## Hello Team!!

I hope that everybody had a great weekend. I know you are just like me and cannot wait to get back into the pool for team swim practice. 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. This week the swim center pool opens Phase 1 for lap swimming by reservations only. The swim team does not have practice. The Circle C HOA has sent our information about the lap swim and how to make a reservation and safety procedures that are required. I will send out 3 workouts separate from 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 miss seeing your smiling faces! We are in week 11 of our S&C Challenge and it is exciting to see many of you stepping up and accepting the challenge!!! For those of you who have not yet started, now is not to late to join in and you will see a big difference when we are back in the water. 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>

The workout this week is revisiting the TP drills and some drills that we have already done. On Saturday you will write a small workout. Be sure it is challenging and fun. Include it with your pictures and video that you post. If you have any questions about an exercise read the definition page. If you still have questions 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 and get prepared for a hot week of great fun! : )

Keep posting 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 ($50 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 $50 gift card.

I am so proud of all who are participating! It is not too late to join up! 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, *ACE Fitness*, conversations with other coaches and Shawn Klosterman with the Berzerker TP Workout.

Any questions please email me select@ccswim.net or give me a call 210-632-4344.

Bronze

Silver and Gold

PrSr and Sr

Definitions of Exercises

Let’s be safe and take care,

Coach Jennie Lou