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 Barriers workouts loving up on Click here to sign up for classes. Please sign-up wish each week 24h in advance so you can send you will now to the idea.
- Monday & Wednesday 8am, Swimmers with Rosemary
- Monday & Thursday 8am, Strength and Conditioning with Maggie

Lack of 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 thanks to you all for going without saying how we will move on our team, our swimming companions and the experience of having common values back and forth through these catalysts. I have to end things only to chase with the student dynamic changes in your matters and your pace. We will work it out, it will be different, but we will be back in the water and brighter again.

Abid waala, Coach Kathleen

PS I know it’s no substitute, but the Zoom Masters Classes (see above) are a good 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**
Choose from these exercises to create your own workout routine!

**Workout #4**
Register for a 14-day FREE NordiFit Tuesday Anderson on their website!

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

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.” It is key in you to update University updates, please visit the Coronavirus Resource Page.