Hello J&M Families,

Here are just a few quick updates for this week.

1. Time trials are going on during practices this week.  If you want to send an extra towel with your swimmer it might be a good idea.  Coaches will send out results to the individual groups sometime next week.
2. It is getting colder, please make sure your swimmers (whether they are 8 or 18) has sweats, a warm shirt, jacket, parka and HAT.  We know it isn’t ideal to dry off and then throw clothes over a wet swimsuit but it is what it is so please make sure they have warm clothes now.
3. Equipment: all the swimmers know what they need to have, please make sure they are bringing it to practice.  For example, senior prep and senior group are using snorkels A LOT, everyone should have one and if you need a nose plug get one of those as well.  Kickboards are another item that swimmers seem to be forgetting so make sure the gear bag is ready every day.
4. New Parent Meeting, this Thursday at 8 pm.  Here is the zoom link again: <https://us02web.zoom.us/j/83956743152>
5. Safe Sport: if you took the 20 minute online class last year it will need to be taken again.  USA swimming is doing a great job of sending out reminders so you can just log in and update your safe sport class.  Log onto USA Swimming.org and open your deckpass, it will take you to the classes.
6. **IF YOU ARE TURNING 18** **or your swimmer is**, you must take the athlete protection safe sport online class, or you will be ineligible to compete and attend practices.  They offer a one month grace period but you can take the class up to a month early.

Athletes 12-17 safe sport class: <https://www.usaswimming.org/articles-landing-page/2017/04/05/free-safe-sport-training-for-athletes>

Adults and swimmers age 18 and older: if you don’t have an eLearn account already you will need to create one and the Athlete Protection Training (APT) is three parts.  It is good for a year.  <https://www.usaswimming.org/utility/landing-pages/safe-sport/learn>

1. We have more new families so attached is the policy and procedures information for review, as well as our current travel policy information.  **Please remind your swimmers that the mask is taken off last before getting in and put on first after they get out of practice.**  If we all practice good habits, we can all keep swimming.

[*The POSITIVE THINKER sees the INVISIBLE, feels the INTANGIBLE, and achieves the IMPOSSIBLE.*](https://www.azquotes.com/quote/504464?ref=positive)

[***Winston Churchill***](https://www.azquotes.com/author/2886-Winston_Churchill)

Thank you and have a fast week of swimming,

Your J&M Coaches