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

I hope this update finds you and your families staying healthy and safe. We continue to navigate the many challenges COVID – 19 pandemic places upon us to work together as individuals and as a TEAM/FAMILY. Please continue to visit the COVID – 19 Resource tab to help your swimmer(s) continue to stay focus, engaged and motivated through these challenging times.

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.

This week I posted 3 new videos and 1 article on nutrition. Please go to the COVID – 19 Resource tab and check them out. “**The Last Gold”** movie description is below and you can watch it for FREE!! We will continue to update with videos and articles as we discover more ways to support you during this challenging time away from the pool.  **STAY SAFE, STAY HEALTHY, STAY STRONG!**

**COVID – 19 Resource Updated Swimming Videos/Articles**

Katie Ledecky (2019 Ignite Motivational Video on You Tube)

Caleb Dressel (Dry land video # 2)

“The 14 Best Foods Athletes Should Be Eating”

**THE LAST GOLD MOVIE**

Members can now watch The Last Gold free of charge. This documentary film was produced by USA Swimming in 2016.

Narrated by Emmy-winner Julianna Margulies, The Last Gold is a feature-length documentary film that reveals one of the greatest untold stories in Olympic swimming history. Forty years ago, at the 1976 Montreal Games, a team of doped East German athletes thrashed their rivals from the United States, until a remarkable final race.

The central player was a transcendent American athlete denied her due and since lost in time: Shirley Babashoff. Babashoff and her teammates were surrogates in a Cold War struggle, who battled a tragic conspiracy with a blazing honesty and a ferocious, endless tenacity. In 1976, the U.S. Olympic swim team entered the Games in Montreal looking forward to its usual dominance. The men did not disappoint, delivering the most dominant performance in Olympic swimming history. They won every race but one, and in that race won the silver and bronze medals.

For the women, it was a completely different story. They were overwhelmed by an East German machine that had emerged on the world stage leading up to the Games with frighteningly fast performances. In a competition where 15 American records were set, the U.S. women had only four silver medals and one bronze medal to show for it. After an entire competition of disappointing results, winning no races and facing a critical media that heaped on additional pressure, the U.S. women finally came together to do as a team what they could not do individually. It was the final race when four women stepped to the blocks in an attempt to do what nobody thought possible... win The Last Gold.

**The movie can be viewed by visiting:** [**https://vimeo.com/155310924**](http://r20.rs6.net/tn.jsp?f=001xqDph7xEwaukQI4-wdP1pDrO7BXbtvfQ5Ia6XiVf1aFHz4ZLJjaYZg4zDcdTl24iQSttfrY8ckRCaxVVKagvn0aDpfncF_raArae4WVVrMqfo5G8ASXZIyHL_6yHOoorhBYFpmHZVwcCpvUc12lY2Q==&c=Y77DhA3aJ4Qf4ORT7MYxQ71otzrSqnAYGepNZDkFpJxRiaRH9q97AA==&ch=mzdvveK3TYt-7ouseo7rhmlNSMjFmXWN9tFN_HCZGYTiVA_5X1BXZA==)

**password: lastgold2016**

**Team Challenge #3 Healthy Nutrition**

This week’s team challenge is to submit a picture or video of you preparing a healthy snack, lunch or dinner. In reviewing several social media sites, I am surprised on how many people take pictures of FOOD and then post it on social media. I want you to take more RESPONSIBILITY IN WHAT YOU ARE EATING. I posted a Nutrition article titled **“The 14 Best Foods Athletes Should Be Eating”.** It is an easy read!!

We want you to send us more videos or pictures of your endurance and strength goals to post on the teams Instagram. As an athlete, you have to take more responsibility with your goals in order to improve your strength and speed. Therefore, by submitting your video or picture of the weekly challenges demonstrates your dedication and commitment to achieving your GOALS! Remember to send Coach Darin or Coach Jeremiah the video or photo or you can tag **@liquidlightning\_swimming** and post.

**ZOOM Meetings**

Coach Darin and Jeremiah will continue to having Zoom Meetings. Please look for the ZOOM email information for your swimmer to participate.

Lightning 2 (Monday, 4/20 @ 5:00 PM)

Lightning 1 and Senior (4/20 @ 5:30 PM)

Gold (Tuesday, 4/21 @ 5:00 PM Last name Accado – Kleber)

Tuesday, 4/21 @ 5:30 PM Last name Koganov – Wood)

We miss seeing everyone and look forward to getting back to the pool. In the meantime, continue to follow practice the social distancing and wash your hands. Stay Safe, Stay Healthy, Stay Strong

Coach Darin