



SilverPeak Performance

Monthly Newsletter

The SPP Newsletter is back

Missing each one of you and doing everything we can to beat COVID-19 and be stronger then we were before COVID-19 made all this ruckus.

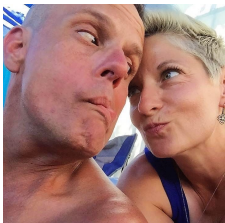
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This newsletter and all of the following newsletters will be highlights of what's going on... sneak peaks, if you will. We'll let you know what we have going on at the website arsenal and what programs are going on from Swim Meets to Triathlons to dryland workouts. We will spotlight a SPP coach each month with a written workout and a coaches corner. Also you will have a say as in all the teammates will get a chance to put your blog and your perspective each letter will have featured two paragraphs from the team. stories about your teammates and about the swimming and triathlon world and of course coaches corner you'll get to hear me rant and rave over subject once a month my views on things how workouts are going etc

THIS Month's **TOP STORIES.**

[What's up SPP:](#)

We are burning daylight:



Kris and I are doing our due diligence to stay healthy and to keep the team afloat during the time away from the pool. We are getting a lot of team infrastructure shored up and revising the yearly workout schedule timeline, writing workouts, getting triathlon training programs ready. Also we are working with our pools, USMS and SPMS to hit the ground running when we are able to do so.

Be sure that we do miss every single one of you. I do miss listening to the groans when I say "we're burning daylight...it's warmer in there than it is out here...we're here for the wet stuff," blah blah blah. I cannot wait till I get to hear those groans again. So let's make

lemonade out of lemons. We've got other opportunities to do a workout and to enjoy each other's company and socialize in different ways.



The first way is [Wednesday nights, 7 PM SPP zoom call](#). This week's topic is swim goals for when we start back to swimming. AND: we have a Magic Song Quiz! Match the songs with the person - you all gave me the name of a song that best describes you! Get on, chit chat, find out what's going on with your teammates. Wear crazy costumes if you'd like. Laugh and enjoy each other's company for a little bit. It's a good way to spend an hour or so.

Dryland workouts: What does a swimmer need when they don't have water? If you said core work (with a smile on your face), you're a little crazy but you're correct. So let's start these dryland workouts with an attack on the midsection! Let's keep the most important part of the body in swimming at tip top shape with Phoebe Chiang (AKA Crash Fish)! Phoebe is an AFAA Certified Group Fitness Trainer with certifications in Insanity and Turbo Kick. Do as much as you can of [this week's workout](#) focusing on core and next week we'll have a new set of exercises. You can add to this and each week build on that so be prepared...here comes some work! Also, in the Coach's corner I have a circuit training routine I wrote. It is definitely a beast, but do what you can. Remember, if it hurts don't do it and be sure to warm up and cool down properly



We have an opportunity to do modified swim workouts in a pool. For social distancing and spacing, we will only be able to go three people at a time and I will be at least 6 feet away on deck. Sign-ups will begin after this newsletter goes out but the workouts will not take place until I am convinced there is 100% no chance of either spreading or contracting COVID-19. I am taking my cues from the CDC & World Health Organization. We will be required to observe social distancing and wear masks until we get in the pool. We will be doing a lot of short fast bursts. I will be on deck at least 6 feet away from people; in the pool at least 6 feet apart in private pools that we have arranged do you have time at. There is a possibility there will be a small fee for the workouts. I'm just trying to see if we can get the space at a reasonable rate that could start as early as the end of this week depending on what CDC world health organization guidelines are. Private message me for scheduling.



Yo triathletes! We also will be scheduling bike rides, swim bike, & bike run brick and the start of triathlon training programs is the same as the Swim safety guidelines. I will not put anyone at risk and will not do an organized workout until I am convinced that it is safe to do so. Open waters training is just around the

corner and I can't wait to see all of you at Zuma and other beaches this year. We've got a great lineup for everybody!

Teammate Spotlight:

What's up in my world away from the water

Pat Luangeaktrakul



The one thing that I miss the most about the team is the camaraderie of the teammates, and can't wait to see all the smiley faces, hear the laughs & swim with all the fishes again.

What do I do to stay fit? Staying active with at least 30 minutes of activity a day walking, running, riding around my neighborhood or indoor light weight, yoga in my living room. Funny story, trying a new [sport in my backyard in my PJ](#), but my dog Boo Boo doesn't like Reindeer Golfing, lol Thank you!

Pat

What's up in my world away from the pool.



By Joelle Murphy

Hello SPP swimmers.

I honestly haven't been working out as much as I'd like to. I don't have a bathtub—just a big shower—so I can't even pretend to float. However, I will say that I've been working on my fly, and my stroke is getting really, really good. Especially as my arms are going through air and not water.

