## Hello Team!!

Week 3 of the new S&C Challenge with Water! Jump in and get started if you have not already! It is so important to keep your muscles and cardio vascular fitness in shape. That way when we get back into the water we are good to go, go, go!

We are in at the half-way point with the new Challenge! Only 2 more weeks in this challenge. *Everybody can join in and participate toward the new prizes*. The new challenge will give you options of a water workout or an S&C workout each day. As we swim only five days in the summer I have adjusted the workouts to five days not six. Either workout will count toward the new challenge. Doing both would be great but only one will count as one entry toward winning. The winner in each group will receive a $25 gift card. This challenge will go for four weeks in the month of July. We will begin another 4 week challenge in August, if we are still out of the pool. S&C and Water workouts will be sent out early Monday mornings. If you have any questions please text, call or email me.

The swim center pool has been closed at this time. The HOA is moving forward with plans for our return. As soon as they determine a date for return I will let you know. They want all swimmers, coaches and staff to safe when we return. I will send out 3 workouts Monday morning included with the S&C Challenge for those who have access to a swimming pool. If you have any questions send me a text or email. I am looking forward to learning of the date for swim team safely return to the pool I will let everybody know.

***Our weekly hangout on zoom is on Wednesday. If you are missing your teammates and coaches, join us to catch up and visit. Each group has an assigned time to dial in and we can all visit. We will have team Zoom calls every Wednesday until we have team practice. If you have a question, comment or suggestion about S&C or what is coming up, now is your chance to ask. The times are 12:30pm Silver and Gold; 1:00-1:30pm Bronze; 2:00-2:30pm Sr and PrSr.*** If you have issues signing in please send me a text or email. Please continue to stay safe and heathy. Please remember to practice safe distancing according to the CDC Guidelines. South Texas Swimming which is our LSC for USA Swimming has a Covid-19 link on their web page. It has great information about what USA Swimming is doing in regards to moving forwards. That link is <https://www.teamunify.com/SubTabGeneric.jsp?_stabid_=206159&team=szstxlsc>

Since we are started the new 2nd S&C with Water Challenge, I had dialed back the S&C part so the new swimmers can get their feet wet with the exercises. This week it is more challenging. *Be sure and hydrate throughout your workout.* This week is supposed to be exceptionally hot with a little rain in the forecast! Be sure and stay safe. If thundering and lightning go inside! If you have any questions about an exercise read the definition page send me a text. I will answer as soon as I see it. Do not worry if you do not have mini dumbbells or weights at your house. Everything will be able to be done with things you have at home. So, lace up those running shoes, grab that water bottle, air up that exercise ball and get prepared for a hot week of great fun! : )

Remember your pictures and videos! It is awesome to see everybody working hard. It will pay off when we get back into the water. Please remember to video or take pictures and post to the team Facebook site or the Circle C Aquatics FB page. Challenge each other to see who can do the most days of S&C without missing. Post a video or picture of each day. Some swimmers do not have FB and have sent emails. That works; just have your mom or dad send to your pictures or video to: select@ccswm.net. To qualify the workouts must be done on the day it states in the email. You cannot do them all on one day and post the pictures, one picture or video a day. The swimmer who does the most in each swim group will get an awesome prize ($25 gift card) when we return to the water. If there is at tie we will put the names in a hat and draw the first day we return to the water for the winner in that group. There will be a smaller prize for all swimmers who are participating in the tied drawing who do not win the $25 gift card.

***I am so proud of all who are participating! It is not too late to join up as we are starting a NEW Challenge!!*** Jump in this week and you will see the payoff in the water when we get back to swim workouts. This week we are using information from my S&C training book and conversations with other coaches. Any questions please email me select@ccswim.net or give me a call 210-632-4344.

Bronze Water Workout

Silver and Gold Water Workout

PrSr and Sr Water Workout

Definitions of Exercises

Let’s be safe and take care,

Coach Jennie Lou