In This Edition of What’s Up Ducks?...

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Reminders about COVID-19 Precautions...

- Parents, 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 you know, one of the most important protocols we MUST follow is the wearing of masks except when in the water.

- After the first few weeks of practice, we are finding that we need a little help from parents reminding all swimmers that they need to arrive in a mask and then after practice they need to put it on as soon as they are done with practice.

- We don't have extra masks to hand out to swimmers who do not bring their own.

- We are unfortunately getting a little bit of push back and eye rolling from some of the kids regarding wearing the mask out of practice. Your help with both of these will ensure that we have a safe healthy practice environment for everyone!

- Thank you for your cooperation and understanding.

Practice Schedule...
• **Reminder:** Beginning 5/October the Age Group Squad moves to Lake Forest Academy. Practices for this group will be from 5:45-7:15pm.

• There are new drop-off and entry protocols in place at LFA. Please look for an e-mail later this week with the details.

• The schedules for the Sr/National Squad and the Novice Squad will not change.

• As always, remember to always check the calendar for last minute changes to the practice schedule!

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**Mighty Ducks Update**...

• There are still a few slots open for this session of Mighty Ducks. Please go [HERE](#) to register.

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**Competition Update**...

• The first competitions have hit the calendar for November and December; these are the US Open and the 18&under National Championships. Information will be available soon.
  
  ○ US Open 12-14/November Site TBD Qualifiers
  ○ 18&un Champs 1-13/December Format TBD Qualifiers
  ○ Spring Sectionals March 2021 Format TBD Qualifiers

• We have begun work on scheduling our own competitions and looking to see what might possibly be on the calendar in Illinois. We are extremely limited due to travel restrictions from the state of Illinois and restrictions placed on traditional meet hosts throughout the region. As always, stay tuned.....

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**Door Monitoring at LFC**...

• As you all know by now, the Sports and Recreation Center at Lake Forest College is locked to the public at all times.
• Our coaches help a little monitoring the door for about 20 minutes surrounding the start of each practice. This will allow the coaches to stay on deck and prepare for practice.

• We will have an online signup method soon; please send a note to Coach Laurel if you can help out now.

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**Equipment…**

• **NEW:** We would like all swimmers and the senior squad to come to practice with a jump rope and appropriate shoes for rope skipping. We have jump ropes that a swimmer can buy for $3, or you can find them on Amazon or at a sports shop. Thank you!

• **All squads need the proper practice equipment!** All squads must have caps, fins, goggles and snorkels ready for practice each day. 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 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!
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