



Keep your thoughts positive
because your thoughts become
your words.

Keep your words positive
because your words become
your behavior.

Keep your behavior positive
because your behavior becomes
your habits.

Keep your habits positive
because your habits become
your values.

Keep your values positive
because your values become
your destiny.

Q-Tips: Coping with Quarantine Life

Dr. Kevin Chapman, expert from TrueSport, has offered some tips to help navigate these difficult times. These short videos are offered with the hope that they will provide support for everyone.

Tips – Click [HERE](#)
Scheduling – Click [HERE](#)
Motivation – Click [HERE](#)
Modeling Anxiety – Click [HERE](#)
Missed Moments – Click [HERE](#)

USA Artistic Swimming would like to announce our new skills challenge! We will be doing bi-weekly challenges for all ages to participate in over the course of the next few weeks. These challenges will be announced on social media as well as sent out to members. We will have five age groups for our challenges:

- 12 & Under
- 13 – 15 years old
- 16 – 19 years old
- 20 – 55 years old
- 56 and over

The next challenge will be announced on Friday, April 24th! Watch your emails & social media for the details.

Get Movin’

At Home with Cirque du Soleil,
Extreme Abs Workout – Click [HERE](#)

Xtreme Hip Hop – Step Workout –
Click [HERE](#)

“Fireball” Zumba Workout– Click
[HERE](#)

“La La La” Zumba Workout – Click
[HERE](#)

“Temperature” Plank Challenge –
Click [HERE](#)

12 Minute Advanced Tabata – Click
[HERE](#)

15 Minutes 15 Moves – Click [HERE](#)

Don’t miss the last free seminar from Lori Eaton of Ready, Go!

You can join in on Monday April 20th for Lori’s last session on “Moving Forward”! Sessions are also recorded and will be posted on the USA Artistic Swimming website.

To register in advance Click [HERE](#)
After registering, you will receive a confirmation email containing info about joining the seminar.

If participant is under the age of 18, please provide a confirmation email containing info about joining the meeting.

In case you missed the first two here are the links:

Mindset – Click [HERE](#) (start at 5:45 minutes)

Motivation – Click [HERE](#) (start at 6:30)

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