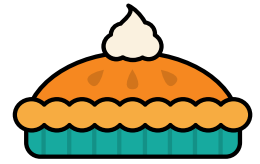


PVS



# ATHLETES NEWSLETTER

## THE FUTURE OF COMPETITIONS

Competitions are continuing to progress in order to help get as many kids as possible racing. November was filled with lots of good news. From being able to hold US Open, to Maryland classifying swimming as low risk, it is clear that as much as possible is being done to ensure safety while doing the sport so many of us love.

The Toyota US Open took place earlier this month, and PVS was fortunate enough to send swimmers to several different locations, including Richmond, VA and Greensboro, NC. Swimmers were expected to follow the social distancing guidelines, which were enforced through seating in bleacher areas, and marks on the ground indicating to swimmers where they should stand as they waited for their event. Because of the limited capacity of one hundred swimmers per facility, there was plenty of room for everyone to remain at distance during the original warm up at the start of the meet. Some swimmers reported that the meet ran fast, due to the small nature of the meet. In addition, there was a ten minute period before each event for swimmers to warm up, and some felt as though warm down was crowded and that social distancing was not actively enforced.

PVS is holding an 18 and under Winter Championship meet during the first weekend of December at Claude Moore Recreation Center in Sterling, VA. Registered swimmers can find the meet announcement on the PVS website, which outlines safety precautions being taken to ensure protection from COVID-19. Swimmer's are expected to arrive and leave in their racing suits, and bathroom trips should be limited to emergencies only. As per usual, masks are to be worn at all times that a person is not in the pool or eating/drinking and social distancing should be practiced whenever possible. In order to keep masks dry, swimmers are strongly urged to bring multiple masks and a small plastic bag to place them in while swimming. All other regulations can be found on the meet announcement, and athlete or staff not abiding by said rules is subject to removal from the meet.

As the sport of swimming makes strides to hold bigger meets and make competition available to as many as possible, it is important to recognize flaws and improve to provide a safe environment for all swimmers, coaches, and officials.

In a survey posted earlier this month to our Instagram, positive words were said about meets held so far. If you have any thoughts or comments about the process, feel free to reach out to us via our Instagram @pv\_athletes\_committee.

## THIS OR THAT

This month, we hosted a game of this or that on our Instagram, @pv\_athletes\_committee. Below are the results, check and see how your answers fit with voters!

**EQUIPMENT BAG**  
25%

**MESH BAG**  
75%

**FINS**  
64%

**PADDLES**  
36%

**SPRINT**  
65%

**DISTANCE**  
35%

**FLIP TURNS**  
26%

**STARTS**  
74%

**NIGHT PRACTICE**  
36%

**MORNING PRACTICE**  
64%

**OUTDOOR POOL**  
60%

**INDOOR POOL**  
40%

## SWIMMING DURING THE HOLIDAYS

The months of November and December are filled with Holiday's that leave many of our swim schedules altered or changed, but is important to recognize the significance of these times and avoid possible guilt that may come as a result of time off swimming.

Many swimmers feel as though they have to uphold the constant fast pace lifestyle, and believe even a day away from swimming would be a serious detriment to their progress. However, this lifestyle can be exhausting to maintain. During this next month, when many of us are taking time away from swimming to be with our family or to celebrate a religious holiday, we must all recognize that a break is totally normal and necessary sometimes.

Taking a day or two off from swimming during the holiday's whether to alleviate stress or to be with family can be incredibly helpful to the mind and body. Time away from intense exercise allows the body to recover and gives muscles that are worn down day after day a chance to reset and rebuild. A day off can also be extremely beneficial mentally, as it gives us the chance to be with our loved ones and a break from the very demanding sport that swimming proves to be.

So during this upcoming holiday swimming, we at PVS urge you to stray away from any guilt you may be feeling from a day or two off of exercise.

Now more than ever, mental wellness takes priority, and there is no better time than the holiday's to reach a state of calmness amidst the craziness that 2020 has been.