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

- Forest Bootery Swimmer of the Meet--Barrington Swim Club Susie Gavars Memorial Meet

- Practice Schedules in the Coming Weeks

- Let’s Race! Next up in the LFSC FastDuck Series---Turkey Purge on 28/November!! Swimmers must be registered by tomorrow 17/November.

- Communicate with Coaches on Health Issues

- Ongoing Equipment Reminders

- LFC Door Duty

- Reminder of COVID-19 Precautions and Procedures

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

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Forest Bootery Swimmer of the Meet---Barrington Swim Club Susie Gavars Memorial Meet...

Congratulations to all swimmers on a great meet this weekend! Next up...Turkey Purge!!

- Age Group Squad: Jimena and Jamie

- Senior National Squad: Jacque and Sawyer
**Practice Schedule this Week...**

- In the coming weeks, please remember to always check the calendar as holiday practice changes are coming. In addition, as always, current circumstances may sometimes dictate an unavoidable last-minute schedule change.

- This week’s (16/November) 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 AND 7:30am-9:30am Saturday, 21/November @ LFC

  ***For Saturday practice, doors open at approx. 7:10am. Coach Michael is solo and will not be able to open the door if you are late!!!

- Next week’s (23/November) practice schedule will be altered by the Thanksgiving holiday:
  - All practices M-W will be normal
  - NO PRACTICES on Thanksgiving Day
  - Friday, November 27th, NATIONAL TEAM ONLY 8:00am-10:00am @ LFC

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

It’s time for another head to head duel between The Mallards and The Canvasbacks!!!! The Pumpkin Patch Meet ended in a tie and it’s high time that a real winner emerges. Meet sign-up through your online account is open ... don’t miss the fun ... sign up today!

**Swimmers must be registered by tomorrow 17/November.** We will not be able to add any swimmer after that date.

- 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
The Lake Forest Swim Club Annual Giving Fund is in Full Swing...

You should have received a letter from Coach Michael with details on our Annual Fund Campaign, including information on fun prizes you can earn.

This year, we need your help more than ever. We have set an ambitious goal of $15,000 for our annual giving campaign. With your support and generous financial contributions, we can ensure that high performance goals and high character life lessons will continue to be the foundation of our success.

For more information or to donate online, please visit our website HERE.

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.

Ongoing Equipment Reminders—

- **All squads need the proper practice equipment!** Swimmers use minimal equipment but every piece is very important! Please be sure your swimmer has a back up pair of goggles and cap when they come to practice. Also, be sure to mark your equipment ... we cannot store lost equipment on deck anymore or use it as a loaner

- 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.

- If you have any questions about equipment send a note to Coach Laurel or Coach Michael.

- 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 practice.

Coach Michael’s Mailbag...

- With more meets coming up... Coach Michael shares some tips about being a good sports parent. While some of these aren’t applicable in a time of COVID-19, we can all be good sports parents from wherever we are.

- **What good sports parents do . . .**
  - Watch the met 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
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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