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## AESC GENERAL RESOURCES DURING COVID-19 POOL CLOSURE

Covis-19 Mission: The Revised mission is as follows: To keep our athletes engaged by social connectedness and training, consistent with our club's plans and USA Swimming's social distancing guidelines, to keep our club financially stable, and to retain membership so that we come back stronger as a team when things return to normal.



### H O M E



**Stay Strong AESC!**

## Family Resources & Helpful Links

We continue to navigate the many unknowns surrounding the COVID-19 pandemic and work together as a AESC family to create a sense of normalcy and a positive, healthy environment for our swimmers, parents, and coaches. We have created this page as a central source of information, including resources, links, and activities that all families can utilize daily over the coming weeks. We will continue to update this information as we discover more ways to support each of you as we show the strength and resilience of our T.E.A.M..



## DAILY CHECKLIST

**Staying connected is important! Here are some ways that AESC can stay connected.**

- **Check daily emails.** Coaches will be sending emails each morning. These emails will include updates, strength and conditioning for the day, and questions for small group discussions.
- **Check social media.** Check for updates, challenges, workouts, and more.
- **Stay active:** Walk, bicycle, play, have fun, move! Stimulate your brain and body. Staying mentally and physically fit is a great



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## BOOKS AND ARTICLES

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- ***Talent is Overrated: What Really Separates World-Class Performers from Everybody Else*** (Geoff Colvin)
- ***Insideout Coaching: How Sports Can Transform Lives*** (Joe Ehrmann)
- ***Eddie Reese*** (Chuck Warner)
- ***Atomic Habits*** (James Clear)
- ***Willpower Doesn't Work*** (Benjamin Hardy)
- ***The Culture Code*** (Daniel Coyle)
- ***To Stop A Warlord*** (Shannon Sedgewick)



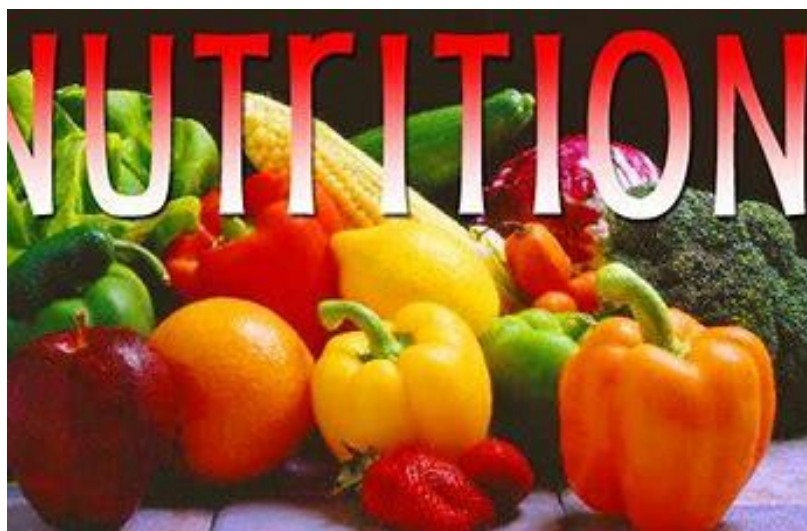
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## NUTRITION RESOURCES

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- [AESC Nutrition Info](#)
- [SwimSwam Nutrition for swimmers](#)
- [Feed the Swimmers Nutrition](#)



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## CULTURAL RESOURCES

- [The Hidden World of National Parks](#)
- [OKC Zoo @ 2:00.](#)
- [Aviation is your future](#)
- [Disney Virtual Rides](#)
- [Entertain Kids on a Dime](#)
- [Adventures in familyhood](#)
- [Covid 19 Time capsule](#)
- [Virtual Museum Tours](#)