But I do have a funny story to tell. I found a good online barre class. So, a couple days ago I rolled out my mat in my bedroom, cued the video up on my iPad, and began the workout. I was in the middle doing a set of side planks when one of my cats (pesky Leonard) jumped at me from out of nowhere, grabbed my head with his paws, shook it back and forth, and sunk his teeth into the back of my head. It didn't hurt—he was being playful in his crazy kittenish way. BUT, I did not appreciate it. When I was done working out, I sat down on the armchair next to my bed and began to surf the web for the latest US coronavirus case numbers. Out of the corner of my eye, I noticed Leonard scratching on top of the bed as if he were using the litter box. OH CRAP! He actually peed all over my bed!

So yeah, staying home cooped up is certainly tough on all of us. I learned that my cats are also not used to me being around all day. It was Leonard's way of saying he is the top feline in the house and how dare I take over this title.

And I learned something, too. Kick the cats out and close the door.

Stay happy, my swim friends. Stay healthy. Stay safe. Stay active (if only in a confined sort of way!)

Miss all of you!

Joëlle (aka T-Fish)

Coaches Corner:

COVID-19.... F#@k COVID-19



Head Coach Charles McPeak

It's been kind of strange and a bit surreal for me, watching and listening to people in regards to this virus. I've heard all kinds of views on what people think about COVID-19. I've heard it's a weapon of war launched by China, it's a conspiracy virus launched by our government, or the ultra rich, and even the Germans to crash the economy and many more reasons. Then again, some people call it a curse from God. Some people think only the older people will get it. And so on and so on and do on. There's a lot of noise out there. And there's a great deal of the population that are acting like they've never seen a virus like this before. They are scared because they may not know how to contract the virus or how they will know if they have. They are afraid of what happens when they get sick. All logical concerns and fears. But when those fears and concerns lead people to treat others with disrespect and treat people poorly it's time for me take a stand and speak up.

Long before COVID-19 in the early 80s there was another virus that started killing people: HIV/AIDS. According to the World Health Organization, more than 37 million people have died world-wide of HIV and AIDS related illnesses. What I heard then about that virus is pretty much the same rumors and speculations as I hear now.

So let's put the COVID-19 in its place. It is a nasty virus that wreaks havoc on the human body. It's carried by other human beings and spreads from human to human. Where it came from is China they think - but who really gives a damn where it comes from! We should be concerning ourselves with how we can do our due diligence not to contract it or spread it. All the tips out there: washing your hands, wearing face masks, wearing gloves, social distancing etc. etc. Everyone is at risk - it's a virus. Thinking you are immune because you were in a certain demographic or just ultra cool is irresponsible. If you don't wear a face mask in public because you don't think it's cool or you think this thing is a hoax or made up by the media is irresponsible and reckless. Shunning or treating people differently or poorly for whatever reason is not acceptable. Hiding or letting your fears get the best of you is not the way to live and you will regret those actions for a very long time. It takes courage to treat people with respect in times of crisis.

To beat COVID-19 we need everyone to learn from the past and do whatever precautions that need to be taken to ensure good health. [CLICK HERE](#) to view the CDC website about Covid-19. The two biggest things that we learned from the 80s is that a

virus can get anyone. But if you do what you're supposed to do to not get it and not invite it into your body you don't get it. And treating certain people poorly during the time of crisis is cowardice.

I have very strong feelings on this topic. I've seen fear and ignorance change people. I've seen poor decisions on dealing with one's fears destroy others. I have seen families torn apart for things said or done in fear and I do know what paralyzing fear is. All of that has fortified my decision that I'm not gonna let fear or COVID-19 defeat me. fuck COVID-19, fuck fear. We are better people together, together we can defeat both.

Charles McPea

Coaches workout spotlight:

Warm up: Five minute jog. Or easy run inside or outside. . followed by 10 burpee's 10 push-ups 10 crunches

Then set 1 through 4 the clock is very It's good part of the workout

Set one:

	Exercise	Work	Rest
1.	KettleB Swing	30 seconds	30 seconds
2.	Goblet Squats	30 seconds	30 seconds
3.	Jump Rope	30 seconds	30 seconds
4.	8 Counts	30 seconds	30 seconds
5.	Planks	30 seconds	30 seconds

rest 3 minutes

Set 2.

	Exercise	Work	Rest
6.	KettleB Swing	35 seconds	25 seconds
7.	Goblet Squats	35 seconds	25 seconds

8.	Jump Rope	35 seconds	25 seconds
9.	8 Counts	35 seconds	25 seconds
10	Planks	35 seconds	25 seconds

rest for 2 minutes

Set 3.

