



## USA ARTISTIC SWIMMING EDUCATION MINI-NEWSLETTER

Mid-May  
2020

### I Want My Season Back: How to Rebound from Disappointment

For the past few days, we've all been asking ourselves, "now what?" We've spent countless hours driving to the pool in the dark at 6 a.m., being cold, wet, tired, smelling of chlorine... and for what? You're upset, you're angry, you're disappointed. And you're not alone.

Join us for a Free READY, GO. webinar on **I Want My Season Back: How to Rebound from Disappointment** with Lori C. Eaton

**Monday, May 18 at 5p ET/4p CT/3p MT/2p PT**

We're going to talk, vent, share experiences, and dive into a few topics, like

- What do we do now that the season is canceled?
- Ways to get unstuck
- Proven methods to let go and rebound from disappointment
- Actions you can take now to emerge stronger this Fall

We are in this together!

READY, GO. [www.readygolifecoach.com](http://www.readygolifecoach.com) Lori C. Eaton [readygolori@gmail.com](mailto:readygolori@gmail.com)

### Release of Grade Level 6!

We are excited to announce the release the new Grade Levels 1-6 Manual! Assessor Training will be coming soon. Level 6 Scoring forms are not available at this time.

A new change this year, is that we will allow virtual land testing for the 2020-2021 season. With this it will be possible for you to start testing now while your team is waiting for the okay to return to the pool!

Guidelines for the testing will be posted soon. Meanwhile, check out the new skills in Level 6 (only required for athletes attending US Nationals). But great training for all athletes.

### To Join Lori's Webinar:

Click [HERE](#) to register in advance.

If participant is under the age of 18 please provide parent or guardian email upon registration.

After you registering you will receive a confirmation email containing information about joining the meeting.

If you are unable to join, it will be recorded & available on the USA Artistic Swimming website at a later time.

Join Ludi for live training on Instagram (@oviaentertainment) every Wednesday at 11:00 am Pacific Time.

### Get Movin'

USA Artistic Swimming at Home by Ludi Perrin-Stsepaniuk – Click [HERE](#)

Zumba Warm-up, Cia Art Dance – Click [HERE](#)

Squat Song Challenge - Click [HERE](#)

30 Minute No-Equipment Cardio & Strength-Conditioning -Click [HERE](#)

Ballet body workout (Flexibility) by Talia – Click [HERE](#)

Train at Home Tips from Team USA – Click [HERE](#)

### Take a Listen

PanAm Sports Channel – “Managing the Energy Equation” by Kelly Drager and Marc Quod, Click [HERE](#)

### For Your Reading Pleasure

“There Has Never Been a Better Time to Work on Your Mindset” by Olivier Poirier-Leroy, Click [HERE](#)

### New Level 1F & 1

### Judging Online Course

These courses are now available online. Both courses will be followed with a 2-hour webinar and the usual test and practice judging.

Email [shari@usaartisticswim.org](mailto:shari@usaartisticswim.org) for links to the courses.