Good Morning,

We are starting our preparations to return to swimming.

**NOTE this information is all dependent on when the Governor opens up pools and youth sports**. It is also dependent on district 112. At this point the last information I have received is buildings were closed through May.

I expect we will hear more this week. We are planning to start on June 1st if allowed. No one will be charged until we have an official start date.

Please review the below document for some of the measures we will be taking as we reopen the pool to swim practice. To do this correctly we need to know the exact number of swimmers who plan to join the team this summer. We will have many more details after we have confirmed who is going to swim and our start date.

**Important Details:**

**The proposed Summer season dates are June 1st to August 16th.**

The adjusted dues are attached. They are adjusted for the new length of the season.   
At this point we have not increased fees for the extra pool time and coach time that the club will be incurring. (If there is a need for an additional charge we will alert everyone before the first billing occurs – the Board of Directors is really hoping to keep these extra charges minimal if any).

There may not be any meets this summer. The MSI board is meeting on Thursday this week to vote on the Summer Championship meets.

**RETURN TO SWIM:**

Our best hope is to start on June 1st. Per District 112’s information to us that is the earliest we can get back in the water. There is also the Governor’s stay at home order and his reopening of businesses plan. So we will be awaiting more info on that front as well.

**Social Distancing Practices:**Our Phase one approach to returning to swim will have one swimmer per lane and shorter practices. Swimmers will be getting plenty of training in as you can get a lot done with one person per lane.   
These practices will be assigned and grouped to swimmers with similar ability for training purposes. I know many kids are excited to be back in the water and see their friends. It will just be a bit different than swimmers are used to. Swimmers are great at adapting to changing environments and practices.

**Practice Times:  
This is a Rough Draft – to help understand what a typical schedule for each group would look like. Actual groups will be assigned as soon as we have final registration numbers.**

**Seniors** will practice 6 x a week for 80 min practices – 75 minutes in the water and 5 for switching groups. Practice time will be in the Morning til 12:30 approx

AND another shift of swimmers attending practices in the evening. We may also be able to offer a small group dryland component

**Age Group** will practice 6 x a week for 70 min practices – 65 minutes in the water and 5 minutes for switching. These practices will start around noon and run til mid afternoon.

**Sharks** will practice 3 x a week for 70 minutes – 65 minutes in the water and 5 minutes for switching. There will be a Monday, Wed, Friday shift and a Tuesday, Thursday, Saturday shift. These practices will be in the later afternoon.

**Dolphins – will swim in the diving well – 1 per lane so that allows 5 swimmers at a practice.** Dolphins will have 3 x 40 min practices each week.

There will not be the normal flexible approach. You will have to attend on the assigned days. There will be some morning dolphin practices and afternoon dolphin practices – we will take requests to accommodate parent schedules.

We will utilize 4 parent volunteers during practices to help with social distancing practices:

* Health and Temperature checks of swimmers entering the building
* Only Swimmers will be allowed at practices
* Locker rooms will not be open – the family bathrooms will be open for swimmers to use at practice. Swimmers will dress for practice and change at home
* Swimmers must use their own equipment and bring it home daily
* Swimmers can borrow our kick boards and return at end of season
* Traffic control in and out of the building and making sure door handles are not used or cleaned after use

Please let me know if questions. We are hopeful and excited to return to swim!

WEST Express Coaching Staff