

# Scout Aquatics Newsletter– September 13

## CURRENT EVENTS:

We have a completely normal week of practices. All groups are working on the basics and getting correct technique. The September calendar can be found [HERE](#). Still looking to try out for the team? We can do it almost any day...please schedule with Coach Carolyn at [cgrevers@lfschools.net](mailto:cgrevers@lfschools.net)

Just a reminder: All new and returning swimmers must both register on the [LFHS web store](#) AND turn in the [Registration Paperwork](#) before their first practice. Please follow the updated protocols as you come to practice:

- All swimmers do NOT need to do the screener any more. Please remember that if your swimmer is not feeling well or have a temperature, they must stay home.
- We will continue to enter the pool at door 27W and exit at the athletic office door. Please have a plan for meeting and leaving the facility. Please check around you before moving your vehicle.
- We will require masks at all times when swimmers are out of the water. Please bring a bag or a container to keep masks dry when they are on the side of the pool.
- Swimmers and their belongings will be seated on the numbers on the benches around the pool (at least 8 feet apart). Locker rooms can be used if necessary, masks are required at all times. Access to the locker rooms will only be from the pool deck.
- All swimmers need to use their own equipment. The list of equipment can be found below through the Swim Team Store site.
- Parents may sit in the balcony to watch practice and must be masked at all times. Parents will also enter door 27W to head up to the balcony and exit down the steps

Little Scouts and Junior Scouts will enter the pool and be seated. Coach Flo will direct practice primarily in the shallow pool (until the high school team leaves).

Junior Scout Plus will enter the pool and be seated. They will have a dryland circuit they will follow at their seated area before entering the pool. Coach Flo will direct this circuit.

Senior Scouts will enter the doors at 27W and be directed where to go for dryland. Dryland will be Monday-Friday from 5:45-6:25p (no dryland on LFHS meet nights). Swimming will be 6:30-8:15p. Please be dressed appropriately for dryland with clothes and shoes.

**Equipment and apparel:** We cannot share or use equipment from LFHS. All swimmers will be required to have their own equipment. Our account with the Swim Team Store lists all the equipment you need for the group you are in. You can also buy any other apparel and equipment you may need from the site. [SHOP ON OUR TEAM WEBSITE:](#)

- Direct link: <https://theswimteamstore.net/teamlogin/index/loginpost?username=scout&password=aquatics>
- User name: scout
- Password: aquatics

## Swim Meets:

- October 8-10, Fun in the WILD meet at Northwestern University. This meet will be for our more experienced swimmers. I do not have any further information at this time.
- October 16-17, MMSC Fall Frenzy at the Rec Plex in Pleasant Prairie, WI. This event will be open to all abilities. Entries close at midnight, THIS THURSDAY 9/16!
- November 7, WSO Pentathlon at Evanston High School. 5 events for all swimmers and is open to all abilities.
- November 19-21, SWAQ (Swift) North Shore Triple Crown Cup at Niles North High School. This meet is for all abilities but geared for the more experienced swimmers and will be a last chance meet for all BOYS high school swimmers before entering the LFHS Season.

**BIRTHDAYS:** We have 1 birthday this week. Happy birthday to:  
Allie Gongola (8)!

## **Contact us:**

**Head Coach, Carolyn Grevers** (c) 224-436-3195

**Question for Head Age Group Coach (LTS, JS, JSP), Flo Burke**

**Club President: Shane Koonce**

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