What’s Up Ducks? . . .

Week of 5/October 2020

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

- Updated Practice Schedule--Practices at LFA Start Tonight!
- September Training Animals
- Equipment Updates--Swim Shop and Spirit Store Opening Soon!
- Mighty Ducks Update
- LFC Door Duty

Practice Schedule...

- Reminder: Beginning tonight 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 follow all protocols at all times:
  - Swimmers may enter the building NO EARLIER THAN 5:45 pm.
  - **NEW ENTRANCE:** Swimmers may enter **from back of the building only**- see map attached to this e-mail.
  - No parents are allowed in the building at any time; parents MUST drop off and pick up at the designated doors.
  - No use of locker rooms; the bathroom by the pool can be used for personal use but not for a changing room.
Coaches will conduct daily temperature checks.

- The schedules for the Sr/National Squad and the Novice Squad at LFC will not change.
- As always, remember to always check the calendar for last minute changes to the practice schedule!

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**Lawrence Screw Products Training**

**Animal Awards September...**

*Clap your hands for these high attendance swimmers!*

- **Novice Squad...**
- **Age Group Squad ...** Jamie Schlaud, David Benavides, Rylie Danforth, Morgan Fitzgerald, Jimena Garcia
- **Senior/National Squad ...** Brendan Burke, Gracie Forlenza, Victoria Garcia, Brendan Jones, Ali Tolba, Zach Youn

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**Equipment Updates—**

**Kiddles Swim Shop Opening Soon--Limited Time!...**

- We will be opening the Swim Shop at Kiddles this week for a very limited time.
  - They have team suits, parkas, warm ups, and all other equipment needed. Your coaches highly recommend parkas and/or warmups for all swimmers as we have “come in your suit” restrictions in place at this time.
  - **The Swim Shop will only be open until this Saturday, October 10 in order to meet deadlines for shipping.**
- In addition to the above, 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 they can be purchased on Amazon.
  - We recommend any DMC Elite model for Age Group, Senior, and National Squad swimmers and the DMC Original for Novice Squad swimmers.
  - These fins are fantastic and great for all LFSC swimmers. The rubber is much softer than other fins and the blade is shorter, making it so you can
kick more naturally. Thus, there are both comfort and performance reasons to use these fins.

- **Ongoing equipment reminders:**
  - We would like all swimmers in the Senior/National 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 are no longer able to have a lost and found this year, or the ability to supply extra caps or goggles to swimmers that have forgotten theirs.** Please be sure your swimmer has a back up pair of goggles and cap when they come to practice. 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!
  
  - We will have latex LFSC team caps available at practice at a cost of $5 each. If your swimmer uses one, your account will be charged.
  
  - 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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**Spirit Store Opening Soon...**

- Our Spirit Store will also be opening soon.
- We will have t-shirts and other items with the LFSC logo for sale through Ultimate Screen Printing.

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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. **PLEASE be sure your swimmer has their mask before they exit the car.** The weather is getting colder and...
it is difficult for us to hold swimmers outside the building if you need to return to bring them a mask.

- We will have a few masks available at the door for any swimmer who needs one. **If we give your swimmer a mask, your account will be charged $2.00 for each mask.**

- Always remind your swimmer to put their mask on after practice as well.

- Your help with getting the kids to have and wear their masks will ensure that we have a safe healthy practice environment for everyone!

- Thank you for your cooperation and understanding.

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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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**Door Monitoring at LFC...**

- We still need parent help monitoring the door at LFC, especially from 4:20-4:40. Please go [HERE](#) to sign up. Thank you!

- Shifts are only 20 minutes long and help allow the coaches to stay on deck and prepare for practice.
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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