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## COVID-19 UPDATE FOR MUSTANGS REPRESENTATIVE PROGRAM

Dear Mustangs,

On behalf of our club, I would like to take this opportunity to reach out to everyone, firstly to provide an update on the status of our representative programs, but more importantly to check in on everyone's well-being during this challenging time. Everyone is affected in some way and I hope and trust that all of our members are supporting each other, and finding the support they need across the many great community groups we have in Maitland.

### Staying Informed

The current suspension of BNSW competitions is to Monday 8<sup>th</sup> June. There has been no announcement about full cancellations or revised season dates. At this stage the priority for BNSW has been raising awareness, fact finding and business continuity measures for associations. The Basketball NSW Covid-19 webpage is updated at 6pm each day: <https://www.bnsw.com.au/covid-19/>.

### Staying Safe

Along with advice for the general public in our members memo, Sport Australia has a page dedicated to helping elite athletes understand and cope with the impact of COVID-19 on Sporting Activity especially with regard to your mental health and well-being - <https://ais.gov.au/health-wellbeing/covid-19>

### Staying Connected

We can take this as an opportunity to continue our growth and development. You might find some enjoyment in other activities around the home that always get put aside because we are rushing off to another Basketball game or practice session. If you are keen to stay connected to the game, there are some great ideas online. The [AI App Home Court](#) has unlocked all features for free until April 30<sup>th</sup>. Coaches can access a range of fantastic free online clinics from internationally renowned coaches at <https://summit.coachesclinic.com/>. If you are fortunate enough to subscribe to Kayo sports, there have been a great number of classic college Basketball games to view as well. **Keep an eye on our Facebook page for ideas and opportunities in the coming weeks.**

Our representative teams are an especially close-knit community, and we encourage families to maintain contact with one another in ways that keep within recommended guidelines, via social media and telephone. If you need to make essential purchases, please keep in mind our great community partners – you can see who they are on our sponsors webpage - <https://www.maitland.basketball/sponsorship>.

Please stay safe and do not hesitate to get in contact via email if we can be of any assistance via email – [development@maitland.basketball.net.au](mailto:development@maitland.basketball.net.au)

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