

# THE NLSC DAILY

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## Dryland Resources

[Peloton Fitness App](#)

(free 90 Day Trial)

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## Prepare : Changes are coming.

From Coach Cliff

As we enter May, we are making plans to eventually get back to practicing, in person, at our pools. With restrictions on group sizes and spacing, this is going to mean that we have to think way outside of the box.

- *We will need learn and adhere to new, and often changing guidelines from our local, state, and federal officials.*
- *Knowing that we will likely have very small participant sizes, we will likely need to stretch our available practices times out and make coaches available longer.*
- *With our staff stretched over longer days, we will be relying on Parent volunteers to help with screenings, etc.*
- *We will need to complete daily participant and staff COVID screenings.*
- *We will need to sign up for practice times.*
- *We most likely will not be able to use locker rooms or showers at the pool(s). This will require us to show up at practice having already showered and changed into our suits.*
- *We will need to enter our facilities with face coverings.*
- *Coaches will need to keep about 10 ft of space between themselves and our swimmers.*
- *We will have to leave the facility using a separate exit from the entrance. We will not be able to stay in the building after practices, but will need to leave immediately.*
- *Once outside the pool, our members need to adhere to advised social distancing measures; at least 6 feet apart.*

There will be more, but I am trying to prepare each of you for the steps, differences, and changes that are coming. Regardless of our personal feelings about these new changes, we will need to be diligent in our efforts to mitigate the spread of COVID-19. Imagine if a pool ends up being hot spot for the transmission of Coronavirus...we can't let that happen, so please practice vigilance now...and for the times to come.



**BAND** - our closed social media group...just for NLSC

We are using the Band app to help communicate directly with our members (parents and swimmers).

[Here is a brief explanation of how Band works.](#)

This is a closed social media group, so only NLSC members (swimmers, coaches, and parents) may join. Coach Cliff will moderate who is accepted into the group.

Just download the Band app today, or learn more by [clicking here.](#)

Scan the QR code below to join the NLSC Band on the Band app.



We have three meetings today!

2:30p Dryland w/ Coach Cliff

Meeting ID: 478-057-315; password : nlsc1991

4:00 - May Mat-Su Story Time

Meeting ID : 914-2855-0930 ; password : iPenelope

4:00-5:00p - Gold with Coach Ben

Meeting ID : 809-470-7468; password : 973973

**Stay tuned for tomorrow's meeting information**

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## Outdoor Dryland Test Run : Simultaneous on Zoom

From Coach Cliff

This Thursday, May 7th, we will be conducting a trial run of outdoor Dryland. To participate you will need to sign-up, and there will be a limited number of spots. For those not ready to participate in person, or who are unable to secure a sign-up spot, we will be running the same Dryland simultaneously on Zoom (same meeting ID and password as usual).

I will be marking off 10 foot "bubbles" for each participant to stay within, and only those who have signed registered for a spot may attend in person. Current guidelines restrict group sizes to 20 or fewer, so we will start at 16.

We are taking the mitigation process very seriously so that we can avoid being the cause of any spread of the virus, so if you don't plan to take the process seriously, we encourage you to participate on Zoom.

[To register on Sign Up Genius, CLICK HERE](#)