

Swimmers,

Going on 7 weeks of lockdown, the biggest difficulty as it relates to what we are doing is the sameness of day to day life. I have related my belief that change is going to come based on what I read and hear from the powers that be and I anticipate that will happen soon. Reality is that at least until May 15, you have to continue what you have been doing.

On the website all the circuits, ab workouts, and day to day guidelines are archived and accessible. My directive to you at this point is to mix things up with the circuits and abs, be creative, and challenge yourself mentally as well as physically these next two weeks. Pick your favorite circuit or the one you struggled with the most and attack it again. The key is to **STAY ACTIVE!**

I remain steadfast in my belief that we will be back together soon. I look forward to that day.

Stay safe, stay strong, dig deep.

Coach Billy