

Occoquan Swimming News Splash

Friday, September 10 2021

News from the Head Coach/ CEO

Take Your Mark!

We are in the ready position here at OCCS excited to welcome everyone back next week and kick off the start of the 2022 swimming year. Before we get started, I want to personally express my gratitude for each and everyone of you for choosing Occoquan Swimming as your competitive swimming family. You will find that the coaching staff and I take a huge interest in making sure your children and you have a positive and successful experience with us. It is a pleasure to serve your family and to have you join our extended family.

FIRST PRACTICES

The first practices for the new season will be held on Monday, September 13. See below for the most up to date practice schedule. I am still waiting on the final processes for each facility and will send more information on Monday afternoon in hopes the facility management will provide their entrance processes for the swimmers. As 100s of competitive swimmers are coming and going next week at each pool, please bring your patience and understanding that the first week there may be a few kinks to work out. I can assure you that if there are any issues, we will resolve them quickly.

Have a restful weekend!

Coach Aaron

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Decathlon

It's that time of year again! We are kicking off our very popular Annual Fall Fundraiser event. This year's event is held September 13th – Nov 20th, 2021.

Typically, our Annual Fall Fundraiser includes a Swim-A-Thon, but we wanted to do something a little differently this year. We decided to run our very first OCCS Deca-Fall Fundraiser!

For those of you who participated in any of our Swim-A-Thon Fundraising efforts in the past, the promotion and process this year are the same. [**CLICK HERE TO BEGIN FUNDRAISING**](#). You can create your personalized donor landing page and get started!

Commented [ad1]:

What makes the 2021 OCCS Deca-Fall Fundraiser Event different?

Swimmers who participate in the 2021 OCCS Deca Fall Fundraiser earn money for the team when they pledge to complete **10 challenges over 10 weeks** to reach a team goal of **over 1 million yards**.

Every challenge is different every week, making this year's Fall Fundraiser a fun and engaging way for your swimmers, friends, and family members to support OCCS.

As a non-profit organization, OCCS' (Occoquan Swimming's) primary source of revenue is registration and tuition fees paid by our swimming families to participate on our team. Your participation in the 2021 Deca Fall Fundraiser helps us meet the ongoing financial needs of our organization and its continued growth.

This year, our goal is to raise \$30,000! Every dollar raised helps to offset the overall operational costs of running our organization and goes towards keeping our tuition costs economical, towards meet and team travel fees, and even team apparel!

Can I take advantage of the OCCS Give Back Option this year?

As gratitude for your participation in the Fall Fundraiser, OCCS will offer you the option to earn credit towards your team member account. You can receive 50% of every dollar raised over \$50 as an account credit to be used towards tuition, meet fees, and other team expenses. For example, if you raised a total of \$100, you would receive a credit of \$25 on your account.

If you want to earn credit towards your membership account, you've got to ask for it. You can share your fundraising page with your network of online friends and followers and even share a personal story about your connection with OCCS Swim Team.

If you are interested in earning credit towards your membership account, please let us know.

[**CLICK HERE TO REQUEST THE OCCS GIVE BACK OPTION.**](#)

How does the 2021 Deca-Fall Fundraiser work?

You will find that it is straightforward and fun to participate, promote, and manage the entire fundraising process.

Everything is right inside your private team account. With our fundraising platform, you'll be able to:

- Create unique personalized donor landing pages for your kids. Impress your donors - they will give more!
- Utilize the sample content and add images for a unique and fun look. Creativity is recommended but not required!
- Easily import or upload contacts and send emails in just a few clicks. Increase exposure!
- Add offline donations for team administrator approval. Track every dollar raised with ease!
- View all donation details for your child[ren].
- View real-time progress towards incentive awards for your kids. Keep everyone focused and motivated!

BEGIN FUNDRAISING TODAY! [CLICK HERE TO GET STARTED!](#)

1. Sign in to your account.
2. Click the blue "Help Video" icon to watch the fundraising quick-start video, and [download the user guide.](#)

Once you are signed in, **you will land in the Setup tab to set up your fundraising efforts.** You'll also see a series of other tabs where you will manage the entire process for your child[ren]. If you have more than one child on the team, click the pull-down menu to the right of the blue "Participant" title to select each. We've made it easy to add pictures, fun icons, and individualized text for each child's unique fundraising page! Remember to have fun setting up your account and promoting your fundraising efforts!

When logged in, remember, please click the BLUE **Help Video** icon to get all the tips and tricks for getting the most out of your fundraising efforts!

What are the donation Levels for the 2021 Deca-Fall Fundraiser?

