What’s Up Ducks? . . .  

Week of 9/November 2020

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

- Barrington Swim Club Susie Gavers Memorial Meet THIS WEEKEND!
- Lawrence Screw Products Training Animals for October
- Communicate with Coaches on Health Issues
- Practice Schedule this Week
- Let’s Race! Next up in the LFSC FastDuck Series---28/November
- Equipment Updates
- LFC Door Duty
- Reminder of COVID-19 Precautions and Procedures
- Coach Michael’s Mailbag---great tips and advice from our own Coach Michael!

Barrington Swim Club Susie Gavers Memorial Meet THIS WEEKEND 13-15/November 2020...

- **Where:** Barrington High School, 616 W. Main St. (Lake Cook and Hart Road) Barrington, IL 60010

- **When:**
  - **Friday:** LFSC Warm Up @ 5:20pm (Open 500, 10&U 200 Free, 11/12 200 IM)  
    Projected Finish @ 8:15pm; may leave when done.
  
  - **Saturday---13/14 swimmers:** LFSC Warm Up @ 1:00pm (13/14 100 Fr, 200 Bf, 200 Bk, 100 Br, 50 Fr, 400 IM)  
    Projected finish: 4:07pm

  - **Saturday---Open swimmers:** LFSC Warm Up @ 4:00pm (Open 100 Fr, 200 Bf, 200 Bk, 100 Br. 50 Fr, 400 IM)  
    Projected finish 7:22pm.
○ **Sunday--13/14 swimmers: LFSC Warm Up @ 1:00pm** (13/14 200 Fr, 100 Bf, 100 Bk, 200 Br, 200 IM)  
Projected finish: 3:40pm.

○ **Sunday--Open swimmers: LFSC Warm Up @ 4:00pm** (Open 200 Fr, 100 Bf, 100 Bk, 200 Br, 200 IM)  
Projected finish 7:20pm.

1650 Projected start 7:30pm  Must provide counter and timer

**Special COVID-19 Protocols**

1. Please watch [this video](#) for Entry/Exit/Staging procedures at the meet.
2. There will be NO spectators allowed.
3. There will be NO use of locker rooms. Athletes must come in their suits and leave in their suits. They may use restrooms as needed.
4. Warm up and warm down opportunities will be limited.
5. Athletes must wear masks and practice social distancing at all times except when racing.
6. Parents may watch the meet live [HERE](#) or [HERE](#).

---

**LAWRENCE SCREW PRODUCTS**

*Lawrence Screw Products Training Animal Awards October...*

*Clap your hands for these high attendance swimmers!*

- **Novice Squad...** Lindy Schlaud, Lincoln Salbilla, Zach Wrublewski
- **Age Group Squad ...** Jimena Garcia de Leaniz Hernandez, E.B. Poska, Selma Zitouni, Rylie Danforth, Morgan Fitzgerald, Madison King, Avinash Rao, David Benavides
- **Senior/National Squad ...** Brendan Burke, Victoria Garcia de Leaniz Hernandez, Sawyer Pettersen, Nate Steele, Zach Youn

---

*Communicate with the Coaches...*

In this time of COVID-19, please be sure to always let the coaches know if you are under quarantine or any other health related absence. It is especially important that all families keep the coaches updated on any health issues. Thank you for your understanding.
**Practice Schedule this Week...**

- 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-Th/6:00-8:00pm Fri @ LFC

- As always, remember to always check the calendar as current circumstances may sometimes dictate an unavoidable last-minute schedule change.

---

**Lets Race! Next up in the LFSC FastDuck Swim Series.... 28/November**

- The Mallards and the Canvasbacks will go head to head again on **Saturday, November 28th** (note the change from 21/November as previously mentioned). Mark your calendars!

- Sign up is now open for this meet. **Swimmers MUST be registered by 17/November.** We will not be able to add any swimmer after that date. Thank you for understanding.

- Stay tuned for more details as we get closer, including parent volunteer opportunities.

- Timing and COVID-19 rules and regulations will remain the same as before:
  - **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
**Equipment Updates—**

- If you placed an order with Kiddles’ Sports, you should have received an e-mail directly from Kiddles letting you know your order is in. Please contact Kiddles if you have any questions. Caps are not in yet.

- 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.

- 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.

- Ongoing equipment reminders:
  - **All squads need the proper practice equipment!** 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**
  - 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!

---

**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. Shifts are only 20 minutes long and help allow the coaches to stay on deck and prepare for practice. Thank you!

---

**Reminders about COVID-19 Precautions...**

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

- Bathrooms at all facilities are for emergency use. Remind your swimmer to go to the bathroom before.
Coach Michael’s Mailbag...

- **Did you know (Part 2)....** Our website contains even more information about our club! Take some time to explore and see what you can learn. For example...

  1. If you missed the latest edition of What’s up Ducks, it is on our home page [here](#).

  2. Explore our LFSC Team Records--see any familiar names?

  3. Read our policies relating to Event Support, Facilities Use, and our Financial/Refund Policy.

  4. Check out our LFSC Illness/Injury Recovery Plan

  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.

Support our Lake Forest Swim Club Sponsors

Wintrust Community Banks Commercial Banking


Lake Forest & Libertyville www.forestbootery.com

Lawrence Screw Products, Inc.