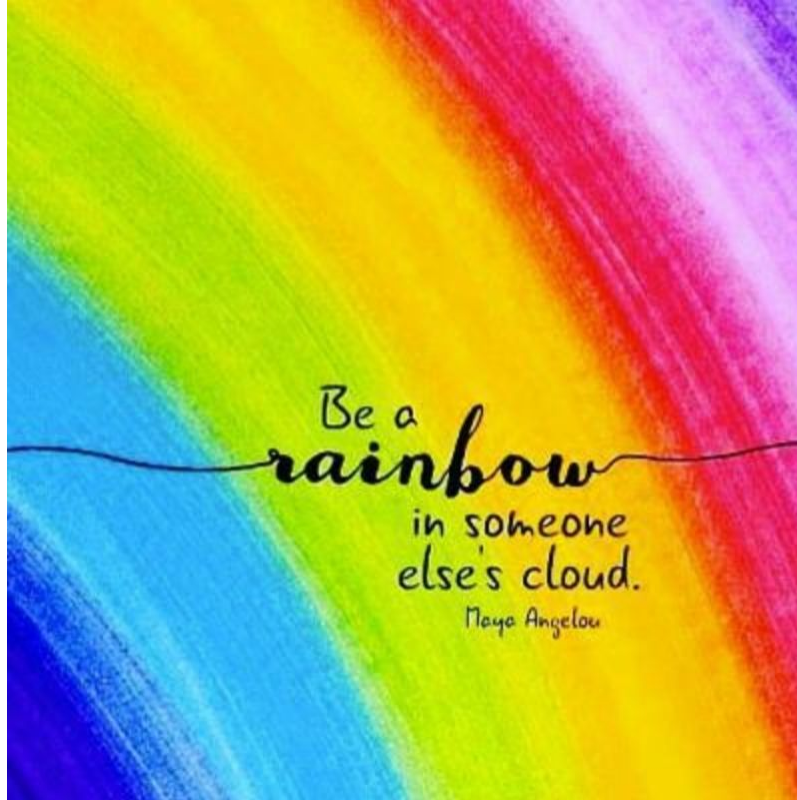




August 27, 2020



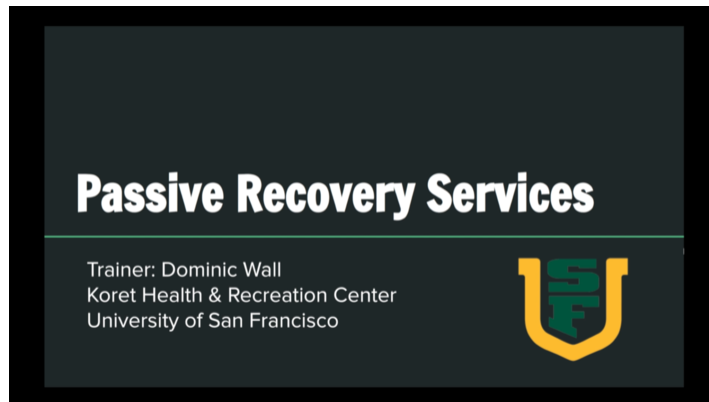
This week we dedicate our newsletter to Head Swim Coach Val who is retiring after 18 years of service to Koret and USF. For those of us who worked with Val, he was a kind colleague and friendly face, consistently bringing a positive outlook to even the most challenging day. He always reminded us that it was “almost Friday” and “not bad for a Monday”. We wish Val all the best as he dives into his next adventure. In the spirit of Val, this week’s newsletter focuses on kindness and suggestions for bringing a smile to the faces of those in our community.



"Be the rainbow in someone else's cloud."
Maya Angelou

Running 101

This week Dom's Running 101 features a review of various passive recovery services including massage, cryotherapy and cupping.



Train Your Brain

This tongue drill called the 'Cheesy Grin' can lead to surprising benefits to both strength and vision.



FEATURED WORKOUTS



Workout #1:

Review the entire Fitness 101 and Self-Care for Healthcare Providers video library.



Workout #2:

UPDATE: Due to fires and air quality, we are adjusting the first 2 weeks of the Rec Sports Challenge. Week of 8/31 (Share Your Hobbies) & Week of 9/7 (Local Exploration Week).



Workout #3:

Taking it easy during the fires and poor air quality? Review Maggie's

Recovery Flow WOD



Workout #4:

Start your day with kindness and self-care when you enjoy Sunrise

Yoga w/Brian (weekdays @ 7:30am).

SELF-CARE CORNER

Our new friend Blue wants to remind everyone that humans are not the only friendly faces that can brighten up a dark day. Check out how Maggie's dog **Loki** helps lift her spirits during a long day of teaching virtual classes and filming the self-paced WOD (Workout of the Day) on Koret's Instagram ([@usfkoret](#))



COMMUNITY CORNER

Coach Val

This week we celebrate the retirement of a longtime friendly



face in the Koret community, Coach Val. For the past 18 years Val has served as the head coach for the USF Masters Swim Team, USF Student Swim Club and the Koret Youth Swim Club. Prior to coming to USF, Val coached the Thailand National Swimming Team (Barcelona Olympics), USSR National Swimming Team (Moscow Olympics) and served as the Head Swimming Coach at the

Olympic Training Center in Uzbekistan. Under his leadership, the USF and Koret teams won numerous meets including short course and long course championships. One of Val's most significant impacts on the USF Masters Swim Team was to make the team more welcoming to swimmers of all ability levels. Coach Val greeted each swimmer by name, and built a community to support a healthy lifestyle through friendship, camaraderie, commitment and competition. Val has opted for an early retirement to celebrate his health, and to enjoy more time with family. We are honoring Val over the coming weeks in our weekly Masters Swim Team Newsletter and Koret social media. If you would like to share a photo, story or well wishes for Val, please contact usfaquatics@gmail.com.

Join the conversation **#USFCA**



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