

In light of these unprecedented times, TrueSport sends our best thoughts to you and your members. Hopefully, you received the TrueSport April content on conflict & resolution on March 16, and can look forward to receiving the TrueSport May content on performance anxiety on April 20.

In the meantime, because of these extraordinary circumstances, we have reached out to our TrueSport experts for tips on handling quarantine time and are sending you an additional partner content package this month – TrueSport Q (quarantine) content. This content is aimed at helping parents, coaches and their young athletes cope with the uncertainty and challenges associated with COVID-19 and quarantine conditions. Please feel free to distribute through your channels as authentic to your sport. We hope these additional resources provide support and valuable content to your membership.

In the attached zip file and at the drop box link, you will

find: <https://www.dropbox.com/sh/5uoe0lzfbbp6x5/AAAzq4TvrLRQcqWUfcogx0Kpa?dl=0>

- TrueSport usage guidelines
- TrueSport Q Tips social media graphics developed specifically for parents and coaches to help young athletes cope
- 1 article: Keeping Kids Active and Healthy During Quarantine

In addition, we are sending you TrueSport Q Tips short videos from our expert Nadia Kyba.

- Q Tips: Coping with Quarantine Life - Nadia Kyba on Relationships: <https://vimeo.com/399179048>
- Q Tips: Coping with Quarantine Life - Nadia Kyba on Parent/Child Conflict: <https://vimeo.com/399179017>
- Q Tips: Coping with Quarantine Life - Nadia Kyba on Mindfulness: <https://vimeo.com/399178983>
- Q Tips: Coping with Quarantine Life - Nadia Kyba on Keeping the Peace: <https://vimeo.com/399178952>
- Q Tips: Coping with Quarantine Life - Nadia Kyba on Conflict Resolution: <https://vimeo.com/399178906>
- Q Tips: Coping with Quarantine Life - Nadia Kyba on Boundaries: <https://vimeo.com/399178853>

Please let me know if we may provide more support to you as we navigate these uncharted waters together.

Sending our best wishes to you and your athletes, coaches and members!