



Success is a journey.

I know you have heard that many times before, and you know it's the truth. While our day-to day routines have changed drastically, it's important to remember we are in this together! We can keep moving forward even away from the pool and emerge stronger, physically and mentally. I am here to help and support your athletes with a little motivation and mental toughness tips for artistic swimmers to keep your athletes moving forward during this break!

Motivation Mondays with Lori C. Eaton!

I am offering 3 FREE READY, GO. webinars for athletes each Monday for the next three weeks, starting **April 6 at 1p.m. EST/11 a.m. MST!**

Join me for a live discussion on Motivation, Mind Set and Moving Forward. Webinars are 45 minutes with time for open Q&A and guest interaction. Free registration for the live session is required as space is limited.

We are in this together!

READY, GO. www.readygolifecoach.com
Lori C. Eaton readygolori@gmail.com



Get Movin'

Pilates for Beginners – Click [HERE](#)

30 Minute Barre Sculpting Workout – Click [HERE](#)

Ballet Bootcamp Workout – Click [HERE](#)

30 Minute Hip-Hop Workout – Click [HERE](#)

Cardio Boxing and Kickboxing Workout – Click [HERE](#)

Bad Guy Full Body Workout – Click [HERE](#)

Welcome to the Grind – Click [HERE](#)

Cha Cha Slide Planks – Click [HERE](#)

Grab Some Popcorn and be Inspired!

- Miracle
- Rudy
- The Blind Side
- Remember the Titans
- A League of Their Own
- Hoosiers
- Coach Carter
- Invincible
- We are Marshall
- Bend it Like Beckham
- Cool Runnings
- The Mighty Ducks
- The Rookie
- Eddie the Eagle



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.