

October 16, 2020

Dear CATS Swimmers and Parents-

We know the last 7 months with inconsistent practice time has been rough. We are really excited to start rolling out info on what we are working on for the Fall-Winter 2020-21 season!!!!

First, we are hopeful to return to the water by mid to late next week (October 21-23) or at the latest on October 26th. Currently, we are working with District 128 on the pool time availability. That being said, we have traditionally posted our entire practice schedule to keep things consistent, however, this season will be different. This season, we will do our best to follow the template below for in water activities.

- Blue- 2 to 3 practices per week for 45-60 minutes
- Orange- 3 to 4 practices per week for 60-75 minutes
- Silver- 4 to 5 practices per week for 75-90 minutes
- Green and Gold- 5 to 6 practices per week for 90-120 minutes

We intend on using both Libertyville and Vernon Hills High Schools as much as we can during the weekdays. Due to limitations, we will most likely have to run practices for any and all groups on the weekends. We know the ever changing schedule will be challenging, so please continue to check the Google Calendar.

We will be unable to run indoor dryland practices at this time. We will be offering at home dry lands, sometimes live and sometimes just the workout. We want to encourage our swimmers to take advantage of these at home workouts as they complement our in water activities greatly. If things change and we are allowed to do in person dryland activities at either school, we will do so.

Practices will run the same way we ran them this summer at LHS. Due to Covid-19 we will have a number of restrictions:

- Parents will not be allowed at practice
- Locker rooms will not be available for use (we will have restroom availability)
- Practices will be limited to 50 athletes and coaches at a facility at a time
- We will do wellness checks prior to athletes entering the facility for practice
- Swimmers with a temperature above 100F will be sent home immediately
- Swimmers will need to bring their own gear
- We will not have any shared equipment
- Masks will be required before and after practice for all swimmers
- Things can change at any moment!!!

Registration information can be found on the CATS website ([click here](#)). Registration for returning members will start on Saturday, October 17th. We are asking all returning members to register by Wednesday October 21st, 2020.

We are also happy to inform everyone that credits from the Spring-Summer season have been posted to your accounts. If you feel there is an error in your account, email Jeff (Jeff@cats-aquatics.com) with the

subject of **CATS Account Issue**. We will do our best to resolve the issue prior to registration closing on Wednesday.

We have gotten a number of tryout inquiries. We will run registration for returning members and evaluate if we are able to accept any new swimmers. If we are able to add new swimmers, we will prioritize current CATS Families! We expect to make this decision by Wednesday, October 28th.

Finally, we know this note addresses some of the information for the season, but may not encompass everything. We know that there are other areas to address and we will do so as information becomes available. We will have a [Zoom Meeting on Monday October 19, 2020 at 7pm](#), during which we will share any new info we have available and answer any questions that parents have to the best of our ability. We will continue to urge for your patience and understanding, as things change on us almost daily. If you have questions that are not addressed in this note, do not hesitate to send them in an email. We will hopefully be able to answer them during the Zoom Meeting on Monday (please understand we will most likely not respond to questions via email this weekend).

Zoom Info

<https://zoom.us/j/97336319677?pwd=Q0N6UjIDZ3NuM2dDVTYzR2l0cUFSUT09>

Meeting ID: 973 3631 9677

Passcode: 440411

Have a great weekend!

As Always GO CATS

Jeff Arce

Head Coach CATS Aquatics