Welcome Back...

Welcome back to the pool! We are so thrilled and fortunate to be able to get back in the water with a schedule approaching as “normal” as possible. We are glad to see so many familiar faces returning, as well as our many new team members! Welcome to all!

Reminders about COVID-19 Precautions...

- It will be a familiar refrain this season, but please remember the COVID-19 precautions put in place are designed to keep us safe and healthy. These protocols will not be relaxed for the foreseeable future. As a reminder, here are the protocols and procedures in place for all LFSC activities at Lake Forest College:
  
  - No parents or spectators are allowed in the building during our practices or evaluations. All entrances are locked and monitored by LFSC representatives when we use the building. **It is important that you are on time for practice. If you are late, you will not be able to get in the building and coaches cannot leave the deck to come get you.**
  
  - You will drop off your swimmer in front of the Sports Center. Swimmers will be met at the door and directed to the pool for practice. The college does not allow “lining up” in the lot or in front of the building. Please park in the college parking lot while waiting.

  - Swimmers must arrive in their suit, ready to swim, as there will be **no locker room facilities available.** Likewise, swimmers will not be able to change out of their suits after practice. Plan accordingly as the days get colder!

  - **All swimmers wear masks when they arrive, inside the building (except while training), and upon exit.** We ask that parents wear masks when speaking with a member of the LFSC staff.
We will ask your child some standard COVID-19 screening questions prior to entering the building. This inquiry will include questions about recent symptoms, contact with people suspected of or confirmed to have COVID-19, and any recent positive COVID-19 tests.

- Also, please note we will have NO lost and found equipment at all. We cannot give a pair of goggles or any other piece of equipment to a swimmer who has forgotten them. It is always a good idea to have a back-up cap and goggles in your bag in case you forget.

- Please see our FAQ under “Other Club Policies” for further details.

- Thank you for your cooperation and understanding.

**Practice Schedule...**

- LFC –
  - Please check the calendar, this schedule will not change much, if at all, this semester
    - Holiday practices TBD, they may change if LFC returns to campus.

- LFA –
  - Age Group moves to LFA on 5/Oct; check calendar for details.

- **Please remember to be on time for practice.** As noted above, the building is locked and we will be opening the doors before practice. Once practice begins, the coaches must stay on deck and cannot come up to let in late swimmers. Parents, please make sure your swimmer is inside the building before leaving.

- Remember to always check the calendar for last minute changes to the practice schedule!

**Mighty Ducks Update...**

- We are excited to announce that we are cautiously moving forward with our Mighty Ducks program with Coach Michael as the Lead Coach!

- We will start with small groups and build out as we are comfortable. Coach Laurel has sent a note to prospective Mighty Ducks, stay tuned for further details!

- Registration for Mighty Ducks opens Saturday, 8:00am.
**Competition Update…**

- While there are unfortunately no meets in Illinois right now, we are looking forward to scheduling some intra-squad meets soon! Stay tuned for more details…

**New Coaches!…**

- We are so excited to announce the addition of two new coaches to our staff!
  - **Brigit Isaacson** will be assisting Coach Laurel at LFA.
    - Brigit is an LFC alum and swimmer.
    - She coached with LFSC during her college days.
    - Brigit’s day job is as the Associate Director, Clinical Program Management at Astellas Pharma.
  - **Jim Sullivan** will take Lead with Novice Squad at LFC.
    - Jim is an LFC alum and swimmer as well.
    - He also coached with LFSC during college days.
    - He has recently retired as the Assistant Principal at LFHS.

- Please welcome both Brigit and Jim (back) to the Lake Forest Swim Club!

**Equipment…**

- **All squads need the proper practice equipment!** All squads must have caps, fins, goggles and snorkels ready for practice each day. As noted above, we will not have a lost and found this year, or the ability to supply extras to swimmers that have forgotten theirs. Please remember your equipment every day! Remember: Be on time and be ready means having all equipment ready for practice in the pre-practice TM 6 minutes prior to the start of practice!

- All equipment is available at our area Team Dealer, Kiddles Sports in Lake Forest. We are an Arena sponsored team. The link is from last year, the online store will be opening soon, TBA.

- We will also have apparel available through Ultimate Screen Printing. The online store will be opening TBA.

- We have begun using the same swim fin favored by our US National Team, the DMC Elite. These fins are available online at [dmcfins.com](http://dmcfins.com) or on Amazon. We
recommend any DMC Elite model for Age Group, Senior, and National Squad swimmers and the DMC original for Novice Squad swimmers.

- Finally, we have LFSC campfire mugs available in the office for $10 (cash or check). Available in practice from Coach Michael. Get yours now while they last!

_The Lake Forest Swim Club is a 501(c)3 charitable organization, EIN 36-3396035. Donations to the club are tax deductible under current tax codes, absent any limitations on deductibility applicable to a taxpayer. Gifts must be received by December 31st to be eligible for a 2020 tax deduction._
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