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**For the week of April 20, 2020**

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**SEASON UPDATE –** As you are all aware the schools in the state are conducting remote learning for the remainder of the school year by governor order due to Covid-19 concerns. Facilities for pool practices will open in a PHASED process as determined by the Governor based on trends is health data.

Our coaches (who all report doing well right now) are using this time to tend to their families, as well as complete professional development activities, and we are developing some fitness activities for swimmers to complete from home in workout challenges and VIRTUAL DRYLAND sessions hosted by our coaches.

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**#ALLINILLINOIS** – It is important that you remain home, safe, healthy and active by isolating/social distancing, washing hands and so forth. It is encouraged that you take daily activity breaks like walks and bike ride, etc. but PLEASE remember to avoid congregating; so if you plan to head to a location and it is crowded when you get there go on to ‘plan b’ and try again later or even push it to the next day.

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**VIRTUAL ACTIVITIES –** Our Coaches have developed a training schedule for our groups which will be conducted using the ZOOM meeting platform. If you have NOT yet signed up and would like to join us, please contact Coach Dan for the join details. Those who participated in week 1 will continue to receive details unless I am told different. We still have a few seats available for each of the groups! Join us!!!

* **BLUE/LEOPARD/TIGER**: Monday-Wednesday-Friday 4:00PM to 4:25PM
* **GREY**: Tuesday-Thursday 6:30-6:55PM and Saturday 10:30-10:55AM
* **WHITE:** Tuesday-Thursday 7:00-7:25PM and Saturday 11:00-11:25AM

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**PARENT Q&A VIRTUAL MEETING –** Finally, I would like to encourage parents to attend our weekly online meeting for parents with Coach Dan – I will share any updates as they develop, and it is a time to ask questions – a join code will be coming out soon.

**FURTHER ASSISTANCE** – Please know if you or your family is struggling under the circumstances of the employment changes resulting from all of this – know there are many resources being put into place at the Federal and State level as well as locally to provide support – such as food distribution sites being conducted regularly by your child’s school district/local charities.