



FMC SPRING NEWSLETTER

FMC Team,

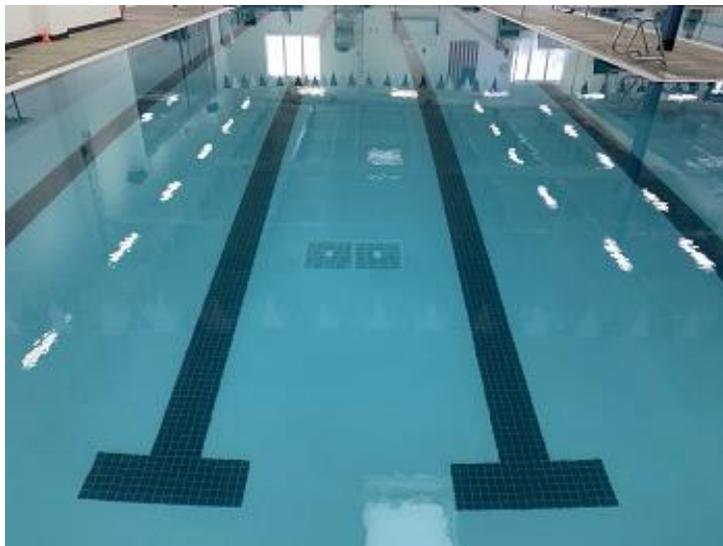
So we've hit a bump in the road!

This may be different than any of us would have drawn it up, but let's get our season started! There are things we have answers for and others we're adjusting to outside information from our government, USA and IL Swimming. As always, we appreciate your understanding as we navigate through the beginning of the season. From now and going forward, we'll be communicating weekly with our FMC families via email, website, and social media. We look forward to a quick return when we're all together!

I would like all of you to know the staff at FMC has met several times both in person and via conference Zoom. As a group, we know there's a date we'll all be able to return! We recognize FMC may be one of the first teams in Illinois and outside our state to be in the water. The way we handle programming and the facility plan will be critical. Our athlete's safety requires additional attention. The following steps have already taken place to meet our immediate and future needs.

Superior Facility:

Adam and Nick have done an outstanding job cleaning and preparing the facility. Both pools have been drained, acid washed, scrubbed, and refilled. Maintenance needs within the Mechanical room and HVAC units are being enhanced while we're on break. They're currently in the process of improving the locker rooms, power washing, and then sealing the deck. To say the facility is being improved is an understatement! We appreciate you, Adam and Nick!



Strength and Conditioning Program:

There's been much focus and energy placed on improving our Strength and Conditioning Programs. The staffs' input and leadership of Lee Kobilca (Head Strength Coach) has been fun and educational; there's a lot of knowledge in the room. Beginning this week, we will be launching programming to begin at home. This is a well-thought out, but voluntary program, and should only be done with parental approval and supervision. By Wednesday, April 1st, all registered families will receive detailed information of the first two weeks of training. Included

will be video narrations/demonstrations by Trainer Lee Kobilca and Nick Zito. I know some of you have already or have continued to train, so use this information to add to your current routine. If you're just getting started, begin moderately and build over the next two weeks. There will be three items (equipment), we will want you to purchase. This information will be sent later this week. **PLEASE NOTE:** USA Swimming insurance coverage does not cover home workouts or workouts not in direct contact of a USA Swimming Coaches or Instructors.

Swim Practices and Game Plan:

Because we don't know when government restrictions will be adjusted (changing each week), we don't have an exact start date. Moments ago, Governor Pritzker announced an extension of the stay-at-home order until April 30. Modifications to the practice schedule will be made as necessary. This is another area where the staff and I have put in a lot of thought and time. Ahead of when we're able to resume, a schedule will be sent out to comply with any restrictions. I can see several different scenarios, so we have talked about several plans incorporating what seems to be respectful and common sense if we are unable to resume normal scheduling immediately. There may still be some restrictions of numbers gathering at one time, buffers (time) in place between practices for sanitizing and clearing groups, limited use of locker rooms, entrance and exist protocol, etc. The bottom line is when we return, we want a safe and healthy environment. It's important I cover this with you all so you understand the time, efforts, and considerations your staff has put in. Together we'll make great choices.

Swim Meets:

This is a little bit of an unknown due to almost all venues are High School, University, or state operated facilities. How each of these institutions will react is a wait and see situation for now. If I had a crystal ball, my guess is very end of May/early June.

Social Media, or Zoom Conferencing:

Team interaction with our membership is important so some content will be coming your way. Whether its coaches to athletes/members, group interaction, Instagram/Twitter/Facebook posting, we're going to be active. Coach Kristen Silvey will be heading up this project.

