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 Masters swimmers workouts coming up. Click here to sign up for classes. Please sign-in up each week 2 hours in advance so we can send you the link to the class.

- Monday 12pm & Wednesday 8pm with Rosamund
- Sunday & Tuesday 8am: Strength and Conditioning with Maggie

Looking for additional classes through Koret? Check out the website for NEW VIRTUAL OPTIONS!

A Message From Our Coaches

Hi Team, just wanted to send out a word of hello to you all. I am sure that we have all been busy, keeping ourselves occupied and the experience of having routines back and forth through these crazy weeks is something that we all have had. I hope that you all are managing to keep your sanity and your happy. I will keep you updated on the latest changes in your routines and your classes. We will work through this it will be different, but we will be back in the water and together again!

Best wishes, Coach Kathleen

PS I know it’s no substitute, but the Zoom Masters Classes (see above) are a great way to stay connected to the team, and can help keep you in shape. I hope to see you there!

Dryland Workouts of the Week

Workout #1
Follow SwimOutlet on Instagram for live dryland workouts every day at 10am!

Workout #2
USF WOD with Maggie on Instagram!

Workout #3
Look through these exercises to create your own workout routine!

Workout #4
Register for a 14 day FREE trial from Tracy Anderson on her website!

Workout #5
Check out YogaOutlet on their website for daily yoga workouts!

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’d really love to hear from you!

For more information on Masters swimming and Pacific Masters Swimming, please visit this website.

To stay up to date with University updates, please visit the Coronavirus Resource Page.