**COVID-19 Team News 4/12/2020**

I hope this update finds you and your families staying healthy and doing well. As we continue to follow Governor Whitmer’s Shelter in Place Executive Order extended through, April 30. This creates a great challenge for everyone to stay focused, engaged and motivated to complete your school and athletic activities.

The COVID-19 Resource tab is now open to everyone so that swimmers can access it easier without having to log in. The dryland videos with Ahdi are under the schedule/group tab, which requires member log in to access his videos. We hope this will make it easier for everyone to stay involved with the information available.

We will continue to do our best to keep you updated with additional articles and videos as we discover more ways to support you during this challenging time away from the pool.

**STAY SAFE, STAY STRONG, STAY HEALTHY!!**

**Team Spirit Challenge #2**

This week’s team challenge is to submit your workout video or photo of what you are doing on a weekly basis! Submit your workout challenge to Coach Darin or Coach Jeremiah to post or you can tag **@liquidlightning\_swimming** and post your workout video or photo.