

Good morning, everyone.

Many of you have been asking whether Governor Wolf's latest COVID mitigation order affects LMAC. Unfortunately, the state's public health order suspends all organized in-person sports activities for three weeks, starting tomorrow and lasting until January 4. This includes not just school sports, but also includes any club or recreational sports and even any practices.

However, although the state prohibited organized in-person sports activities, Governor Wolf did allow outdoor fitness facilities - such as Lawrence Park Swim Club - to remain open and operating, provided that participants comply with masking requirements and overall gathering limits (no more than 50 people when outside). See below for all facets of our plan from tomorrow through the remainder of Governor Wolf's order.

### **LMAC Direct Response to Governor Wolf's COVID Mitigation Order:**

- LMAC will hold practice for White, Grey and Navy tonight as scheduled.
- LMAC will have no in person organized practice from Saturday, December 12th until the order is lifted.
- Current swimmers will be billed for two weeks of this current session in the next week to ten days.
- ***If Governor Wolf's current mitigation order expires, we will resume organized outdoor practices with the same schedule we are running now on Monday, January 4th.***

### **Lap Swim Opportunities for 13-19 Year Old Swimmers at Lawrence Park:**

- Given our partnership, Lawrence Park has agreed to expand its "open swim" hours with age-restricted time slots and to give LMAC swimmers first priority to sign up for open swim.
- Any slots not filled by LMAC swimmers may be filled by other swimmers, but the age restrictions will still apply to guarantee that adults are not mixed in with youth swimmers.
- A lifeguard and facility manager will be present at open swim for safety purposes, but there will be no active or organized coaching.
- To minimize gathering sizes, parents are not permitted inside Lawrence Park during their child's open swim. If you feel there is a special circumstance and your child needs you there, please contact me.
- I highly encourage this option for ALL Senior Group swimmers so they can continue with our current training plan (which we feel has been going very well--everyone who's been attending consistently is in better shape than this time last year.
- These open swims are limited to swimmers aged 13-19 years old. A 90 minute senior level workout will be provided daily (except Fridays) with two sets of intervals.
- Look for an email tonight from me directing you to Lawrence Park's website with a lap swim schedule for Monday, December 14 - Wednesday, December 23. Sign Up links will be up mid day Saturday and LMAC will have a limited "head start" to picking their lap swim lanes before Lawrence Park releases the schedule to non-LMAC swimmers.
- All payment is done in person at Lawrence Park Swim Club. The cost is \$8 per 90-minute swim. Our LMAC workout is provided free of charge.

### **Virtual Dryland with LMAC Coaching Staff**

- Because the lap swim is limited to swimmers 13 years and older, we want to offer a meaningful way for our 6-12 year old swimmers to stay active and engaged in our LMAC community
- I am in the process of putting together a virtual dry land schedule with our coaching staff.
- Classes will be 30 minutes in length and limited to 10 participants so the coach can engage with the swimmers (and they can engage with each other) in a meaningful, safe way.
- There will be classes focused on core stability, cardio and yoga. The classes will be split up into age ranges (6-8, 9-10, 11-12)

- Classes will start the week of December 14th and a sign up link will be sent this weekend.
- These classes are free of charge to our membership.

This approach is intended to give our swimmers the opportunity to keep physically active and mentally healthy, while also keeping Lawrence Park Swim Club open for LMAC's resumed use in early 2021. For high school swimmers, there is hope that the high school swimming season will be rescheduled for early 2021, so our athletes can safely maintain their training in the meantime.

Keep in mind, our focus is not just to comply technically with the state's public health orders, but also to balance our communal responsibility for mitigating the risk of spreading COVID with our efforts to provide a healthy activity for our athletes. The safety and well-being of our swimmers comes first. There will be no in person coaching of any kind during these lap swims. You may see an LMAC coach at the pool, but they will be acting as an employee of Lawrence Park--not as an LMAC coach. LPSC already has several COVID-19 policies and they will be posted and remain in place during this time.

We are aware that the Governor's order may be extended or changed again, and we will deal with each obstacle as it comes - always keeping our families and athletes first. As always, thank you for your flexibility and willingness to help.

Thank you very much and look for another email with more details from me this evening.

kathryn