

Dear Parents and Swimmers,

We are wrapping up outdoor season and as we prepare to go back into the rec centers, we have an updated policy and procedures to share with you along with additional information.

Your swimmer's coaches will be reaching out if they haven't already to go over their specific plans and answer any questions you might have. Some will also offer a zoom call so watch your emails for that.

Our first day back is September 8 at all facilities. If your swimmer is a Monday Wednesday swimmer then your first day is September 9.

The updated policy and procedures are attached, please take the time to read it because at the end it states how each facility wants us entering and exiting and where we place our swim bags. In addition to taking your swimmers temperature before coming to practice, please make sure they have a mask and if you are walking them to the doors of the rec centers then you also need to be in a mask. This season communication with your coaches is even more important than before. Our coaches will be doing many extra duties besides coaching so please be patient with us the first few weeks. We must get used to the new requirements with the rec centers too.

We have no meets scheduled or sanctioned by the PVS and there probably won't be through the end of 2020. Please make a point to look at the PVS site for the most up to date information, www.pvswim.org The coaches plan to hold time trials during practices after we have a few weeks of training in. This will be timed by the coaches and they will share the swimmer's times with the swim group after they are done.

Starting September 1, the 12 and under tech suit ban goes into effect. This is the link that states what suits are approved for 12 and unders, <http://pages.usaswimming.org/NC00RKeZ0001GBZ0aw30t0r> and this is the link for those suits that are NOT approved <http://pages.usaswimming.org/gL0t3wr0e001CZ0ZK0006DG>

Finally, here is the link for our travel exemption form, we will be using it until further notice, it might be changed if the current situation changes but for now, over 200 miles and not in an airplane you can apply for an exemption. <https://forms.gle/kzzF85RBq5MULk6f8>

Thank you for letting us coach your swimmers and for working with us these past few months,

The J&M Coaching Staff