Take a look at this picture of our Masters swimmers at the Senior Games, Stanford 2016. Pictured left to right: Tank Hagiwara, Barbara Delaney, Martha Campbell, DJ Niccolls, Amy Klatzkin, Darcy Cohn, and Janet Bensu. If you have any team pictures you would like to add to the newsletter, please send them to usfaquatics@gmail.com.

Team Announcements

Check out some 2020 Masters swimmers workouts coming soon! Click here to sign up and for details. Please sign up in week 28 to be in action by week 31 so you can at least partake in the class.

- Tuesday 8th & Thursday 12pm - Plateau + Resistance (NEW TIMES)
- Sunday 14th February - Strength and Conditioning with Produced

Looking to add swimmers through Zoom? Check out the website for lots of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

Workout #1
Check out this week's workouts from USA WSMS!

Workout #2
Work out on YouTube! Choose from a wide range of different workouts including strength training or yoga.

Workout #3
Check out some aerobic workouts from USMS.

Workout #4
Check out some outdoor workouts from Alo Moves.

Workout #5
Check out this at-home workout from Olympian Simone Manuel!

Inspiring Quote of the Week

Make your ego group. It is all about companionship, nothing is too serious. Team is everything. Remember: one for all, all for one. If you know everyone, you know everything. solitude is everything.

Closing

Follow KoretUSF on Instagram to keep in touch with us! Tag us in your posts or share our latest newsletter with the aquatics department: aquatics@gmail.com. Follow us on Facebook, Twitter, and LinkedIn. For University updates, please visit the Coronavirus Resource Page.