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Swimmer-Handler Dynamic

Posted by Xtreme Dream Team on Apr 4, 2012 in 2012 Training, Blog | 0 comments

The swimmer/handler dynamic is intimate. Perhaps it's akin to a boxer and his/her corner man/woman.

When I come to the side of the boat every 90 mins for skin treatment, drink & food, whatever I need, we also discuss every micro and macro issue that needs to be solved. This day Bonnie and I are talking about the new stroke I've developed to take pressure off the shoulders yet now switches that pressure onto the biceps.

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Bonnie has tremendous instincts, being an athlete herself (one of the best professional racquetball players on the circuit of the 1980's), as to what I'm needing, both physically and mentally.

We are a very closely-bound team.



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Diana's Tweets



- We're doing great over here. See for yourself! <http://t.co/PosLocnP> about -1 years ago from HootSuite
- @starducks24 That's great to hear! Do you feel more energized at work now? about 18 hours ago from HootSuitein reply to starducks24
- Bonnie is such a huge help! She knows just what I need. <http://t.co/LqQ2KC6R> about 21 hours ago from HootSuite
- What an honor to be received so kindly by such a great group of people. Talk about #motivation! <http://t.co/wCmZw7bL> about 21 hours ago from HootSuite
- See what happens when you have such an outstanding team beside you?! <http://t.co/anEVtKdx> 05:11:48 PM April 06, 2012 from HootSuite

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Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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- Sam the Cheerleader!!! on 2nd Graders Visit Training
- Ginger on 30 Mins to Go
- Hadar on 30 Mins to Go
- Janis on 2nd Graders Visit Training

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