**Good Morning Riptide Families,**

As we learn to manage what seem to be daily changes during this unexpected time in history, your Riptide Coaching Staff and Board of Directors want to let you know we are her for you and send you a club update.

This week, Governor Gretchen Whitmer signed the “Stay Home, Stay Safe” Executive Order (EO 2020-21), directing all Michigan businesses and operations to temporarily suspend in-person operations that are not necessary to sustain or protect life.

The order also directs Michiganders to stay in their homes unless they’re a part of that critical infrastructure workforce, engaged in an outdoor activity, or performing tasks necessary to the health and safety of themselves or their family, like going to the hospital or grocery store.

To access Governor Whitmer's Executive Order 2020-21 click [here](https://www.michigan.gov/coronavirus/0,9753,7-406-98158-522625--,00.html)

So, for at least the next two weeks, we have some good family time in front of us.

We have some good news.

Soon after many shelter at home orders were put in place USA Swimming started to provide outreach to membership to help our athletes make the most of time away from the water.

We are excited to announce the Riptide will be supporting the national effort to keep swimmers and their families engaged during this time with the plan of: **A Fish Out of Water.**

**A Fish Out of Water** will provide swimmer engagement correspondences via Team Unify email, Riptide Facebook and Instagram pages. Materials will come from United States Swimming and other resources.

Swimmer and family engagement is encouraged to offset the disadvantages of social distancing and to offer our swimmers a level of connection with their teammates and coaches.1

Several times throughout the week, you will receive an email, the content of which will also be posted to our Riptide Swim Team Facebook page and linked to our Instagram page.You will also be able to find each linked to our webpage under [Events/A Fish Out of Water](https://www.teamunify.com/SubTabGeneric.jsp?team=mirr&_stabid_=205870)

When you receive your [**A Fish Out of Water**](http://www.teamunify.com/mirr/UserFiles/Image/QuickUpload/a-fish-out-of-water-1_014748.docx) connection, content may offer a theme, include videos, links to slides, activities and questions.

We ask that you spend some time with your athlete or share with your athlete the information that you receive. The first communication, Session #1, the theme is Opportunity and we have included lead in information to frame the session. Subsequent messaging should be straight forward. As always start with any instructions listed on the top or in the left margin. You may print off the form and the following instructions if easier to use.

**Activity #1 – Opportunity (Our Theme for the Day)**

This week Swimming World Magazine offered a great quote

“Life will always throw you challenges and obstacles that will test you. In many cases you can’t change them: that’s out of your control. What you can do, what you must do, is choose how you will react to those challenges and obstacles. The real power you have is in choosing how to think about, talk about and react to life’s challenges”.

We have an unprecedented opportunity in front of each of us and that is to practice what we have learned in our mental training and to accept the things we cannot change.

As we learn to navigate the new normal, the question we face isn’t: “Is what going on a good thing, but instead “Can we create good things during this time with what’s going on?”

Right now, your opportunity is to think of something that you can’t do right now, but you’d like to be able to do in two or three weeks.

It might be as simple as

* I can’t plank with good form for 30 seconds
* I can’t do 10 push ups

Maybe, it’s a little more in-depth

* I can’t keep track of odd type intervals during a set longer than 5 reps (re: 10x 100’s at 1:35) and need to work on calculating intervals and send offs
* I have trouble staying with relaxation techniques since my mind wanders
* I’d like to be able to practice visualizing my (50 free, 100 fly, 200 back, etc) and have it come out as my goal time

Or it might be more involved, or deep

* I’m not so good at organizing myself to be ready to handle each day
* I need a system to be ready for school/practice/homework every day
* I need a plan to run though so that I am ready to walk out the door each morning

When you are done with Activity #1, don’t forget to log your answers. We will be looking at those answers in a subsequent session. We've included a link in the activitiy section with ideas for swimmers.

**Activity #2 – Be Active**

I know that many of you have contacted us with hopes to keep fit for the next few weeks until we find out when we can start our spring session.

