

Hi All,

I cannot believe how fast time has gone and that it has been almost 3 months since I last saw you all training down at the pool. Like you, I await the guidance and relevant information that will allow us to get back to training again. Please be aware that the club will do whatever needs to be done to allow training to commence again and to keep all swimmers, parents and coaching staff safe and working within the guidance set by Government, Swim England and also Places for People.

Now is the time for swimmers to be doing whatever they can in order to be ready to start swimming again when we get the go ahead. My only advice is to make sure that you are fit and healthy. That is both physically and mentally as like many people I know lockdown has been hard as we have had to adapt the whole way we live our lives.

Like many swimmers you have been unable to get into a pool for nearly 3 months but I have been encouraged seeing people adapting techniques in order to try and do some swimming, Well done. If you can continue to try and participate in some sort of exercise this will go a long way to ensuring that you are as ready as you can be to get back into the swing of things in the swimming pool. We are not the only club that has been affected by the lockdown but we will be helping ourselves massively if we remain healthy and engaged in exercise to be as ready as we can be to start training. Exercise can be simply going for a walk, bike ride to running or circuits, it is up to you.

Please feel free to contact me directly if you need to for any advice on my email [coachscott.aswpc@gmail.com](mailto:coachscott.aswpc@gmail.com)

I, like the rest of the coaching team are looking forward to working with you all again soon.

Stay safe and hopefully we will see you all sooner rather than later.

Scott