



April 24, 2020

Hi Flatland family,

Well, it's been a month since we last sent out a membership update. We hope that you're all doing okay despite these strange times. If you're anything like our family, you've had tears, laughter, periods of prolonged rest and moments of super energized activity. At our house, there are bouts of meaningful clarity and lots of messy worries. We've learned to appreciate what a true essential service is and had hard conversations about what we want included in our new "normal".

Yesterday, the Saskatchewan government offered a glimpse into what "re-opening" Saskatchewan might look like in the weeks and months to come. What we heard was a little bit of clarity mixed with some messy unknowns for swimming pool users. So, as much as we would have loved to hear a date that we could start up again, we just don't have that yet.

"You didn't come this far to only come this far" ~ Mick Kremling

As tough as it is, we at Flatland Swimming are fully supportive of the continued "shelter in place" mandate and are respecting all of the requirements that our provincial and municipal governments, Swimming Canada, Swim Saskatchewan, the City of Regina and the YMCA have put in place. There are a lot of logistics to figure out and we know that recreation facilities are on the list to re-open at some point.

When we are given the opportunity to rent pool space and re-open, we will follow the rules and do our best to get everyone who wants swimming to be part of their new "normal" back in the water with their swimming family. As we said before, we will likely have to make some changes to groups, days and practice times. A few examples of the factors that we have to consider are: the amount of space we are granted, who is available to coach and how many swimmers we can accommodate according to the facility and governing body rules. The other factor we will have to consider is the readiness of each swimmer. For many, it won't be possible to just pick up where they left off. There will be fitness assessments and goal setting to do before we can get everyone into purposeful practices.

If your swimmer is interested in doing some dryland practices and getting involved with some online learning, Coach Jeff is coordinating some opportunities. Please email him at [coachjeff@flatlandswimming.ca](mailto:coachjeff@flatlandswimming.ca) any time.

There will be a time when we can add swimming back into our lives again. But for now, we want to encourage our Flatland swimmers to keep up with supplemental learning, be kind to your family, help out around the house, stay active, eat wisely, rest and reach out to check in on your friends and family.

We sure miss our swimming family. Take care and stay safe,

Sara & Jeff