

The Eagles Nest

“Educate to elevate.” ~ Coach Crawford

State and CIF Guidelines Allow Sports Again

WV swim to resume in April.

Swimming is back!! Last month, with Shasta County in the COVID-19 most-restrictive purple tier, five sports were given the go-ahead to resume, swimming being one of them. This is exciting news!!



The first meeting was advertised in the school bulletin and was held via Zoom on Thursday 2/25 for parents and athletes. Items discussed were the newly revised (2/25) student participation sports waiver, shirt orders, participation protocol due to COVID, fundraising, and more. Our swim team is for all levels. If you missed the meeting, or if you know someone who likes to swim but maybe doesn't know all the strokes, perfect! Call or text **Coach Crawford** for details: **(530) 949-1630**.

Great news regarding team fundraising! The swim team has been authorized to be the sole vendor of WVHS face masks. What this means for the swimmers and parents is a united effort will be needed at school and, if allowed, at events to sell masks to fans, family, students, athletes, and faculty. The

WHAT'S IN IT FOR YOU, THE STUDENT/ATHLETE?

The many benefits of an education-based activity such as swimming include the following:

- Competence - improved academic ability, GPA, and test scores
- Confidence - improved self-concept, self-esteem, and initiative
- Connections - friendships: support existing and build new ones
- Character - enhanced integrity, respect, and responsibility
- Caring - camaraderie, teamwork, and acceptance of others

details are being ironed out and I will know more very soon. Everyone's united efforts with any fundraising means opportunity for the team. Special thanks to sophomore Rissa Dewey (pictured) who will help coordinate mask sales on campus.



Until pool practices resume, help yourself to swim better in April by beginning now to exercise your core, build strength, and put some aerobic activity into your schedule. Helpful exercises for core include sit-ups, burpees, and planks, to name a few.



Reminders: If you have not yet given Coach Crawford your t-shirt and sweatshirt order, do so now! Orders are for athletes and family! First orders will be placed soon. You'll want to wear them for the team's yearbook photo!

Also, order your team suit from the WVHS Swim Team store at [http://www.swimoutlet.com/wvhsswimteam?](http://www.swimoutlet.com/wvhsswimteam?utm_source=soaffiliate&utm_medium=direct&utm_campaign=7975748)

[utm_source=soaffiliate&utm_medium=direct&utm_campaign=7975748.](http://www.swimoutlet.com/wvhsswimteam?utm_source=soaffiliate&utm_medium=direct&utm_campaign=7975748)

For the updated California Department of Public Health school guidelines in their entirety, please click <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>. And remember...

We swim for life!

~Kathy Crawford, Head Coach

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