

Hello 757swim Families!

Its 4 O'Clock on your Friday so ill be brief. I stumbled upon this article today and listened to some (not all yet) of these Ted Talks. If you have the interest and the time, these are some great talks to listen to. <https://blog.ted.com/5-great-ted-talks-for-athletes/>

Dont Forget to send in your "Why 757swim?" Commerical! We have already gotten several and they are great!

I will see you all tomorrow at 11 on Facebook live for our workout!

I hope you all enjoy and have a great weekend!