



March 23, 2020

Hello to our Flatland family,

Wow. What an unprecedented moment in our lives. We hope you are safe, healthy and are feeling supported by your friends, family and colleagues here at home and around the globe. We hope you are staying at home if you can, staying physically away from others and doing your part to help stop the spread of this threat.

For those of you who have reached out to Jeff and me personally, thanks for your concern for our family's health and well-being. We are...just okay. For a family who has been involved in the sport sector for our entire lives, this is emotionally and financially very difficult. We had to make the hard but very real decision to temporarily layoff all of our volunteer coaches and salaried staff. This means all of the volunteer coaches who receive an honorarium for their time and expertise as well as the salaried coaches, including Jeff, are now out of work.

Jeff is able to do some renovation and construction work during the days and I have always worked from home. Albeit, in the sport sector, so we'll see how long that lasts. If there is no formalized sport going on for a while, there are likely to be cuts to my responsibilities as well. But – more important than any sport or leisure activity, we know there are people on the front line of this scary thing and we are very much aware that the stress and anxiety we feel is likely even greater for these amazing people who are willing and ready to face this head-on (or I guess I should say gowned, gloved, face-shielded and masked-on).

For now, our days are filled with rest, reflection, family meals around the kitchen table (a rarity in our home up until now), TV and movies, social media, reading, physical activity, fresh air and revived home renovations. We are not in a rush to provide a home-schooling environment for our daughters in Grade 11, 9, 6 and 4. We put our trust in the Saskatchewan Separate and Public school systems many years ago and will embrace the decisions and adaptations the Saskatchewan school divisions make in the days to come.

In addition to missing school, our daughters are very much missing their 12-20 hours of gymnastics! Thankfully, they are pro-active in searching out home-based workouts, staying in touch with their teammates and trying to keep their fitness and flexibility up. It's not the same, we know. But it is pretty amazing to witness their dedication and commitment. We are doing our best to support and encourage them to take time to grieve this loss of normalcy, find ways to continue working hard, watching their nutrition and providing time for rest.

We hope you can find some time in between the rest, home-based activities, adapted learning and family time to keep up with fitness and good nutrition. Please know that the Flatland coaches are hoping and looking forward to getting back into the pool. It likely won't be the same as when we all left in early March, but we're committed to putting together something awesome for all the Flatland families when the time comes. For the short term, basic dryland programs, words of encouragement and social media posts are what we can promise.

Flatland Swimming will not be charging program fees on April 1. While we realize this is not an easy time for many families, please do your best to pay any outstanding amounts on your account so we can support a "return to the pool" plan, cover our current debts (pool space, coaching salaries/honorariums to the end of March, administration, previous travel cost share and website). When we have a pool to swim in, we will start up with program fees again.

Since no one really knows how long this will last and how long we will be out of the water, we will aim to update you via email as we know more. Look for those emails from the Team Unify website system. If you haven't, download the On Deck App, sign up for the Flatland Sport Services booster club (fundraising opportunities!) and reach out to swimming families and coaches to check on each other.

If you or your swimmer uses social media – we encourage you to post and share in the Flatland Parents Facebook group, like Flatland Swimming on Facebook and tag us on Instagram @flatlandswimming when you or your swimmer is inspired to do so.

We're not sure what our programming will look like when we are able to get back in the water. So please be patient with us in case we have to do some group moves or change days or times. We promise to do our best to provide an amazing sport experience for our swimming family. We can't wait to see you in the water and on deck soon.

Take care,

Jeff, Sara, Harriet, Rosanna, Sydelle and Meredith Toth