



## UNITED AQUATIC SPORTS

April 2020 / COVID-19

A moment in time we will never forget regardless of what is going to happen tomorrow, next week, next month or even later. We live in strange times don't we.

It's been approx. 2 weeks or so since we have seen each other or been in touch somehow. A bit surreal isn't it. One day we train, we swim, we laugh, we joke and leave with "see you tomorrow" not knowing that this was approx. 2 weeks or so – ago.

Events are cancelled, pools are closed and we are in "lockdown" like we have been naughty or so but this is now the reality we live in right now.



I've waited with this newsletter for a bit of time. I needed to think this through, plan what to do, what to say and where from here. I've been in touch with colleague coaches, friends and family overseas, some in worse situations than us. I looked how other programs and other (National bodies) reacted and how other athletes dealt with this Covid-19 lockdown.

The first day of the lockdown was a weird one. Still waking up around 5 AM, my body clock telling me that we have training. The following days the same but I needed to plan "moving forward" looking for things to do for myself, my kids and family and you; the swimmers.

No pool = no swimming, no swimming .....SO WHAT! That was my conclusion. I remember the Christchurch earthquake like it was yesterday. Those families were confronted with that situation, no 48 hours warning, city in ruins and no pool. But....it brought friends, families and strangers together, like this current situation, people talk, share and care and we can learn from that by moving forward, day by day, week by week and start planning for things to come because right we can't CHANGE ANYTHING.

I took some wisdom from Nigel Latta, a well know NZ phycologist whom I saw in an interview which inspired me and, took my conclusion.

The majority of our swimmers are junior swimmers who swim once or twice a week, many of them have other interests than just swimming. The fact that we don't swim at this stage won't hurt for most, for now anyway. I believe these youngsters mental and social wellbeing is more relevant than me bombarding them with exercises that they normally don't do anyway. I believe a family walk, bike ride or simple jog around the block is just fine. Some who are keen to do a bit more will do so, regardless.

Then there is the category that have the drive to be active, the ones that have swimming as their main priority with goals, a plan and times to chase. For this category mental and social wellbeing is also important but for those swimmers I have a number of activities and thoughts I share in upcoming days.

***I've come up with this challenge, 4 weeks lockdown = 28 days. Day one; exercise x 28, next day we add an exercise so 2 x 28, do five days' work outs, weekends off, over 4 weeks = 20 exercises x 28. I've invited swimmers to video themselves and have posted them on our FB page. We've had guests from Denmark, Holland and USA adding to the challenge and I know that this is being done in many households, just not being shared in video. My family has done the same we are at challenge 12 and all is shared on FB.***

***Feel free to adjust the numbers to your ability but at least give it a go. Its fun for mind and body and has a number of challenges.***

For now, I simply wanted to touch base, see how you all are and stay connected. Some pointers:

**LEARN TO COOK** get a cookbook or google a recipe, gather the ingredients and start. Its fun, rewarding and one of the best skills to have!!

**WRITE A DIARY** like a logbook, write down your daily activities, your thoughts, the pool and friends you miss and why and share your home cooking. In years to come you can look back and read what you did during this time. Believe me its worth it!!! I did the same when I trained in Siberia in 1991. Started with a few notes, training sessions but ended up almost writing a book. I still look back whenever I see it and it puts a smile on my face.

**STAY IN TOUCH**, contact and talk to your friends, find and make new friends from other clubs and start talking and sharing. I speak from experience as I'm fortunate to have friends all over the world and we are in contact often, especially in times like these.

More soon, be safe, be kind, stay inside and stay in touch.

We've got this, Kia kaha

Henk and the team!

~ HAPPY SWIMMING ~