

CATS Swimmers and Parents-

We are so excited to finally share with you some practice news and updates!!!! Practices will begin tomorrow Friday 10/23. As stated in our previous emails this schedule is a bit all over the place. Please remember we are working with what pool time and space we have available to us. For now we will be practice primarily at VHHS, the only exceptions being a couple of practices at LHS this weekend. Practices for these first few weeks will be shorter due to our limited pool time.

Below you will see the schedule for Friday, Saturday and Sunday. We will get practices for October 26 thru November 1 posted in the coming days. These practices are also posted in Google.

Please do not arrive or enter the building at VHHS more than 5 minutes prior to the start of practice. Swimmers must be at the pool prior to practice starting, we will not be able to allow kids to enter the building once practice has started.

Parents also must wait in their car for pick, you will not be able to enter either building to pick up your swimmer. Parents need to be at the schools for pick up after practice at the immediate conclusion of practice.

	Fri Oct 23	Sat Oct 24	Sun Oct 25
Blue		810-910am @ VHHS (Well)	900-945am @ LHS
Orange		810-910am @ VHHS	9-1000am @ LHS
Silver 1	620-720pm @ VHHS	920-1020am @ VHHS	
Silver 2	730-830pm @ VHHS	1030-1130am @ VHHS	
Green	510-610pm @ VHHS	700-815am @ LHS	
Gold	4-5pm @ VHHS	700-815am @ LHS	

We also have lane assignments. As we did over the summer please make sure your swimmer knows what lane they are assigned. If we have to adjust due to pool sharing we will inform the kids upon entry of their lane for the day. Please note Silver is broken up into two groups due to the size of the group and while at VHHS we will be running two separate practices.

[Blue Group](#)

[Orange Group](#)

[Silver 1 and Silver 2](#)

[Green and Gold](#)

Attached to this email we have the practice procedures we set up for Libertyville High School. We will follow the same protocols at Vernon Hills, the only difference being the swimmers will enter thru the main entrance to the building and enter the pool deck thru the deck door in the foyer. MASKS must be worn at all times while in the building, swimmers will remove their masks to swim only.

We will not have use of the locker rooms, please be sure to dress warm as temperatures have started to cool.

Lastly, we will be sending more email updates in the coming days. Please be sure to read things thoroughly.

Should you have any questions please contact us

Coach Mike (mike@cats-aquatics.com)- Blue and Orange

Coach Jeff (jeff@cats-aquatics.com)- Silver and all non swim related questions

Coach Vlad (coachvlad@gmail.com)- Green and Gold

GO CATS

Jeff