

As the new “normal” is starting to settle in for us, I think swimmers may be feeling anxious about how to stay in shape, how to handle this adversity, and what to do with their time.

In our staff meeting last week, I mentioned that swimmers have a certain skill set to help navigate themselves through these difficult times. Swimmers know what it’s like to be process oriented and having to wait for results. As we come to realize that the handling of COVID-19 is more of a marathon than a sprint, we know swimmers have the mental strength to endure this journey. Some days will be harder than others, but I know that together we can handle the waves of this marathon journey.

Last week, Nathan Adrian, a five-time Olympic champion and eight-time medalist, answered some questions about how he is handling this adversity and what he’s doing to stay in shape. Nathan is familiar with adversity, having overcome cancer. Adrian said, in reference to COVID-19, “Just like cancer wasn’t going to be the end of my swimming career, this isn’t the end.”

<https://www.youtube.com/watch?v=wtzGIBDQMHk>

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