



## FMC Aquatic Newsletter

April 19, 2020 Edition

Welcome back to another great season. It's nice to return after a little down time, and a much more sense of calm to begin Fall. Our young people are going to school and seeing fellow students and friends each day. HS Girls have already swum some meets/invitationals with relays. Our collegiate athletes left looking forward to a more normal college experience, happy for them. So now it's time for us to get started @ FMC.

Before I go any further, I like to thank everyone for their understanding, flexibility, and support to make the best of a difficult/challenging year. This includes the FMC Coaching Staff that chipped in wherever was needed.

The summer concluded with Championship style meets in which the FMC Senior Team won the Speedo Sectionals, and Illinois Senior Championships. The FMC 14 & Under Team swam exceptionally well to a 3<sup>rd</sup> place finish at Illinois's Age Group Championships. FMC was the meet host of many events as it showed with the quality, and organization of the Central Zone Championships. The feedback from all the LSC's was positive and appreciative to have spectators to cheer on their athletes! Special Thank You to Lawrence and Jennifer Chan for their time and efforts over several months in heading up the event.

Congratulations to Michael Flynn making the USA National Select Camp held in California, Piper Wood Prince placed in several events at the West Speedo National Championships in Irvine CA (7<sup>th</sup> 800 FR, 14<sup>th</sup> 400 FR, 5<sup>th</sup> 1500 FR), and Burly Bokos, Jeffery Hou were announced to the USA Zone Select Camp earlier this past Spring. This is all in addition to McKenna Stone, Rachel Stege, Conor Boyle, Garrett Clasen, Alex Dillmann, and Raunak Khosla qualifying for the Olympic Trials.

### **PARENT MEETINGS:**

Let's get together 9/7/21 @ FMC Natatorium for a Parent's Meeting which will be broken into age groups and times. Come find out what we have planned and meet many fantastic people.

FALL PARENT MEETING, 9/7/2021: FMC NATATORIUM BALCONY

6:20-6:50 PM: 8&U GR (W. Balcony), National Team (NE. Balcony), Senior Team (SE. Balcony)

7:05-7:35 PM: 9-10 GR (W. Balcony), 13&14 GR (NW. Balcony), 11-12 GR's (SW. Balcony)

\_FACILITY POLICIES: Mask, Locker Rooms, Entering/Exiting, and Karin Butikof's facility letter.

Enter and exit through the main lobby, no shoes on deck or in the locker rooms, 12&U's enter directly on to the pool deck from the lobby and exit once dry/changed from the pool deck to the lobby.

### **PRACTICES AND PARTICIPATION:**

We all know the more you go, the more you learn and swimmers get to be around their teammates. Athletes need to be able to count on each other, we are always better with everyone there! Consistency helps build a rhythm with practices both physically and mentally. Being on time is important for practices and meets, it gets us going in the same direction and shows respect for one another. There's an equipment list for each group found in the registration packet, coaches need for the athlete's to have all items. It's very difficult to plan, be creative, and train when the group doesn't have the same items. Mark and bring a personal water bottle.....not a plastic water bottle. Let's cut down on waste!

DRYLAND and Weights: Proper clothing to train in is a must, shorts, t-shirts, gym shoes, and a water bottle. No bare feet or jeans, be prepared.

### **FMC TEAM CULTURE, AND APPAREL:**

I like these two topics together. FMC Team culture is simple; be respectful, be kind, lift someone up, do things you're proud of, don't wait to be asked, smile, represents your family and teammates like your grandparents are watching. How does apparel connect into culture, this is easy. As coaches are proud to be part of something great, proud of our athletes and families, and what we've accomplished together! I love looking across the deck and seeing our team hanging out laughing, having fun, and all looking the same. Those t-shirts, warm ups, backpacks all let everyone know we are FMC in and out of the pool!

\_T-SHIRTS AND LATEX CAPS: Three FMC t-shirts are supplied through the team, along with a latex cap. Silicone and dome caps can be purchased directly through Urban Tri Gear.

\_SPEEDO AND URBAN TRI-GEAR: When choosing swim items, we chose SPEEDO our (FMC) official sponsor for suits, goggles, warm ups, backpacks, and many other items. Please make sure you're purchasing the correct team colors and items. Urban Tri Gear is not only FMC's team store, but also very knowledgeable about fittings and equipment needs. **Important: Speedo's main warehouse will be closing/moving for one month. It's important to order items prior to 9/20/2021 to receive items for the Fall season.**

### **MEETS AND EXPECTATIONS:**

Can you believe it we have a meet schedule that goes throughout the season. This makes life easier on everyone from scheduling to organizational details. FMC Swim Team is a competitive swim team and so we expect the athletes to do meets. These can be found on the FMC website

under the event page. Sign up is easy but you do need to sign up 6-7 weeks in advance to meet dates. Late entries can't be added once the entry is closed and sent. There are no refunds once the entry is closed.....sorry!

Championship Meets we expect everyone that qualifies to swim all days! We are much better with everyone there!

### **FMC Aquatics Covid Precautions**

- All athletes will wear masks entering and exiting the facility, on deck and during dryland activities.
- All coaches will wear masks during practices if space does not permit over 6 feet of separation between athletes.
- Athletes should arrive and depart in their swimsuit.
- Athletes 14 and older who need to change will be allowed to use the girls and boy's locker rooms near the small training pool.
  - Coaches will be responsible to ensure masks are worn.
- Athletes who do not need to change can go directly to the pool deck. Street shoes should be stored inside the shoe cubbies in the lobby.
- On deck restrooms and showers will be available for use.
- Athletes will be permitted to store their equipment bags on deck.
- Parents/spectators are expected to wear masks while waiting for their athlete or watching practice inside the facility.
- Any athlete experiencing any symptoms or have been exposed to someone suspected or confirmed to have Covid-19 should remain at home and seek medical treatment.
- Should an athlete test positive for COVID-19, the parent should let the coaching staff know immediately.
- Report all covid related illness to [kbutikofer@fmcnatatorium.org](mailto:kbutikofer@fmcnatatorium.org)
- The athlete should not return to practice until they have met CDC's **criteria to discontinue home isolation.**

All the best,

Coach Dave and the FMC Staff