

# April Newsletter

## EMC'S UPDATE ON THE CORONAVIRUS

### WHAT YOU CAN DO TO HELP YOUR LOVED ONES

- Follow health guidelines
- Stay inside
- Wash hands regularly
- Drink enough water and fluids

*With the growing threat of this disease along with the risks it places on us and our loved ones, we would like to send our EMC family reassurance and warm wishes. This is an issue on a global level. It isn't simply affecting those that are sick. People are losing their jobs, and businesses are closing. We would like to express our support to each and every one of you. We greatly appreciate the effort we have put in as a team to resume practices for our JO/FIG level girls online. We would like to thank our families for continuing to embrace Emerald City's program. Together as a team, as a city, as a state, as a nation, as a planet, we are hoping to overcome this obstacle that humanity is facing at the moment. EMC is praying that this will soon be over and behind us so we can resume our daily lives. We miss all your daughters' energy and smiling faces.*

*-EMC Family*

### TRY TO REMAIN CALM

**We would like to share some tips on staying positive in such a hard time.**

- Stay in contact with your friends and family
- Exercise
- Mindfulness/meditation
- Do things you always put aside
- Pray
- Keep the big picture in mind

# Happy Birthday to Coach Dasha!!!

FRIDAY  
MARCH 27

Wishing you lots of  
love, health, happiness,  
and success. We hope  
you have an amazing  
day!!!

Love,  
EMC



*Congratulations to Sveta and Sarah in Brno!*

**Sarah competed for team USA  
and won 3rd in the team  
event !! Together with the  
support from coach Sveta, her  
first international assignment  
was a great success!!**



# Happy Easter from EMC!!!

EMC is wishing all of you and your families a happy Easter, and a day full of blessings!!!

