

Hello 757swim Family,

Our weekly group Zoom chats, I feel, are one of the most important things we are offering swimmers right now. It allows us to check in and check up on everyone. I've heard from some parents that they are one of the highlights of their child's week. I know I like forward to them. Anyways, I'm noticing more lethargic and downcast participation and body language. As weeks have turned into months out of the water, the emotional toll of COVID-19 is hitting more and more swimmers and parents. I particularly feel for all of the extraverts out there. In honor of my feel-good Friday article two weeks ago, I wanted to try to lift your spirits, even if just a little bit, by rekindling something that might have slipped away: Hope.

Virginia should be nearing its peak in coronavirus cases which will start the countdown to the reopening of our Commonwealth. With this on the horizon, our coaching staff has been hard at work putting together a plan of reopening. There are many facets to this plan, with the safety of our members being the top priority. Though weeks away and nothing is finalized yet, I have to say that it is exciting to be working on the plan and picturing us back at practice.

Checking the news around the country and world on COVID-19 is encouraging. Though every death is tragic, deaths per day and new hospitalizations are declining. We are seeing glimpses of the future as some countries and states are starting to reopen. New treatments are receiving positive results and many different places are saying that they are having breakthroughs in trying to create a vaccine.

Though we are still a ways away from our lives truly returning to normal, seeing the positive signs has renewed my spirit. Hang in there, 757swim Family. We're almost there, and we'll get through this together!

-Mike

P.S. I am looking forward to seeing everyone at the WISC on Tuesday!