



UNIVERSITY OF
SAN FRANCISCO

Koret Health and
Recreation Center

November 9, 2020

USF KORET YOUTH SWIM CLUB



FUN Stuff...

HOMEMADE



Drizzle this delicious homemade caramel sauce over your apples, ice cream, hot chocolate, or any food of your choosing!



Make a DIY pinecone turkey! All you need is a pinecone, felt, googly eyes, scissors, and glue!





Congratulations to our swimmer of the week, Sophia Dumitru-Rose!

Sophia's favorite swim stroke is freestyle and her favorite ice cream flavor is rocky road! If she could have one superpower it would be the ability to read super fast, which would help her read her favorite book, Wings of Fire. She also enjoys playing monopoly, macao, and continent race.



Sophia has been very busy since shelter in place by participating in summer camps, taking long walks in the Presidio, making masks for homeless shelters and first responders, and even taking a trip to Tahoe!

“Sophia is an extremely devoted swimmer to the Green team and has been coming to dryland practice every week since we started! I have coached her since she has been on Black Team and I have seen so much improvement with her swimming in such a short time. She is not only a dedicated swimmer but an

amazing one. We are lucky to have a leader like Sophia on the team!" -Coach Sky

Thank you Sophia for being such a great teammate!

If you would like to be featured in our newsletter, 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

Dryland Workouts



This is the second 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 in our arms, shoulders, and back. This is extremely important in bettering our catch and pulls in all strokes.

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 a nice active rest!
- This workout is meant to be fast and intense but it has amazing outcomes!

Workout details:

1.A Inchworms - 1 minute

1.B Back up Butterfly/Breaststroke - 45 seconds

Active rest: Mountain climbers - 1 minute

2.A Side Lying Tricep Push-ups - 45 seconds per arm

2.B Tricep Dips - 1 minute

Active rest: Glute kickers - 1 minute

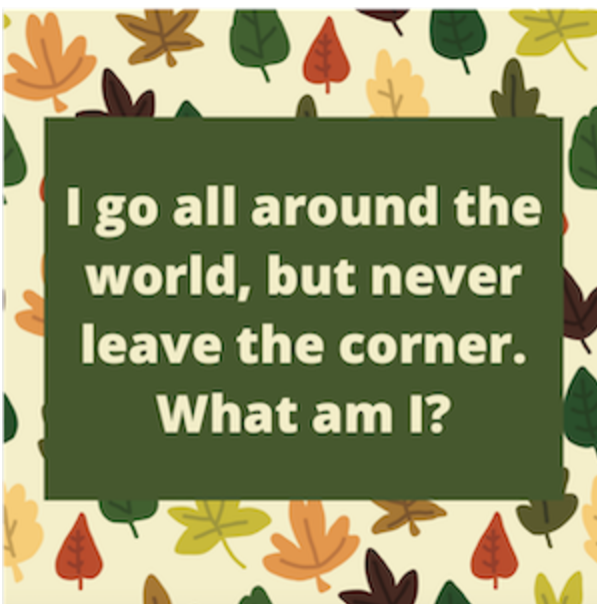
3.A Push-backs - 1 minute

3.B Push-ups! (any) - 45 seconds

Rest 2 minutes before starting your next set. Have fun!

Music Credit: Call Me by Blondie

Riddles of the Week



Submit your answers [HERE](#) to the riddles above to be entered in our November prize drawing!

Game of the Week



Zoom Charades

Materials needed

- Zoom
- At least two people

Set up

- Decide if you are going to play in teams or solo
- If you choose to do teams, separate into at least two teams and decide which team will go first

How to play

- The player chooses a book title, famous person, character, movie, or song. Then the player acts out the item they picked without using words. The other players watch on Zoom and place their guesses in the zoom chat. The first person to guess correctly wins
- Play as many rounds as you would like

How to win

- The player or team with the most points at the end of the game wins!



*"Let us make our future now, and let us make our
dreams tomorrow's reality."
-Malala Yousafzai*

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**



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