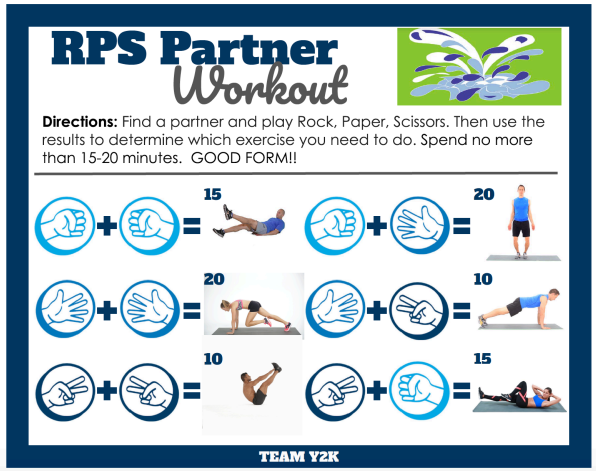
QUARANTEAM Y2K 4/28

During these TRYING TIMES - we hope our Team Y2K swimmers will take the time to **TRY TO:**

STAY IN TOUCH!

* Meet us halfway!
* Explore the MANY free links helping you stay in shape!
* Explore fine tuning a skill or drill within our sport!

An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So just focus, and keep aiming.



OR
YOGA for Swimmers:
Stay FLEXIBLE & STRONG

JOIN US for ZOOMs

TH 4/30 @ 3:30p HSB/G
TH 4/30 @ 4:30p COPP/JR

FR 5/01 @ 3:30p Ast/Sil/Blue
FR5/01@ 4:15p Met/Brz/Blk

these zoom links are only included on this file sent to our members... not included on file posted on the website...for safety reasons.

STAY POSITIVE

watch an INSPIRATIONAL movie:
The Sandlot Hoosiers Soul Surfer

CG SPORTS NETWORK:
Each day a USA Olympic Host will have a mix of special guests, prizes and fast paced dryland workouts.

You can access and watch replays of the past week by clicking HERE!