We are happy to announce that Clare delivered her twins! Given that she is on maternity leave, we ask that you please use the email usfaquatics@gmail.com until she returns. Thank you!

Team Announcements

- Check out our Zoom meetings! (See email for the times and dates)
- Workouts may be added to the schedule, so check back often!

A Message From Our Coaches

Hi Team, just wanted to send out a word of hello to you all. It’s still hard to believe that we are not in our lovely pool, but I will continue to buy you good news and hope that we can return to our wonderful pool soon. I wish all of you good things and peace and grace as we move through these unprecedented times.

Best wishes, Coach Kathleen

Challenge of the Week

Challenge your mind this week with Lumosity!

Some Fun Stuff

- Learn how to code through this website!
- Explore the Houston Space Station by downloading their app!
- Read about how to cope with Covid-19 from the National Institute of Mental Health!

Closing

Follow Koret (@usfkoret) on Instagram to keep in touch with us! Tag us in your posts or share ideas for our next newsletter with the aquatics department: usfaquatics@gmail.com - subject line “Newsletter.” We’re in it to stay, up to University updates, please visit the Coronavirus Resource Page.