

Hi Cal Masters!

There are no (April Fools) jokes in today's email! **Please complete our quick [dryland survey](#)!**

Online Dryland Participation Survey

The coaches are looking forward to hosting you for online Dryland Workouts on Zoom while we all stay at home. To help us plan these workouts, **please complete a quick, 2-minute survey:**

- [CALM Dryland Participation Survey](#)

Create a Zoom account

The coaches will use Zoom to host our online workouts. Create an account if you have not already done so.

- [Sign-up for Zoom](#)

USMS 4 Essential Stretches for Swimmers

Feeling tight? Check out these 4 stretches from USMS that you can do from the comfort of your own home. The article even suggests setting up specific cues for each stretch, so you don't have to stick to a set schedule (e.g. turn on the tv, stretch your ankles!).

- [Article: USMS 4 Essential Stretches for Swimmers](#)

SwimSwam Dryland Workouts

Rather than post swimming workouts on their site, SwimSwam have switched to quick dryland workouts. Some of them are simple enough for just about anyone to do and others can be quite challenging! Here's a link to one of them:

- [SwimSwam Dryland Workout #6](#)

Yale's Happiness Course Online

Feeling down? The 'most popular course' at Yale, referred to as the 'The Science of Well Being' is being offered on Coursera.

- [Sign-up for Yale's 'The Science of Well Being'](#)

Peace,
the coaches