What’s Up Ducks? . . .

Week of 26/October 2020

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

● NEW PRACTICE SCHEDULE THIS WEEK--PLEASE READ!
● Let’s Race! Pumpkin Patch Pentathlon This Saturday!!
● Spirit Store is Now Open
● Equipment Updates
● Reminder of COVID-19 Precautions and Procedures
● LFC Door Duty
● Coach Michael’s Mailbag---great tips and advice from our own Coach Michael!

NEW--Practice Schedule This Week Only--PLEASE READ...

● As we have previously communicated in e-mails, LFA has gone remote and will not allow outside groups on campus for this upcoming week. Therefore we have adjusted our practice schedules as follows: **NOTE: All practices are at Lake Forest College**
  - **Mighty Ducks**: 4:30pm-5:10pm WF
  - **Novice**: 4:30pm-5:30pm MTTh 4:30pm-5:15pm WF
  - **Age Group**: 4:30pm-6:00pm MTTh 5:15pm-6:30pm WF
  - **Sr/National**: 6:00pm-8:00pm MTTh 6:30pm-8:00pm WF

● We will be evaluating the schedule through the week as we wait for an update from LFA on future practices. *As always, remember to always check the calendar for last minute changes to the practice schedule!*
Let’s Race!—Pumpkin Patch Pentathlon This Saturday 31/October....

- It’s been a long time coming but our own FastDuck Swim League debuts this Saturday with the Pumpkin Patch Pentathlon!

- FastDuck Swim League Commissioner Elmer Fudd says, “The Canvasbacks and the Mallards are titans of the League and I expect feathers will fly at the Pentathlon!”

- There has been some back and forth boasting in social media, but it is now time for the teams to show up and RACE!!!! This is an officially sanctioned event by Illinois Swimming so let’s see some Championship times!!

- For those signed up, here are the details on Saturday’s throwdown between the Canvasbacks and the Mallards:
  - First and foremost: ALL COVID-19 rules and regulations are in place for this event. Masks are required for all swimmers and any parents volunteering; social distancing rules apply for all; no parent spectators (other than volunteers); no locker room use for changing; emergency bathroom use only. Please respect the rules.
  - 12 & under warm-up 8:30am Doors open 8:00 – 8:10am
  - 13 & older warm-up 9:10am Doors open 8:45 – 9:00am
  - Volunteers on Deck 9:45am
  - Meet Starts 10:00am

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.

Spirit Store is Now Open!...

- Please go to THIS link or you can find it on our website HERE. Sweats, shorts, t’s, face masks and more are available in the Spirit Store.
• 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.

• All swimmers need swim fins daily. Your coaches recommend the DMC Elite swim fins. These fins are available online at [dmcfins.com](#) or they can be purchased on Amazon.

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**Equipment Updates**

• 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:
  
  ○ **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.

  ○ 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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**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. Thank you for your cooperation and understanding.

○ 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.

○ 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.

Coach Michael’s Mailbag...

This week’s Mailbag question is.... "How can I best help my swimmer?"

Great questions! And one we would typically answer at the season opening meeting. Below is advice accumulated over many years and many swimmers. Drop me a note with any question you have about swimming or the team ... maybe your question gets answered next week!

Nurture a growing commitment through the years

- Be patient with their development. Swimmers progress at different rates – physical and mentally
- Increase your understanding of the physical and mental demands of the sports
- Use positive encouragement
- Recognize and encourage good efforts and attitudes.
- Honor your team, teammates, and coaches with your support.
- Prepare your child now for the distraction and peer pressure of the future
- Show them a healthy lifestyle through good nutritional habits and proper rest
- Teach them to enjoy the journey. It’s about the journey not the destination.
- Take the sporting experiences as an opportunity to teach life skills. Both victory and defeat present opportunities to share your adult perspective.

Remember . . . .

This is your child’s experience. Let them enjoy, learn and grow from the ups and downs of sports competition and participation. All of the talent in the world isn’t worth anything without the passion to develop it. Nurture your child’s love of the sport, and the many challenges that it brings. A champion is not only the one with the gold medal- it’s the one with the heart, the head, the passion, and the will to succeed at whatever they put their mind to.
How to get ready for a swim meet …

- Be sure to sign up on time through your online account! Then follow our newsletters and website for updated information.
- Arrive on team time for warm-up with everything needed: suit, cap, goggles, towels, lounging apparel, e.g.
- Be sure your swimmer completes check-in (if necessary) and reports to the team area.
- Sit back and enjoy!

The Myth in the Bleachers …

Truth? Or Myth? … “The parent with the fastest swimmer knows the most about swimming”. Most often this is very far from the truth. Don’t confuse talent with knowledge, especially when the two reside in different bodies! Don’t emulate obvious displays of poor sportsmanship and don’t become an armchair quarterback.

What good sports parents do …

- Watch the meet and be positive about everything
- Give non-technical support and feedback
- Wear team colors! (Green and Yellow!!)
- Sit with other LFSC parents in the stands
- Remember: only working meet officials’ coaches and swimmers are allowed on the pool deck
- Put your child’s event numbers on the back of their hand
- Remind your swimmers to go back to the coach immediately after each race
- Support your child’s teammates, cheer for all the Ducks!
- Realize that lessons learned are more important than results posted
- Allow intrinsic rewards to be the most important award
- Be fun for other parents to sit near
- Accept that children are very erratic in performance and inconsistent in demonstration new skills
- Realize that children need a variety of experiences in order to discover what they are good at
- Encourage good skill and effort
- Leave critical evaluation and decisions to the coaches
- Understand that there is always tomorrow
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