



## USA ARTISTIC SWIMMING EDUCATION MINI-NEWSLETTER

May  
2020



USA Artistic Swimming will be hosting a webinar on “How to Stay Engaged”, this Thursday at 6:00 pm Mtn, 8:00 pm Eastern.

Join us to talk about topics such as content for virtual training, how clubs are using technology to stay connected, handling the loss of revenue with your club and national team training schedules and how to join.

Club Directors will be receiving the login information, or contact [Baylee@usaartisticswim.org](mailto:Baylee@usaartisticswim.org).

### Staying Connected!

One of the things that can help both athletes and coaches throughout this quarantine is doing zoom/facetime sessions with your teams without doing training!

Below are some ideas:

- \*Cooking challenge or lesson.
- \*Talent show – do one that includes your parents also.
- \*Dance improv – everyone creates a dance (can be to the same music or different for each athlete).
- \*Talent show – bring on everyone’s greatest talent outside of the pool!
- \*Talk about what you are doing and what you miss about being together.

Click [HERE](#) to check out Houston SynchroStars website for their awesome Covid-19 Resources.

Stay connected – it doesn’t only have to be about the push-ups!

### Take a Listen

PanAm Sports Channel – “Mental Skills and Strategies to Cope with Uncertainty and Distraction” by Dr. Sean McCann, Click [HERE](#)

### Check It Out!

USA Artistic Swimming – Train at Home Tips, Click [HERE](#)

### Facebook Fun

Check out - Synchro Coaches... “Make Synchro Even Greater Again”. A great forum for connecting Coaches from all over the world. Looking forward to some great webinars coming soon!

### Get Movin’

Hip Hop Dance with Danielle Peazer – Click [HERE](#)

Spinal Flexibility & Bridge Routine – Click [HERE](#)

Walnut Creek 13-15A Team Workout – Click [HERE](#)

ZeROX Fitness, Tabata Workout – Click [HERE](#)

“Pump”, Dance Fitness Workout – Click [HERE](#)

“Bring Sally Up” Challenge – Click [HERE](#), this can be done with Planks/Push-ups or V-sits/Hollow Body, 1-Leg Lunges (be creative!)