This is where Being Active comes in. **With A Fish Out of Water** Activity #2 is Being Active

Universally, every message from public health experts indicate the being physically active during this time is important.

Research findings show that persons who are physically active are generally healthier, have stronger immune systems, and are happier.

Activity #2 encourages swimmers (and hopefully family members) to do some type of physical activity for 10 minutes.

The American College of Sport Medicine recommends to select activities that work for you, pay attention to form, start slowly one step at a time, exercise within your limits, do not do an activity if you shouldn’t, and if you have questions about exercising, check with your provider.  Don’t forget to send us your favorite exercises!

If you are wondering if you can go outdoors, the answer is yes. Under the governor’s present order you may engage in outdoor activities like walking, hiking, running, cycling, or any other recreational activity, consistent with remaining at least six feet from people from outside a person’s household and with other restrictions imposed by prior executive orders. The choice to do so is yours.

Activity #2 includes a section on checking pulse. All swimmers should know how to check his or her pulse. We’ve included it here so that those who are learning how to do it while exercising (trust me, it’s not always easy) can hit the pool this spring with this skill under their belt.

**Activity #3 – Swim Science**

Education and is what we can pass on to our athletes under the current circumstances. We will be teaching the sport that takes place between sets during practice or on deck before the swimmer enters the water.

This section might focus on mechanics, race strategy or sport science. Here opportunity dives into some of the aspects of swimming technique that can be improved on land, such as streamline, joint and muscle flexibility, and core stability.

**A Fish Out of Water** may also include sessions where we focus on more of the mental aspects of swimming and how athletes can use consistency to improve both their workouts and competition.

Typically, a video will be included via link and the swimmer can offer his or her responses, recording them on the form. Videos may also illustrate some of the muscles that are used in various points in the stroke and how they can be used to improve the stroke.

The next three sections engage, connect and are fun! We wrap up the session with a reminder to stay in touch, the power to offer hope, the courage to face difficult situations, and a reminder to stay on top of any homework or assignments from school.

We hope that this initiative offers your family some fun and education as we strive to give your swimmer the best possible experience under the circumstances. We want to let you know that that we are here and that we care about your swimmer and your family in this time of uncertainty.

I know this may be hard, but it will be temporary. If we all come together, and do our part, we can stay safe and save lives. We are a swimming family and we will support each other through this.

Our club cares about you, your family and our community. If you are aware of specific needs of a Riptide families, please don’t hesitate to reach out to me.

We miss you all,

Coach Terri, the Riptide Coaching Staff and Board of Directors

**A note to parents:**

We are following posts by the American Academy of Pediatrics and CDC. They are seeing increased anxiety among kids. Youngsters are wondering what will happen next. Because things are changing daily, we need to reassure them that measures are in place to handle the illness.

Please keep an eye on your kiddos for stress and worry. The AAP has released information for parents with talk points on the corona virus on their website called HealthyChildren.org. I have also linked  [here](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx). Additional links are on the page to help to talk to children about [developing news and events.](https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx)

Below is some Club information we feel important for you to know:

1. We are still proceeding with the planning for Spring Session
2. As the situation evolves, we will be looking at getting Spring practices started adjusting our calendar and planning according to recommendations from Rockford Public Schools, Northview Public Schools, Michigan Swimming, Inc., USA Swimming and Public Health Officials.
3. We are looking at our meet schedule carefully and will adjust accordingly, letting swimmers know which meets will be targeted for season when have confirmed start dates.

To keep the communication open, we will send updates when we receive information from USAS, RPS, or NPS.  Please be patient as we deal with this ever- changing situation.  More importantly, keep thinking about goals for the summer and fall.

The coaching staff is in touch weekly to share what we know from various agencies and to disseminate information to our athletes to best help them on their goals.

Please be sure to check your email and School’s Family Access portal often to receive the most up-to-date information from your district.

We all want to be ready when the time comes to jump back into the pool.

To reach out with any questions, you may reply to this email.

Stay fit, stay happy and enjoy your Spring Break.

Coach Terri