



# Goshen Rays

## Monthly Newsletter for March 2025!

We wanted to say a special thank you to all the parents for trusting us with your children. We have loved seeing them grow in the sport, enjoyed watching them conquer new goals and began new friendships with their teammates!

- **Announcements:** Our Banquet is set! Mark your calendars for March 28th at 6:00 pm at the Goshen Middle school cafeteria! We plan to eat together and enjoy fellowship before our awards begin. Please arrive promptly with the food assigned for you! Thanks!
- Parents, we need a few board members. Please contact Lisa Estrella if you have any questions. 574-500-5100. Our club needs board members to continue with a thriving club!
- **Divisional elementary swimmers ONLY:**  
Practice next week, Monday, Tuesday, Thursday From 6:00-7:30

Below is the Banquet information for March 28th. Please use the Letter for your LAST name to know what to bring. Thanks!

### Last Names beginning with:

A-H- Please bring a Main course, (such as a casserole, hot dish, crockpot meal, meat.)

I-Q Please bring desserts or sweet dishes

R-Z Please bring sides such as veggies, salads, fruit, breads.

The board and coaches will be providing drinks, plates, silverware, napkins and cups.

IF YOU CAN NOT MAKE THE BANQUET PLEASE LET US KNOW! We will be posting on sports you app to RSVP to the event! Thank you!



**LAST PRACTICE  
FEBRUARY 27TH**

Last day of practice for all swimmers, EXCEPT those who make Divisional Times!



**BANQUET  
MARCH 28TH**

Please arrive Promptly at 6pm!



**MAY 5TH**

Tentative Date for Summer swim to begin!

Will send out final info at the banquet!



Concord- last Chance  
Feb 28- March 2nd!  
Cheer on your teammates for their last meet!



Please make sure those that hit divisional times commit their swimmers by February 28th. If they make a cut for the last chance meet, we will make sure your swimmer gets added to the divisional meet!



Divisional Meet  
March 7-9th @

Northridge High School.  
56779 Northridge Dr.  
Middlebury, In 46540

# Do you stretch?

# 21-Day Stretching Challenge

## Part One

## Why is stretching important?

Stretching is crucial for swimmers because it increases their flexibility, allowing for a wider range of motion in the water, which translates to more efficient and powerful swimming and strokes. It also has minimized the risk of muscle injuries due to the repetitive movements involved in swimming; essentially a flexible body can move more fluidly through the water, improving performance.

### Key points about stretching for swimmers:

#### Improved efficiency:

By stretching muscles like the shoulders, hamstrings, and lower back, swimmers can achieve a more streamlined body position in the water, leading to better forward motion.

#### Reduced injury risk:

Tight muscles are more prone to strains and tears, so regular stretching helps prevent injuries, especially in areas heavily used during swimming.

#### Enhanced power:

With better flexibility, swimmers can generate more power from their strokes by utilizing the full range of motion in their joints.

#### Better recovery:

Stretching after a swim can help muscles relax and recover faster, minimizing soreness.

1



Butterfly  
20 seconds



Pike Against Wall  
20 seconds

2



Frog  
25 seconds



Lunges  
25 seconds each side

3



Straddle  
30 seconds



Leg Holds  
30 seconds each leg

4



Butterfly  
35 seconds



Pike Against Wall  
35 seconds

5



Frog  
40 seconds



Lunges  
40 seconds each side

6



Straddle  
45 seconds



Leg Holds  
45 seconds each leg

7



Butterfly  
50 seconds



Pike  
50 seconds



Forced Arch  
30 seconds

8



Frog  
55 seconds



Lunges  
55 seconds ea.



Second  
35 seconds

9



Straddle  
60 seconds



Leg Holds  
60 seconds ea.



Calves  
40 seconds

10



Butterfly  
65 seconds



Pike  
65 seconds



Forced Arch  
45 seconds

## Make a habit to stretch morning and evening if you can!

### Key points to remember:

#### Start small:

Don't try to do too much too soon; pick a few simple stretches and gradually increase the duration and intensity as you get more flexible.

#### Habit stacking:

Integrate stretching into your existing routine, like doing a few stretches right after you wake up or before you leave the house.

#### Consistency is key:

Aim to stretch regularly, even if it's just for a short period each day.

#### Choose enjoyable stretches:

Find stretches that feel good and are suited to your body, making you more likely to stick with the routine.

#### Warm up first:

Always warm up your muscles with light activity before stretching to prevent injuries.

#### Focus on proper form:

Concentrate on the muscle being stretched and maintain good posture to maximize benefits and avoid strain.

#### Hold stretches:

Hold each stretch for a sustained period (around 30 seconds) to effectively lengthen muscles.

#### Track progress:

Monitor your flexibility over time to stay motivated and see improvements.

#### Be social:

Stretch with a friend or family member to add accountability and make it more fun.