Your donors have many donation levels to choose from. The following is our listing of choices this year:

DONATION LEVEL	DONATION AMOUNT
Make A Splash	\$5.00
Blowing Bubbles	\$10.00
Jump In Feet First	\$15.00
Cannonball	\$20.00
Dive-In	\$25.00
Freestyle	\$30.00
Backstroke	\$40.00
Breaststroke	\$50.00
Butterfly	\$60.00
Individual Medley	\$75.00
Open Turn	\$100.00
Flip Turn	\$150.00
Swim The Mile	\$200

Will OCCS accept check or cash donations?

Yes, we will accept check or cash donations; however, any cash or check donation is considered an offline contribution. Offline contributions are NOT considered until the fundraising administrator approves them. All donations provided by check should be received and cleared by our administrator to apply to you as the participating fundraiser and for that donation to be considered towards any eligible credit towards your account.

Please make check out to **Occoquan Swimming** and mail to the attention of **Lauren Kranz** at the following address:

Central Park Aquatics Center: 10371 Central Park Dr., Suite A Manassas, VA 20110

You can also hand-deliver your check to Coach Lauren Kranz, Coach Caleb Roach, or Coach Kelly Call at Central Park Aquatics Center.

Donors have the option to choose who is charged the processing fee of \$3.95 when they donate through my personalized donor landing page; what does this mean?

Each donation your donors make online through your personalized landing page is subject to a \$3.95 processing fee. Donors have the option to choose to accept or reject this processing fee for each donor transaction made. Should your donor accept the transaction processing fee, \$3.95 is added to their transaction. Should your donor reject the processing fee, OCCS (, Occoquan Swimming will be responsible for paying this transactional processing fee.

Occoquan Swimming values you and cannot thank you enough for supporting our cause. We are heartily thankful for the generosity. Our organization is so essential to making our community's youth FOREVER STRONG!

Fall Clinics 2021

All Clinics are at Central Park Aquatic Center

Clinics are led by OCCS coaches with assistance from NTG & Senior Select swimmers

[Click Here To Register for a Clinic](#)

or paste <https://www.signupgenius.com/go/10c094da9a62ea3fa7-fall> into your browser.

Date	Age Group	Skill	Time
Saturday, Sept 18 th	JO10 & JO12	Open Water Swimming	12:30 – 1:15 p.m.
Saturday, Sept 18 th	JO14/ Senior Select/ NTG	Open Water Swimming	1:30 – 2:15 p.m.
Saturday, Sept 25 th	Any Group Level	Starts, Turns & Finishes	12:30 – 2:00 p.m.
Saturday, Oct 9 th	14 & Under any Group Level	Butterfly & Breaststroke	12:30 – 2:00 p.m.
Saturday, Oct 23 rd	JO 10, 12 & 14	Goal Setting, Paces, Intervals	12:30 – 2:00 p.m.
Friday, November 26 th	13 & Over any Group Level	Butterfly & Breaststroke	11:00 a.m. – 12:30 p.m.
Friday, November 26 th	12 & Under any Group Level	Butterfly & Breaststroke	12:45 – 2:15 p.m.
Saturday, November 27 th	13 & Over any Group Level	Starts, Turns & Finishes	12:30 – 2:00 p.m.
Saturday, November 27 th	12 & Under any Group Level	Starts, Turns & Finishes	2:15 – 3:45 p.m.

Clinic Prices

Open Water Swim - Prep for Smith Mountain Lake: \$10

Stroke & Skill Clinics: \$60

JO Goal Setting, Pacing, Intervals: \$20

Questions? Email coachlauren@swimoccs.org

COVID Mitigation Protocol

We have not been given the final protocol from our practice sites yet. We do know what we are planning at Central Park to start the season. We hope to have additional guidance from the other facilities in the coming days.

Infection/ Exposure Protocol:

Athletes, coaches, and other staff if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19 you must quarantine unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative. Quarantine away from swim practice is 14 days, however you may shorten your quarantine after day 10 without testing if you don't show any symptoms or after day 7 after receiving a negative test result (test must occur on day 5 following exposure or later).

Central Park Aquatic Center (Occoquan Swim Academy)

COVID Mitigation Protocol (as of September 5, 2021)

Guidance taken from USA CDC

Masks

Face coverings are not required for any vaccinated athlete or coach however they are highly recommended in situations where social distancing or more than 15 minutes of direct contact with another person may be taking place. Face coverings are highly recommended (not required) for all unvaccinated athletes and coaches.

Spectators

Central Park will continue to limit the number of people in the building. Parents of competitive programs will be asked to not stay inside the building however may walk their swimmer into the building and drop them off for their practice before returning to their car or outside the building. Parents of non-competitive programs (i.e. lessons, speed squad, home school) may stay in the building if there is space available in the lobby area or other seating areas of the facility only. Parents and spectators are not permitted to sit on the pool deck in the bleachers.

