

TO: ALL SEMINOLE AQUATICS SWIMMERS
FROM: TONY ACKERSON, SEMINOLE AQUATICS HEAD COACH
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It's a difficult thing to be in limbo, but that's where we are right now; all Florida schools and athletic activities are shut down for at least two weeks. I'm as frustrated by the time away as anyone, believe me.

Here are some quick ideas for you while we are out:

While You Are Out of School:

1. **Eat Sensibly-** Don't sit around playing video games, sleeping, and eating garbage all day. Eating well (plenty of fruits and vegetables, drinking lots of water) also boosts your immune system, which decreases your chance of getting the virus.
2. **Dry-land Training (AG4 thru SR Group, primarily; these exercises are NOT for AG1-3):**
The following exercises are fantastic for maintaining some conditioning during the break:
 - Burpees- <https://www.youtube.com/watch?v=tJrdJBWBU08>
 - Pull Ups- Either solo, or with an assist (I do NOT recommend going to a gym right now; if you have a bar at your home, use that)
 - Planks (whatever you can tolerate, be very careful not to overdo it)
 - 6 inch leg lifts (lying on back, simply lift feet to 6" off floor)
 - Wall Sits- Simply place your back against a wall, slide/squat down into a position where you are basically "sitting in a chair"; hold this position for up to a minute, and repeat up to five times.

PLEASE NOTE: Getting out in the sun a bit every day is a good thing. A walk is a nice way to get out of the house. You can even run, if you like running. But to be clear, running in no way takes the place of swimming. Running every day for two weeks and then getting back in the water just means you'll be a swimmer that runs well.

3. **In-Water- If** (and that's a big IF) the City pool at SHS remains open, the hours will be 5 pm until 7:30 pm on weekdays, 9-6 on Saturdays, and 12-6 pm on Sundays. It is a public pool, so there's nothing that precludes our swimmers from getting in and doing a few laps. **PARENTS: PLEASE DO NOT EVER ATTEMPT TO COACH YOUR CHILD.** It is not allowed at our facility.

Above all else, I want everyone to be safe. *I want to be clear that I am not encouraging you to get into contact with one another, or to expose yourselves foolishly to becoming sick.* Before you do anything, always ask your parents first. And, if you decide to do dryland exercises, use good judgement and always be careful not to get hurt.

No matter what, we stick together. We'll get through this. Email me with any questions, stay safe and healthy, and I'm eager to see all of you on the pool deck very soon.

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FOR MORE INFO ON COVID-19: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>