

Hello All VPSC Parents and Swimmers!

I hope that everyone is staying healthy, as well as following the guidelines laid out by the government so that we are keeping each other healthy as well.

Our coaching staff is very excited to provide continued programming that will enable our swimmers to stay fit, be engaged as a community, and keep them ready for when the time comes when we are permitted to be back in the water. This will involve some significant online engagement for the members and the staff will strive to make using these tools as easy as possible for the members.

Every week, the Coaching Staff will send a weekly email that will outline the overall objectives and other updates for the club. This club-wide email will be joined by an email from your group's Lead Coach that lays out the specific training schedule for the week to come.

Much of our programming will utilize Zoom video conferencing. Zoom can be used on a computer, phone or tablet. Coaches will be setting this up so that signing up for an account will not be necessary but it would be appropriate to be familiar with this software. If you are unfamiliar with this program, you can find more information at <https://zoom.us/> as well as on our website at <https://vpsc.poolq.net/menu/nopoolnoproblem>.

For this coming week, the Coaching Staff has 2 Main Objectives:

1) Establish Your Routine!

After what has been a very uncertain and stressful week for most of us, we recognize the importance of having a routine that involves training, mental health and community engagement. In order to re-establish this routine for the club, we will be providing:

- Live Training Sessions online via Zoom, between 3:00-4:30pm every day, with specific times laid out by the Lead Coaches
- These Training Sessions will be archived and saved on our YouTube channel for swimmers who miss the live time or want to re-visit workouts in the future.
- Lead Coaches will set-up meetings with their groups to touch base and see how things are going in general. Lead Coaches will communicate with your group how this will be done over the course of the week, whether it is done as a group or individual as well as whether it will be online or over the phone/facetime. This will give a coach a chance to connect with each swimmer and see how everyone is doing

Included in our weekly schedule, we are going to provide 2 opportunities for a greater number of our members to workout together and we strongly encourage that our parents join us as well!

- On Tuesdays, Tiffany Johns, who has been providing Pilates for our High Performance and Senior National groups, will provide a beginner's level Pilates Class

- On Thursdays, Coach Sarah, who is a certified Yoga Instructor, will provide a Yoga class developed appropriately for our developing swimmers

As a note, because these will be provided on Zoom we will have a limit of 100 participants for the class, so we will use the sign-up on the website to distribute these classes.

2) #nopoolnoproblem

In order to keep our members to better stay engaged, we will be using #nopoolnoproblems on all of our social media platforms in order to stay connected as a community even if we are spending most of our time away from each other.

You can link to the VPSC website here: <https://vpsc.poolq.net/menu/nopoolnoproblem>. Here we will have our current schedule, along with our social media links for you to follow. Included in this is our NEW Youtube page at <https://www.youtube.com/channel/UCZvygkvzWhXHnoqYwhMdsBA>. On the page you can subscribe for free and find our archived workouts and videos.

Some ways the coaches will specifically be engaging on Social Media will be:

- At 9:00am every day, the coaches will be doing some activities in the morning, preferably *outside* if we're able to, and sharing it on social media. Groups will be asked to do something active on their own in the morning and share your adventures with us.

- On Tuesdays and Thursdays, most older groups will be asked to do an Aerobically focused workout on their own. They can post a picture or a video of their workout, whether it's a run around the block (keeping appropriate social distance), inside on the treadmill

- On Saturday Mornings, our Coaches will send a Scavenger Hunt to the younger swimmers that can be done around the house and swimmers can share their discoveries with us.

- Every Wednesday, the coaching staff will send out a Recipe of the Week. This will be an opportunity for families to come together and share this meal together to make something healthy. Swimmers, parents and coaches can share pics and videos of their cooking with us.

As you can see, the coaching staff is very excited to stay active and connected as a community. As many of these tools will be new to the coaches, and to the parents, there may be some initial glitches as we all establish our new routines together. We are very happy for your continued support during this unprecedented time, and we hope that we can continue to develop great athletes and people despite our circumstances.

GO VPSC!!! #nopoolnoproblem