

## **Amy Bond: Living with Diabetes And The Coronavirus**

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Amy Bond, the head women's golf coach at Florida State, played nine holes on Sunday at Southwood Golf Course in Tallahassee. It was the first time she had played golf since last fall.

The pandemic sweeping across the world has hit the Florida State alumna quite hard. Not only was the promising season for her nationally-ranked Seminoles cut short and her golfers sent scurrying to numerous places around the United States and countries around the globe, but her world was made more difficult as the Coronavirus continued to spread.

Bond has lived with Type 1 Diabetes since she was 17 years old, when she was diagnosed with the disease as a senior in high school. Diabetes is a disease in which the body's blood sugar level is too high for the body to break down into useable sugar to be carried throughout the body. It's an autoimmune disease in which the immune system mistakenly attacks its body.

"When I see news reports of who is most at risk (from the Coronavirus), usually those with Diabetes are second on the list, which gives me a very uneasy feeling," said Bond. "I have kept myself at home, other than to exercise, walk the dog and go to the grocery store."

Bond has been unable to do what she does best during this period of uncertainty throughout the world. She can't coach her student-athletes, she doesn't see her coaching friends at tournaments around the country, and she hasn't visited with her close-knit family since before the Seminoles' spring season began in mid-February.

While most might think this is a period of inactivity for coaches, Bond sees it as a period of proactivity.

"Instead of working with the girls at practice, I am coming up with practices to implement once the student-athletes return to campus," said Bond. "We have weekly Zoom meetings with each of the players where we have discussions not only about golf, but life as a whole.

Bond also works daily on finding future Seminoles.

"One of the most important things we are doing as a staff is recruiting and talking to prospective student-athletes," said Bond. "We are challenged to find creative ways to keep them informed while showing them the amazing things Florida State has to offer in a virtual world since they cannot visit us in person."

Bond takes care of her daily list of tasks as Florida State's coach while continuing to take care of her health. "I carry around disinfecting wipes and hand sanitizer, and I am very particular as to what I do and who I do it with," Bond said. "I literally wipe down everything that I bring into my house. I like to give people hugs, but now I am sure to practice social distancing. I have not been out since the wearing of masks was suggested, but the next time I go to the grocery store I'll be wearing a mask."

Bond takes her dog Tucker for two walks daily – one in the morning and another at sunset.

"I'd like to think that I am a healthy Diabetic," said Bond. "But I don't even want to test myself against the Coronavirus. I was (obsessive) about washing my hands before this, but now I have significantly increased the number of times I wash my hands."

Bond is anxious for the world to open back up and for all lives to return to normal.

"I look forward to returning to my hometown of Ocala to visit my family," said Bond. "My parents, my brothers and their families, my nieces and nephews and my 91 and 95-year old grandmothers all live in Ocala. I have not ventured down there during this time because they, too, are practicing social distancing. I do look forward to being able to spend time with them, and that will be the first thing I do once we are able to do so.

Bond also looks forward to rediscovering her adopted home of Tallahassee.

"I love to eat out with family and friends. I love to eat sandwiches, so I may treat myself to a Firehouse Sub and then have dinner with friends."

Bond would also like to finish the nine holes of golf she began in early April as she returns to the golf course with her golfers – the place where she has been most comfortable throughout her life.