

2022-2023 Wolverines Practice Schedule

In light of the Covid-19 pandemic, there are many additional considerations this season. Kindly adhere to our safety protocols listed below:

- Swimmers are required to wear a mask upon leaving their car until they enter the pool and return to their car
- No Parents or Spectators are allowed inside the buildings.
- Swimmers should arrive in their bathing suits - Locker rooms are available for changing.
- No sharing of equipment (required equipment list attached)

Covid Update: Keep Updated on the NY State Covid Protocol via this link:

<https://coronavirus.health.ny.gov/quarantines-contacts>

If your child feels unwell, do not bring them to practice, we will send anyone home who appears to be ill or has even the slightest temperature, during our daily wellness checks.

POOL LOCATIONS:

Iona College (715 North Avenue, New Rochelle, NY 10801)

Pool is Located at the Hynes Athletics Center

From Upper New York State and Upper Westchester County (I-287)

Take the New York State Thruway to the Cross Westchester Expressway (Interstate 287) East. Then, take Exit 9S to the Hutchinson River Parkway. From the Hutchinson River Parkway South, take Exit 9A (Mill Road East). Stay right onto Mill Road toward the traffic light, then turn right onto North Avenue. Follow North Avenue for approximately 2 miles to the entrance of College on your left.

From New England and Upper Westchester County (I-95)

Take Interstate 95 (Connecticut Turnpike/New England Thruway) to the Cross Westchester Expressway (Interstate 287). Then, take Exit 9S to the Hutchinson River Parkway. From the Hutchinson River Parkway South, take Exit 9A (Mill Road East). Stay right onto Mill Road toward the traffic light, then turn right onto North Avenue. Follow North Avenue for approximately 2 miles to the entrance of College on your left.

From the Bronx

Take Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east on the Cross County Parkway to Exit 10 (New Rochelle Road/Eastchester). Turn right and proceed to the fourth traffic light. Then, turn left onto Eastchester Road and take it to the end. Next, turn right onto North Avenue. At the second traffic light, the campus entrance will be on your left.

(MVHS) Mt Vernon High School Aquatic Facility

Mount Vernon High School (enter via the 2nd door at the front of the building - pickup is behind the building)
100 California Road
Mount Vernon, NY 10553

Westchester Community College - 75 Grasslands Road - Valhalla, NY 10595 (Directions) Pool is Located in the Physical Education Building (Enter Via the Lower Level Doors at the Far side of the building next to the parking lot)

From the Bronx River Parkway

Take Virginia Road, Exit 26, head Westbound to Virginia Road. At end of Virginia Road, turn right onto Route 100. Westchester Community College entrance is approximately 1/4 mile on left.

From Cross-Westchester Expressway (Route 287)

Take Hartsdale Exit 4. North on Knollwood Road (Route 100A) Westchester Community College entrance is approximately 1/2 mile on right.

From the Sprain Parkway

Take Eastview Exit, Eastbound on Route 100C. Westchester Community College entrance is approximately 1/4 mile on right.

From the Saw Mill River Parkway

Take Eastview Exit, Eastbound on Route 100C. Westchester Community College entrance is approximately 1-1/2 miles on right. **Yonkers Montessori Pool Address:** 160 Woodlawn Avenue, Yonkers, NY 10704

Emergency Contact During Practice - If you have an emergency and need to reach the coaches during practice - Contact Coach Nicole on her cell at 914-426-4762. Kindly only text her in the event of an urgent matter. All other questions should be emailed to her at swimwestnicole@gmail.com.

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cubs (Ages 6-8) 1x, 2x, or 3x	6:00-6:45 PM at WCC	5:45-6:30 PM MVHS	OFF	5:45-6:30 PM MVHS	5:45-6:30 PM MVHS	9:15-10:00 AM MVHS	OFF
Age Group Stroke Development 1x, 2x, or 3x	6:00-7:00 PM at WCC	5:45-6:45 PM MVHS	6:00-7:00 PM at WCC	5:45-6:45 PM MVHS	5:45-6:45 PM MVHS	9:00-10:00 AM MVHS	OFF
Age Group Team Part-time 1-2x Full-time 3-4x	6:00-7:00 PM at WCC	5:45-6:45 PM MVHS	6:00-7:00 PM at WCC	5:45-6:45 PM MVHS	5:45-6:45 PM MVHS	9:00-10:00 AM MVHS	OFF
Select Age Group Team (9 & Over) Part-time 1-2x Full-time 3-4x	7:00-8:15 PM at WCC	6:45-8:00 PM MVHS	6:00-7:15 PM at WCC	6:45-8:00 PM MVHS	6:45-8:00 PM MVHS	8:00-9:15 AM MVHS	OFF

