

Hey Big Fish,

This is obviously an unprecedented time, but each of us can turn this challenge into an opportunity if you are willing to make things happen. The natural propensity is to allow yourself to back off and not be accountable. But, not you... you have the character to do the things you need to do when no one is forcing you. Be affirmative with your thoughts and words, "I am an elite level athlete with elite level goals and I will be responsible for my own actions and decisions."

Be committed to:

- Good time management – Establish a routine. Get up and go to bed at a good time. Keep your body on a schedule, so you can get back to normal as quickly as possible when everything is normal. You need to have a plan for your day; what is your planned study time, workout time, when are meals, etc.? Set a reasonable schedule and stick to it.
- Good nutrition and hydration – Make sure the foods that you put in your body are good choices. Many of you are going from consistently burning a thousand (or more) calories *per workout* to... what? You can't eat the same way right now and maintain fitness. You must adjust your intake. And, keep drinking water. Make sure that you are staying properly hydrated throughout the day, and stay away from tons of soda and sugar.
- Working ahead – Schools are working on how to get you where you need to go academically. Don't be a sheep on this, be a shepherd. You are all smart enough to figure out what you need to be working on before being told, so don't wait while they try to figure out how to get you to do what you already know you need to do.
- Keeping up your fitness – All of you still have goals in the pool, and the clock doesn't care how long you have been out of the water, or without an organized workout. It moves at the same pace, so don't get caught thinking it will feel sorry for you. Being able to exercise in some form or fashion will help break up the boredom.
- Being a student of your sport – Watch great swims from the past. They are all over YouTube. If you don't know who Matt Biondi, Mary T. Meagher, Tracy Caulkins, Tom Dolan, etc. are, find out. Swimmers get better watching how other great swimmers do things.
- Improving on your weaknesses – Flexibility and mobility are areas you can make massive gains on your own time. Do injury prevention work, especially shoulder prehab.

- Setting goals for the upcoming season – What kind of work will it take to get there? Use this time to self-evaluate what you are doing right, what needs to get better, and what habits need to go away.

All in all, we have an opportunity. What we do to take advantage of it will determine our outcomes.

Socially distant,
Tyler