

Empowered Families,

Congrats, we are halfway through our first week of self-quarantine, and so far no one has gone crazy (that we know of), and more importantly, no one in the Family has been infected! From Ashlee and I, and all of our staff, we deeply want to thank you for being so understanding during these difficult times, and continuing to pull together as a family to combat this virus.

Now, as most of you know, what separates us from all of the other clubs in our area, and most in the country, is our development of the whole being, and the fact that we are an educational institution for volleyball, not just a club trying to recruit kids to win a few tournaments. We truly do focus on “Empowering the Mind, Body, and Soul of Champions,” and while we are quarantined currently, this will be no different. Empowered will be rolling out Phase 1 of our COVID-19 Home Training program, in order for our athletes to not only maintain the gains they have made this season in the weight room, but also on court, recruiting, mentally, and spiritually. Below is what each phase will look like:

Phase 1: (Week 1)

- **Rest, Recover, Reflect:** With the amount of tournament that have occurred the last 3 months, on top of all of the school and social stress, our athletes need a good solid week to let their bodies heal and recover. Athletes can also do some reflection on the first part of the season, and start looking at which areas they still need work in, and beginning planning to work through those areas.
- **Reconnect:** We want our athletes to also use this time to reconnect with God, Family and Friends. In today’s society, there are so many distractions and responsibilities that keep us too busy to connect with God, our family and friends. Please take this time to get into a routine with a daily devotion, or time in the Word, spending time with your family, and use social media or your phone to reach out to a friend you have been meaning to call for awhile, or just someone you know could use your encouragement.
- **Stay healthy:** Please take this time to get back into a healthy lifestyle by sleeping 7-9 hrs per night, eating healthy, and then exercising your mind and body at least 20-30 mins each day.
 - Dr. Dusty has put together a simple volleyball specific circuit routine, that each of our athletes (and parents), can do every other day for the remainder of this week:
<https://www.empoweredsportsclub.com/athome>
The Workout is in a PDF form attached as well. Enjoy!
- **Grow Spiritually:** In keeping with our weekly Character Building programming leading up to Spring Break, here is Part 3 of our video series about my life, and everything God delivered me from 20 years ago! If you have missed any of these episodes, or would like to see what God is doing in other people’s live, feel free to browse around and use the “Search” bar at the top of The Restoration Road’s website:
 - <https://www.mitchkruse.com/view-episode/?id=78740088>
- **Lessons & Small Groups:** We are currently allowed to do one-on-one lessons according to the CDC, so please email debbie@empoweredsportsclub.com to get a lesson scheduled today. Athletes displaying any symptoms will not be allowed to participate. Please self-police, and if you have been traveling (i.e. spring break), please do not come in until you have self-quarantined for at least 4 days.

Phase 2: (Week 2-3)

- **Complete Home Program:** PSM and our coaches are working diligently to provide a very detailed eLearning type program for all of our athletes, focusing on the Mind, Body, and Soul! We will have workout and skills videos, on top of programs to continue to grow our leadership, mental toughness, and character.
- We will unveil this new program Sunday night, and have all of the details about the program, along with an accountability piece, so we can monitor our athletes.

In conclusion, know that your Empowered Family is always here for you, even in unknown times such as these. This is when we need our family the most. Please don't hesitate to reach out if you are in need of anything, or if any athlete is struggling and just needs someone to talk to, please have them reach out to us or their coach.

We will be in touch, and in the meantime, we will continue to pray for the health and wellness of all of you. This too shall pass! God is in control, and all we can do is be patient, do what we can, and see what we can learn along the way.

Grace and Peace,

William and Ashlee Robbins