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Age Group Team (9 & Over) Part-time 1-3x Full-time 4-5x	7:00-8:30 PM at WCC	6:00-7:30 at WCC or 6:45-8:15 PM MVHS	6:00-7:30 PM at WCC	6:00-7:30 at WCC or 6:45-8:15 PM MVHS	6:45-8:15 PM MVHS	10:00-11:30 AM at WCC or 7:15-8:45 AM MVHS	OFF
Senior Flex 3 Days Only	7:00-8:45 PM at WCC	6:00-7:45 PM at WCC or 6:45-8:30 PM MVHS	6:00-7:30 PM at WCC	6:00-7:45 PM at WCC or 6:45-8:30 PM MVHS	6:45-8:30 PM MVHS	10:00-11:45 AM at WCC or 7:15-8:45 AM MVHS	OFF
Senior Prep	7:00-8:45 PM at WCC	6:00-7:45 PM at WCC or 6:45-8:30 PM MVHS	6:00-7:30 PM at WCC	6:00-7:45 PM at WCC or 6:45-8:30 PM MVHS	6:45-8:30 PM MVHS	10:00-11:45 AM at WCC or 7:15-8:45 AM MVHS	OFF

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Team Participation Waivers Required	Dryland at Iona 4:00-5:00 PM and/or Swim 5:00-7:00 PM at Iona	5:15-7:15 PM at Iona or 6:00-8:00 PM at WCC	Dryland at WCC 6:30-7:30 PM and/or Swim at WCC 7:30-9:40 PM	5:15-7:15 PM at Iona or 6:00-8:00 PM at WCC	5:15-7:15 PM at Iona	7:00-9:00 AM at MVHS or 12:00-2:00 PM at Iona	10:00-12:00 PM at IONA
Senior National Team Participation Waivers Required	Dryland at Iona 4:00-5:00 PM and/or Swim 5:00-7:00 PM at Iona	5:15-7:15 PM at Iona or 6:00-8:00 PM at WCC	Dryland at WCC 6:30-7:30 PM and/or Swim at WCC 7:30-9:40 PM	5:15-7:15 PM at Iona or 6:00-8:00 PM at WCC	5:15-7:15 PM at Iona	7:00-9:00 AM at MVHS or 12:00-2:30 PM at Iona	10:00-12:30 PM at IONA

Wolverines Covid-19 Team Policy

Below kindly find our updated Wolverines Covid-19 Team Policy.

All Team Members Must Monitor your health and possible symptoms.

Monitor Your Symptoms. Common symptoms are:

- Fever or chills
- Cough
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

All Team Members should:

- Wash your hands often with soap and water for at least 20 seconds, especially before you eat.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. Keep a distance of at least 6 feet to help slow the spread of COVID-19.
- Cover your cough and sneezes with a tissue and discard it in a closed container.
- Clean frequently touched surfaces and objects.
- Keep your circle of contacts small to reduce your risk of exposure to COVID-19. When you are around others, stay 6 feet apart and wear your mask.

All Team Members who are sick:

- Stay home, in isolation. Don't go to swim practice. Get tested. Stay away from others.
- [Get tested for COVID-19](#).
- If you test positive for COVID-19, talk to your health care provider and stay home in isolation. You must contact Coach Carle at carleswim@aol.com immediately, indicating to her that your child has tested positive for Covid-19 and let her know if your child had had any close contacts with members on the team. The CDC definition of close contact is someone who spends 15 minutes or more within six feet of a person with COVID-19 *over a period of 24 hours*. Swimmer who have had close contact with a Covid-19 positive team member will be notified by either phone or an email labeled "Personal and Confidential" . Based upon the number of swimmers in a group having close contact with the Covid-19 team member will determine whether only close contact swimmers or an entire group will be quarantined for 10 days.
- If your test result is negative, and your health care provider no longer suspects COVID-19, but you have been in close contact with someone who has COVID-19, you may not practice and need to stay in quarantine for 10 days and monitor for symptoms for 14 days.

All Team Members Returning to practice after Covid-19: A signed doctors note indicating the date your child may return to practice on it and must be submitted prior to your child's return to practice.

Kindly feel to email me for any specific questions.

Best Regards,

Carle