Hello J&M Families,

Just a few updates for everyone to remember.

1. In the mornings, please park in a regular spot, please don't park down below on the gravel, or the  handicap or rec center employee spots.  We all understand it is no fun being stuck in the parking lot but in the mornings we can only park in the regular spots.  There is another team also there in the mornings and we need to abide by all the rules.

2. It is all of a sudden fall and not quite so warm.  This week we have seen tempurature changes by 10 degrees from the start of 5 pm practice to the start of 6 pm practice.  Please start sending and wearing a coat or parka, bringing a hat and sweatpants, sweatshirt or long sleeved shirt.  Stay warm, even if you are walking out the door in a wet swimsuit.

3. Masks; **the mask needs to be the LAST thing you take off before you get in the pool and the FIRST thing you put back on when you get out.**  If there was a catchy saying to remind everyone about the last thing and the first thing it would be rewarded by all the coaches. (Seriously if anyone can come up with something clever to get all the swimmers doing this we will reward you).  We can't emphasise enough how important this one little thing is to do.  Also, if you need to use the restrooms YOU HAVE TO WEAR YOUR MASK.  We have other teams and the staff watching what we do and we need to be the example.  It isn't fun or easy, trust us we know, it is hot and wearing a mask is hard but we really need everyone to make this a habit.

Thank you all and have a great rest of your week,

*The difference between the impossible and the possible lies in a man's determination. Tommy Lasorda*

Your J&M Coaches