What’s Up Ducks? . . .

Week of 12/October 2020

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

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● NEW-- Coach Michael’s Mailbag---great tips and advice from our own Coach Michael!

Welcome to all our New Members...

● We are so thrilled to have so many new swimmers at LFSC! A big “Welcome to the Team” to:
  ○ Nyah Watson
  ○ Ali Tolba
  ○ Abigail White
  ○ Lindy Schlaud
  ○ Sidharth Rao
  ○ Zachery Youn
  ○ Dylan Mucha
  ○ Zachary Wrublewski
  ○ Victoria Burda
  ○ Max Seres
  ○ Avinash Rao
  ○ BreeAnn Kahler
  ○ Sofia Starr
  ○ Erin Liu
  ○ Wayne Jessen
  ○ Henry Jessen
  ○ Leticia Regonaschi
  ○ James Wrublewski
Let’s Race!

It’s been a long time coming but we finally have some racing on our future!!! Coach Laurel is putting the final touches on our own FastDuck Swim Series. The target date for our first intra-squad competition is 31/Oct and the Pumpkin Patch Pentathlon.

Coach Laurel always has a fun way to race and you will not be disappointed. We are hopeful that a championship season will be possible in 2021 and plan to make these “official meets” with official times.

As soon as Illinois Swimming has approved our plan we will post details.

Practice Schedule...

- Practice for the Sr/National Squads shifts today, 6:00-8:00pm.
- The schedule for all other squads is unchanged this week.
- Please remember the 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.
- As always, remember to always check the calendar for last minute changes to the practice schedule!
Equipment Updates—

**Kiddles Swim Shop Closing Today!...**

- The Swim Shop at Kiddles closes Today!
  - 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 evening, Monday October 12* in order to meet deadlines for shipping.
- For all equipment needs go [HERE](#) on our website. Swimmers use minimal equipment but every piece is very important! If you have any questions about equipment send a note to Coach Laurel or Coach Michael.
- Be sure to mark your equipment ... we cannot store lost equipment on deck anymore or use it as a loaner. Try on fins prior to using in the pool or marking with a Sharpie.
- Ongoing equipment reminders:
  - 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.
    - 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.
    - We recommend any DMC Elite model for Age Group, Senior, and National Squad swimmers and the DMC Original for Novice Squad swimmers.
  - 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. 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 in mid-October.
- We will have t-shirts and other items with the LFSC logo for sale through Ultimate Screen Printing.

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**October Birthdays!...**

- A very Happy Birthday this month to Gracie Forlenza and David Benavides! Be sure to say happy birthday to them in practice.

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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.
  
  ○ PLEASE be sure your swimmer has their mask before they exit the car. 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.

  ○ One of the primary concerns of each of our facilities is that we do not interact with students or faculty on campus. If you have any concerns please bring them directly to Coach Laurel or Coach Michael. Please do not speak with LFA or LFC students or personnel.
Also remember that no locker room use and emergency bathroom use only are two new rules for all teams to safeguard our health. Remind your swimmer to go to the bathroom before practice so they can get through practice without any emergencies.

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.

*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.

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*Coach Michael’s Mailbag...*

Coach Michael Recommends...

- **GRIT: How to Get Back Up After Failure.**
- “I’m an expert at failing. I’ve done lots of it as an athlete, a coach, and a person,” “But every failure makes you better, and a big part of our jobs as coaches and parents is to help kids turn failures into successes.”

--- Coach Bill Curry, a 4-time NFL Champion and former Head Football Coach at the University of Alabama
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