	Exercise	Work	Rest
11.	KettleB Swing	40 seconds	20 seconds
12.	Goblet Squats	40 seconds	20 seconds
13.	Jump Rope	40 seconds	20 seconds
14..	8 Counts	40 seconds	20 seconds
15..	Planks	40 seconds	20 seconds

rest for 1 minutes

Set 4.

	Exercise	Work	Rest
16.	KettleB Swing	45 seconds	15 seconds
17.	Goblet Squats	45 seconds	15 seconds
18.	Jump Rope	45 seconds	15 seconds
19.	8 Counts	45 seconds	15 seconds

20.	Planks	45 seconds	15 seconds
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cool down Five minutes walking and then go get something good to eat:)

Don't forget to pick up your ["Life is Water" T-shirts](#) that Coach Charles designed! In fact, you can pretty much gather up all your SPP apparel for the coming season. T-shirts, hoodies, tanks and so forth. It's a short campaign, so make sure you grab one of these soon!



Notes

from Skittles Fish!

Hey y'all! I've been enjoying the Wednesday chats more than you know - both with and without the wine! And personally, I'm having a really hard time doing any exercise other than walking Duke twice a day. So if any of you want to try Phoebe's core workout or Coach Husband's circuit workout, let's do it on Zoom together! 6am, just like we're in the pool! Text me at 626-818-7948 if you wanna give it a go! I always thought that "Working From Home" would be my dream - and I'm learning that it's a great deal harder than I thought! Structure, routine, trying to stay focused on a COMPUTER all damn day long....it takes a toll for sure. I wrote up a little guide on this, so if you want to take a peek, please [CLICK HERE](#) to pick up your own copy of "Five Simple Secrets to Working From Home." And if you're at home with kids, too, [please check out this resource from Ultimate Bundles](#). This is available through April 8th only.

Don't forget to pick up your ["Life is Water" T-shirts](#) that Coach Charles designed! In fact, you can pretty much gather up all your SPP apparel for the coming season. T-shirts, hoodies, tanks and so forth. It's a short campaign, so make sure you grab one of these soon!



IT'S THE MAGIC SONG QUIZ! MATCH THE SPP FISH WITH THE SONG THAT DESCRIBES THEM MOST!

Song	Artist	Your Answer	Swimmers	LETTER
2000 Light Years from Home	Rolling Stones		Adam Lawrence	A
25 Miles	Edwin Star		Amber Moncrief	B
Africa	Weezer		Andrea Cornford	C
Baby Shark	Pink Fong		Bill Brenner (USMS)	D
Bad Mama Jama	Carl Carlton		Coach Anthony	E
Brown Eyed Girl	Van Morrison		Coach Ariel	F
Can't Tell Me Nothing	Kayne West		Coach Ben	G
Don't Stop	Fleetwood Mac		Coach Charles	H
First Vows	Body Talk		Coach Katie	I
Girl on Fire	Alicia Keys		Coach Tom	J
Hawaiian Roller Coaster	Lilo and Stictch		Cynthia Chavez	K
Helplessy Hoping	Crosby Stills & Nash		Danna Bremer	L
Hey Jude	The Beatles		Donna Wiczorkowski	M
I Wanna Dance with Somebody	Whitney Houston		Grady Ottomeyer	N
I Won't Back Down	Johnny Cash		Jeff Chase	O
I'm Going to Go Back There Someday	Gonzo		Jeffrey Chang	P
Indifference	Pearl Jam		Joelle Murphy	Q
Jones and I	Dance Monkey		John Lavezzo	R
Look What the Cat Dragged In	Poison		Justin Larson	S
Love On Top	Beyonce		Kris McPeak	T
Melody and the Story	Refugee Council		Lindsay Holland	U

My Life	Bon Jovi		Lorell Butterworth	V
Old Thing Back	Matoma and Notorious B.I.G.		Molly Cummings	W
Paradise by the Dashboard Lights	Meatloaf		Natasha (Niki) Kopp	X
Raise Hell	Brandi Carlile		Nathan Osborne	Y
Ramblin' Man	Allman Brothers		Nico Salvato	Z
Smash	The Offspring		Pat Luangeaktrakul	AA
Smokin' Love	Stick Figure		Phoebe Chiang	BB
Stronger	Kelly Clarkson		Pogos Ter-Stepanyan	CC
SuperFreak	Rick James		Rick James Chatas	DD
Survivor	Destiny's Child		Ryan Newman	EE
Sweet Young Angel	DaDa		Sandi Liu	FF
Teenage Riot	Sonic Youth		Scott Graham	GG
These Changes	Thundercats		Scott Williams	HH
When You Dream	Barenaked Ladies		Tenn Nuchkasem	II
You & Me (Feat. M Darling)	Bassnectar		Tracee Porter	JJ

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