Olympic Trials:

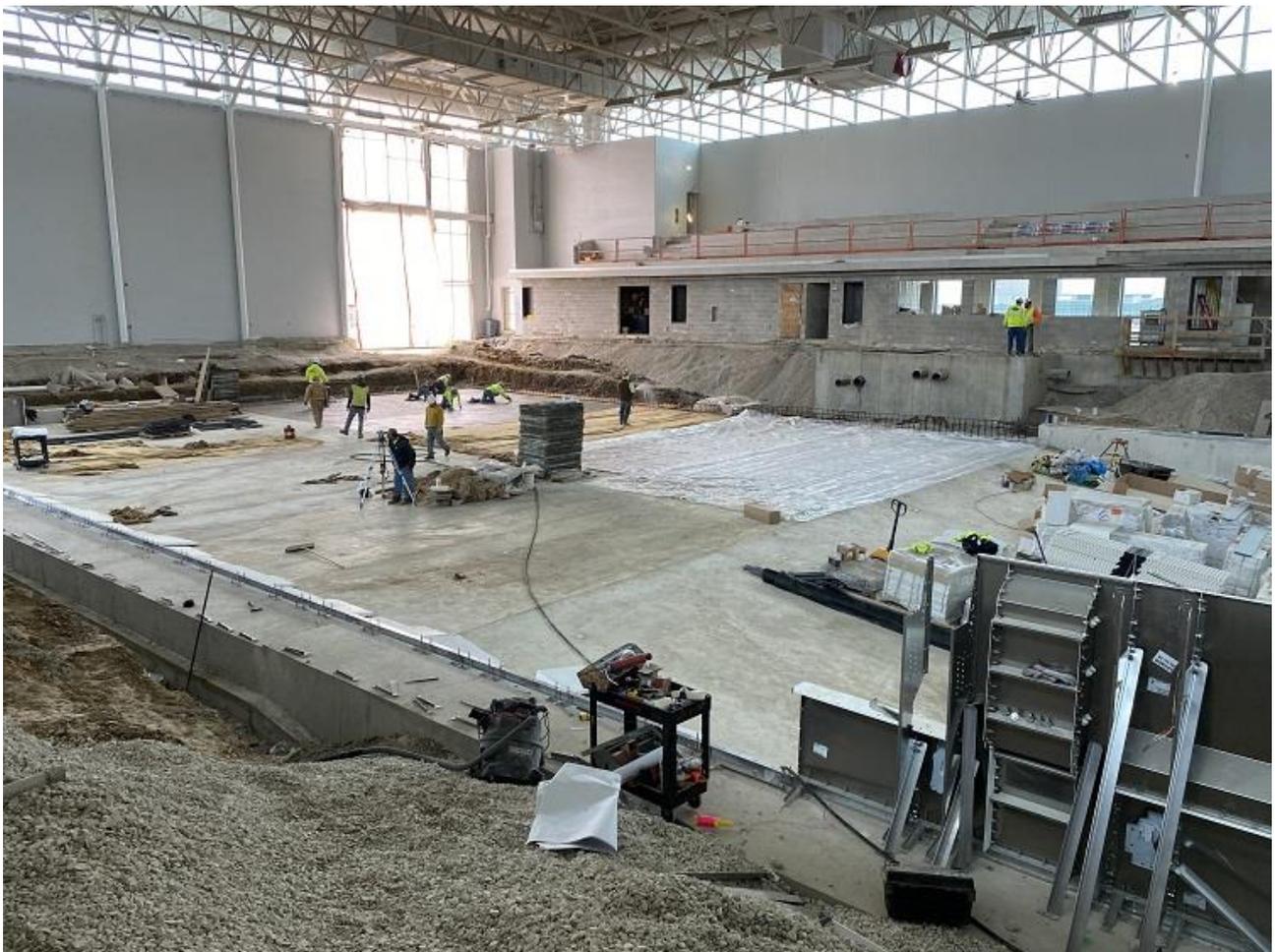
With the announcement of the Olympic Trials and Olympic Games being moved one year, there's a sense of relief. I've been on many conference calls and the concerns for the athlete's preparation and health, along with the unknown, were the driving force behind a great decision by our leaders. It also gives our young athletes an additional year to dream, prepare, and qualify for Trials.....***somebody new on this team is going to make it!!***

FMC Natatorium Update:

These are very exciting times at the Natatorium, work is still going forward. Each week something new is getting done or started. You can actually see whole rooms and their visions realized. Both pools are coming along and Myrtha experts have returned to insure speed and

quality. The Training/Teaching Pool receives a deck this week with tile being set later in April. In the Competition Pool, the final section of concrete is being poured this week and the panels and bracing continues to migrate towards the scoreboard end. Starting Blocks were sent off to be painted at an auto body shop last week. I guarantee they are the coolest you've ever seen! Locker rooms are progressing: two have been tiled and have fixtures (plumbing/lighting) installed, training pool locker rooms have tile work beginning today. Upstairs: drywall is about 30% completed and will be finished by early next week. At the same time, almost all the lighting, duct work, and painting upstairs (ceilings) will be completed this week. With great weather here, the parking lot can get going again mid-April. Exciting!!

Special **THANK YOU** to MaryAnn Kaufman for keeping all this moving forward! I know many of you know she's been involved, but you can't know to what extent. I can simply tell you without her drive and determination, the quality of the facility wouldn't be what you'll view this summer, and the completion date would have been deeply compromised.



At different times, the staff and I have walked through the building, smiling, as we envision athletes throughout the building. But yesterday was extra special walking with MaryAnn, Pierre, and no one else in the building. Pierre turned to us in a steady and humble voice and said, "I

can't actually believe this place; my imagination could have never thought it possible...it's going to be magical." It IS going to be magical.

These are certainly different times we are all going through together. Most importantly, I hope this finds you all well along with your families and friends. This is usually something one says to be nice, but now we mean it more than ever. It's a time where decisions outside of our control are being made for almost all, and we're adjusting to the newest information presented. We appreciate your continued patience and thoughtfulness!

Stay safe!

Coach Dave and the FMC Staff

