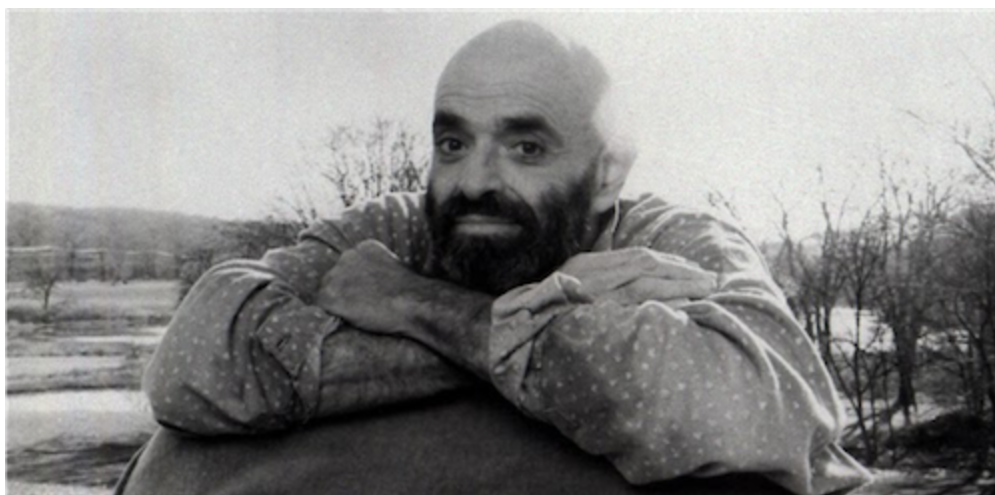
- 2▯a. Squat Jacks (30 secs)
- 2▯b. Shoulder + Toe Taps (1 min)

► 1 min. Twisties (active rest)

- 3▯a. 1-Legged Hip Thrust (1 min per leg)
- 3▯b. Burpees (1 min)

Rest 3 minutes before starting your next set.

We got this!!



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*“Anything is possible. Anything can be.”*  
-Shel Silverstein

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Follow **Koret (@usfkoret)** on **Instagram** to keep in touch with us! Tag us in your posts or share ideas for our next newsletter with the aquatics department: **usfaquatics@gmail.com** - subject line "Newsletter".

Feel free to also send in any swim pictures you want added to the newsletter!

Join the conversation **#USFCA**



(415) 422-6821  
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University of San Francisco  
2130 Fulton St  
San Francisco, CA | 94117 US

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