



Since 1971 Our 50th Year!

# Newstream



January 19, 2022

## Reflecting Pool

*"If you can't fly, then run. If you can't run, then walk, If you can't walk, then crawl, but by all means, keep moving"*  
-Martin Luther King Jr.

### COVID-19 UPDATE

We realize things are constantly changing, so we ask that **if your swimmer tests positive for COVID-19, please contact Coach Nancy or Coach Jacob the same day you become aware of the positive test result.**

Currently, if a swimmer tests positive they cannot return to swim practice for 10 days. We know they can return to school after 5 days, but due to the CDC guideline to continue to wear a mask around others for 5 additional days, the park district has interpreted this to mean that swimmers cannot attend practice during days 6-10 due to the inevitable unmasked time at swim practice.

Here are the official, current CDC guidelines:

#### **If You Test Positive for COVID-19 - Everyone, regardless of vaccination status.**

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- **Continue to wear a mask around others for 5 additional days.**

***If you have a fever, continue to stay home until your fever resolves.***

In addition, if your swimmer has close contact exposure to someone with COVID-19, please follow the CDC guidelines below. When the guideline includes the wording "wear a mask around others" swimmers may not attend practice due to the inevitable unmasked time at swim practice.

#### **If You Were Exposed to Someone with COVID-19**

**If you:** Have been boosted

**OR** Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

**OR** Completed the primary series of J&J vaccine within the last 2 months

- **Wear a mask around others for 10 days.**
- Test on day 5, if possible.

***If you develop symptoms get a test and stay home.***

**If you:** Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted **OR** Completed the primary series of J&J over 2 months ago and are not boosted **OR** Are unvaccinated

- Stay home for 5 days. After that **continue to wear a mask around others for 5 additional days.**
- If you can't quarantine you must **wear a mask for 10 days.**
- Test on day 5 if possible.

***If you develop symptoms get a test and stay home.***

Once again, **please contact Coach Nancy or Coach Jacob the same day if your swimmer tests positive for COVID-19.** This is not only for contact tracing purposes, but also so we can inform you of the date your swimmer may return to practice. There may be unique situations, (i.e. HS girls may attend dryland once they return to school because they can wear a mask during dryland), and since things change, we want to make sure we are following the most current guidelines.

Finally, we know there are varying opinions on COVID-19. Please know we are doing everything we can to keep swimmers practicing as safely as possible, and we are following the CDC guidelines as interpreted by the Deerfield Park District. Regardless of what parents or coaches believe, this is where we are at today and we appreciate your continued respect and support.



## Fishers Area Swim Tigers Travel Meet SWIM MEET RECAP...

Thank you and congratulations to everyone on a great weekend in Fishers, Indiana! A lot of best times, fast swims, and team bonding. It was also fun to compete against teams that we don't get to see a lot. COHO was the only team from Illinois at the meet. We got to swim in races with teams from Indiana, Iowa, Ohio, Michigan, and Kentucky!

**Lots of swim meet shout-outs from the meet... (in no particular order) First shoutout goes to Sadie Fineklshteyn for her 3rd place high point award in the 10 and under girls AND her three new Age-Group State cuts! Second shout-out to Daniel Snitkovsky for his 2nd place high point finish in the 11-12 boys age-group. Third shout-out goes to William Sheehan and Jacob Dorfman. Both of them swam their very first 100 butterfly at Fishers, and did an amazing job! Fourth shout-out To all our 11 and over finalists for the weekend, Elijah Finkelshteyn, Sari Golding, Sarah Holzman, Athena Karanikolas, Nathalia Kravtsov, Samantha Margulis, Leo Popko, Daniel Snitkovsky, Jacob Suby, and Nishant Reed.**

**New Regional Championship cuts by:** Sadie Finkelshteyn in the 10&U 50 fly, Sari Golding in the 13-14 100 Breaststroke, and Nathalia Kravtsov in the 13-14 500 freestyle. **New State Championships cuts by:** Sadie Finkelshteyn in the 10&U 200 free, 100 back, and 50 back. Leo Popko in the 11-12 200 freestyle, and Daniel Snitkovsky in the 11-12 100 freestyle.

### \*Mundelein Meet @ RecPlex Update\*

For session time-line, psych sheets, go to: [HOST TEAM PAGE LINK](#)



Session	Day	Age Group	Warm-Up Time	Check In Closes	Meet Start Time
1	Friday	All ages	5:00 pm	5:20 pm	6:00 pm
2/3	Sat/Sun AM	9/10 & 11/12	8:00 am	8:20 am	9:00 am
4/5	Sat/Sun PM	8 & under, 13 & O	12:00 pm*	12:20 pm*	1:00 pm*

### CATS MEET REGISTRATION @ LIBERTYVILLE H.S. IS NOW OPEN



The Cats meet registration is now open on the COHO website. **The registration deadline is January 20th.** This is the last "regular season" meet you can register for the winter season. All other swim meets left on the winter schedule are "Championship" meets. **Please be aware that spectators will NOT be allowed in the pool stands at the CATS meet.** They are planning to live stream the meet.

For Regionals, State and other Championship meet qualifying times go to: [CHAMPIONSHIP QUALIFYING TIMES](#)

**1-16-21**  
**COHO**  
swimmers of the  
**WEEK!**



**MIN:** Bella Dong, Larkin Foy, Stella Huang, Gabe Smith

**SHARKS:** William Fink, Leisan Modes

**10&U:** Sadie Finkelshteyn, Jacob Dorfman, William Sheehan

**11&O:** Elijah Domb, Nishant Reed, Daniel Snitkovsky

**GOLD:** Samantha Margulis, Grace Stadelmann

## 2022 SWIM MEETS & EVENTS CALENDAR

Jan. 21st-23rd: MUNDELEIN MEET @ REC PLEX Registration closed- \*AM warm-ups on Sat & Sun are now 8:00 AM.

Feb. 4th-6th: HPAC MEET @ HIGHLAND PARK H.S. Registration closed - \*\*NO SPECTATORS WILL BE ALLOWED\*\*

Feb. 11th-13th: CATS MEET @ LIBERTYVILLE H.S. Registration Deadline is Jan. 20th. \*\*NO SPECTATORS WILL BE ALLOWED\*\*

\*Feb.25th-27th: ILLINOIS REGIONAL CHAMPIONSHIPS @ GLENBROOK NORTH H.S. More info soon -Meet packet on website

\*Mar 3rd-6th: ILLINOIS SENIOR STATE CHAMPIONSHIPS @ STEVENSON H.S. More info soon- Meet packet on website

\*Mar. 10th-13th: ILLINOIS AGE-GROUP CHAMPIONSHIPS @ FMC IN WESTMONT. More info soon- Meet packet on website

\*Championship meets require qualifying times.



Team Website: [teamcoho.org](http://www.teamcoho.org) <http://www.teamcoho.org>

Full-Time Staff: Head Coach: [nancy@teamcoho.org](mailto:nancy@teamcoho.org) Head Age-Group Coach: [jacob@teamcoho.org](mailto:jacob@teamcoho.org)

If you need a team suit or caps contact our Team Store Parent: Ellie Kaiser at: [ellie.kaiser@yahoo.com](mailto:ellie.kaiser@yahoo.com)

*For schedule, weather related practices, or any practice info/updates  
go to website/social media/email blasts*