**COVID-19 Team News 4/5/2020**

As we continue to follow Governor Whitmer’s Shelter in Place order and now being informed the school year is cancelled we need to work together more now than ever as a LIQUID LIGHTNING FAMILY to help create a sense of normalcy for all involved. We have created a COVID-19 Resource tab to help keep you informed and engaged in a healthy, positive and hopefully creative way to keep our Lightning swimmers focused.

We added a COVID-19 Resource tab on the team website to help you with articles, videos, dryland workouts and some team spirt challenges that all Lightning families can utilize over the coming weeks. We will continue to do our best to update the resource information as we discover more ways to support each of you during this challenging time away from the pool.  **STAY SAFE, STAY STRONG, STAY HEALTHY!!**

We now have a Team Instagram, follow us  @liquidlightning\_swimming

**USA Swimming**  
The link below will take you to the  [USA swimming website](https://www.usaswimming.org/news/training)  to view the latest news regarding COVID-19 as well as two articles for athletes and parents from the USOPC:

[“Coping with Competition Cancellations or Postponements in the age of Coronavirus”](https://www.usaswimming.org/docs/default-source/coronavirus-resources/coping-with-cancellations-or-postponements-in-the-age-of-coronavirus.pdf)

[“For Athletes: Coping with the Impact of Coronavirus”](https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/impact_athletes.pdf)

**College Recruiting**  
We put together  [information](http://www.teamunify.com/mill/UserFiles/Image/QuickUpload/liquid-lightning-and-college-swimming-informaton-1-_035483.docx)  for any high school swimmer interested in pursuing swimming in college.

[Check out where our LL Alumni and current swimmers swam in college or will be attending next fall.](http://www.teamunify.com/mill/UserFiles/Image/QuickUpload/liquid-lightning-college-and-university-swimmers_019904.docx) This information consists of 41 swimmers dating back to 2001.

The link below is information from USA Swimming on “College Recruiting 101” Do’s and Don’t’s power point for you to review. This information will be placed in the  [COVID-19 Resource tab](https://www.teamunify.com/TabGeneric.jsp?_tabid_=230607&team=mill)  on the LL website.

[College Recruiting 101](https://www.usaswimming.org/docs/default-source/clinics/online-clinic-series/women-in-coaching/college-recruiting-101-power-point-1.pdf?sfvrsn=2)

**Videos**  
There are videos swimmers can view to keep them engaged with their swimming while being away from the pool. Below are a few links that parents and swimmers can use and then choose what to watch or listen to. We hope this information is useful and entertaining during the Shelter in Place order.  
1. <https://fitterandfaster-info.com/488U-T6BG-4ZTQZM-MR6WN-1/c.aspx>  
2. [https://www.bing.com/videos/search?q=Go+swimming+YouTube&amp;qpvt=go+swimming +YouTube&amp;FORM=VDRE](https://www.bing.com/videos/search?q=Go+swimming+YouTube&amp;qpvt=go+swimming%20+YouTube&amp;FORM=VDRE)  
3. <https://swimswam.com/video/>

**Team Spirit Challenge**  
While everyone is required to stay home, we thought it would be a fun to have a Lightning Spirit Window Marker or Sidewalk-Driveway Chalk Design Challenge. Before doing anything please get your parents’ permission to do this especially if it is indoors!! The idea is to show your LL Team Spirit similar to the DOOR DECOERATIONS when doing a team travel meet, like Circle City. Show your Liquid Lightning Team Pride. Once completed send Coach Jeremiah or Coach Darin a photo of your Team Spirit and we will post it on the Team Instagram  **@liquidlightning\_swimming**

**The top two best Team Spirit designs will be highlighted on our club’s Instagram. There will be a winner from the 12 and under and 13 and over age groups.**