**Koret Health and Recreation Center**

To continue receiving our emails, add us to your address book.

**University of San Francisco**
San Francisco, CA | 94117 US
2130 Fulton St

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**Fitness Tips**

Drizzle this delicious homemade cream, hot chocolate, or any food of your choice with caramel sauce over your apples, ice cream, or any other dessert.

Feel free to also send in any swim pictures you want added to the newsletter!

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**Aquatics Department**

Follow us on Instagram @usfkoret

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**Zoom Charades**

November prize drawing!
Submit your answers HERE to be entered in our prize drawing.

The player or team with the most points at the end of the game wins!
Play as many rounds as you would like
The other players watch on Zoom and place their guesses in the zoom chat. The first person to guess correctly wins

The player chooses a book title, famous person, character, movie, or television show.
If you choose to do teams, separate into at least two teams and decide which team will go first.
Decide if you are going to play in teams or solo
At least two people

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**Game of the Week**

**Set up**
Decide if you are going to play in teams or solo
At least two people

**Materials needed**

- At least two people
- Zoom

**How to play**

1. Decide if you would like to play in teams or solo.
2. Choose which team will go first.
3. Decide which person will choose the books, movie, or any other entertainment.
4. The other players watch on Zoom and place their guesses in the zoom chat.
5. The first person to guess correctly wins.
6. The player chooses a book title, famous person, character, movie, or television show.

**How to win**

The game is won by the first team to correctly guess the answer.

**Tips for HIIT workouts**

- Take short and regular breaths between exercises.
- Energy will get your all parts of the body to not only build strength in the muscles we use while swimming, but also strengthen our leg muscles.
- This is the second High Intensity Interval Training (HIIT) workout out of three (1. Dryland Workouts, 2. Upper body, and 3. full body). We are exploring HIIT workouts for swimming, but to train explosiveness in the water for sprinting.
- Legs, 2. Upper body, and 3. full body. We are exploring HIIT workouts for swimming, but to train explosiveness in the water for sprinting.

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**Swimmers of the Week**

**Sophia Dumitru-Rose**

**Congratulations to our swimmer of the week, Sophia Dumitru-Rose!**

Sophia is an extremely devoted swimmer to the Green team and has been coming to dryland practice every week since we started! I have coached her since she has been on Black Team and I have seen so much improvement with her swimming in such a short time. She is not only a dedicated swimmer but an amazing one. We are lucky to have a leader like Sophia on the team!” - Coach

Sophia has been very busy since shelter in place by participating in summer camps, taking long walks in the Presidio, making masks for homeless shelters, volunteering at local animal shelters, helping at a juice bar, and even taking a trip to Tahoe!

Sophia's favorite swim stroke is freestyle and her favorite ice cream flavor is rocky road! If she could have one superpower it would be the ability to read super fast, which would help her read her favorite book, Wings of Fire. She also enjoys playing monopoly, macao, and continent race.

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