What’s Up Ducks? . . .

Week of 2/November 2020

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

- **PRACTICE SCHEDULE THIS WEEK--PLEASE READ!**
- **Pumpkin Patch Pentathlon** Report and Swimmer of the Meet!!
- **Kiddles Sports Orders are in.**
- **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!**

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**Practice Schedule this Week--LFA Returns to a Normal Schedule...**

- This week’s practice schedule is as follows:
  - **Age Group:** 5:45pm-7:15pm M-F @ LFA
  - **Mighty Ducks:** 4:30pm-5:10pm WF @ LFC
  - **Novice:** 4:30pm-5:30pm M-F @ LFC
  - **Sr/National:** 6:00pm-8:00pm M-F @ LFC

Saturday am practices start this week; schedule TBA

- **As always, remember to always check the calendar as current circumstances may sometimes dictate an unavoidable last-minute schedule change**
The Pumpkin Patch Pentathlon Was a Huge Success!....

- Congratulations to all swimmers. Our final score was a tie! Go Mallards! Go Canvasbacks!

- Thank you to all our parent volunteers who timed, officiated, and were safety marshals. We could not have had this meet without your help. Thank You!

- Next Event--Saturday, November 21st. Mark your calendars!

The Forest Bootery Swimmer of the Meet -- Pumpkin Patch Pentathlon...

- Canvasbacks--
  - 13 and over, Katie Borgerding and Brendan Burke
  - 12 and under, Rylie Danforth and Brendan Jones

- Mallards --
  - 13 and over, Chris Benavides and Alex McCann
  - 12 and under, Jimena Garcia and Zach Youn

We also have several new meet records!

- Madison King set 4 new records for the 10U Girls:
  - 50 freestyle, 32.33
  - 50 breaststroke, 42.12
  - 50 butterfly, 36.60
  - 100 IM, 1:22.58

- Mary Grace King set a new record for the Senior Women with a time of 1:14.86 in the 100IM.

- Congratulations to Madison and Mary Grace!
Orders from Kiddles Sports are in...

- You should have received an e-mail directly from Kiddles letting you know your order is in.
- Caps are not in yet.
- Please contact Kiddles Sports if you have any questions.
- 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](http://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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**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.

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...

• Did you know....

Our website contains a large amount of information about our club! Take some time to explore and see what you can learn. For example...

1. Learn about our Mission Statement and Club Objectives.

2. Read our policies relating to Safe Sport including our Code of Conduct and our Bullying Action Plan.


4. Check out our Warrior Wednesday Program!

5. And more...
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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