Locker Rooms

The locker rooms are available for swimmer use but we ask that they limit their time and quickly dress and get out as soon as possible. Parents are not allowed in the locker rooms, there are separate bathrooms for family changing and adult use in the lobby of CPAC.

Environment

Over the past 18 months, we have learned that the environment of swimming pools is not conducive to spreading the COVID infection. With all the programs that we have run, 100's of participants coming together and working at practices and lessons and more, there has been zero transmission of the virus among our members. The humidity, warm temperatures and disinfection of the water, air and surfaces all lend to helping to curtail the normal spreading of germs.

Health Attestation

We ask that all participants take a daily assessment of your health. Please do not have your athlete attend a practice or event if they are having any of the COVID symptoms or have been exposed to anyone with COVID symptoms recently. We know how important attending practice is for each swimmer however the health and safety of each individual far outweighs any need for attendance at swim practice.

Eastern States Open Water Championships

The first competition of the 2021-22 swimming year will be an open water lake swim at Smith Mountain Lake. This event is not for beginning swimmers, however swimmers that have some background in racing at least 500 yards in a regular pool competition will find the open water race as the next challenge. If you're looking for team travel, we have it! The team travel option will be a one day round trip from Central Park Aquatic Center to Smith Mt. Lake and back. The bus (and vans if needed) will depart at 4am and return to CPAC about 8pm.

Date: Sunday, September 26

Location: Smith Mountain Lake, Virginia

Costs:

Bus Travel: \$100

Enter one event: \$80

Enter two events \$100

Entry Deadline: Friday, September 17

Sign up will be available online next week.

Upcoming Practice Schedule

Week of 9/13/2021

Note that 2x or 3x/ week programs and flex/max program at the same level and site practice at the same time however practice days are assigned based on what you signed up for.

(Dryland times are updated in black and parenthesis)

M/W	T/Th	Fri	Sat
MC-Medley 1	5:00-6:00pm	5:00-6:00pm	X X

<i>MC-Medley 2</i>	7:00-8:00pm	7:00-8:00pm	X	X
<i>MC-Advanced 1</i>	6:00-7:00pm	6:00-7:00pm	5:30-6:30pm	7:00-8:00am
<i>MC-Advanced 2</i>	6:00-7:00pm	5:30-6:30pm	6:30-7:30pm	8:00-9:00am
<i>MC-Home School</i>	8-9am/1-2pm	8-9am/1-2pm	X	X
<i>MC-Junior Olympic 10</i>	6:30-8:00pm (6:15-6:30pm)	5:30-7:00pm	6:30-8:00pm	10-11:30am
<i>MC-Junior Olympic 12</i>	7:00-8:30pm	7:00-8:30pm (6:30-7:00pm)	6:30-8:00pm	10-11:30am
<i>MC-Junior Olympic 14</i>	5:00-7:00pm	5:30-7:00pm (4:30-5:15pm)	5:00-6:30pm	8:00-10:00am
<i>MC-Senior</i>	8:00-9:00pm	7:00-8:30pm	3:30-5:00pm	6:00-8:00am
<i>MC-Senior Select</i>	3:30-5:00pm	3:30-5:30pm (5:30-6:15pm)	3:30-5:00pm	6:00-8:00am
<i>PWE-Medley 1 (2x) (M/W)</i>	5:00-6:00pm	X	X	X
<i>PWE-Medley 2 (2x) (M/W)</i>	5:00-6:00pm	X	X	X
<i>PWE-Advanced 1</i>	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	8:30-9:30am
<i>PWE-Advanced 2</i>	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	8:30-9:30am
<i>PWE-Junior Olympic 10</i>	7:30-9:00pm (7:15-7:30pm)	7:30-9:00pm	7:00-8:30pm	8:00-10:00am
<i>PWE-Junior Olympic 12</i>	7:30-9:00pm	7:30-9:00pm (7:00-7:30pm)	7:00-8:30pm	8:00-10:00am
<i>PWE-Junior Olympic 14</i>	6:00-7:30pm	5:30-7:30pm (4:45-5:30pm)	5:30-7:00pm	6:00-8:00am
<i>PWE-Junior Olympic AM only</i>	5:00-6:30am	5:00-6:30am	5:00-6:30am	8:00-10:00am
<i>PWE-Senior</i>	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	X
<i>PWE- Senior Select</i>	4:00-6:00pm	4:00-5:30pm (5:30-6:15pm)	4:00-5:30pm	6:00-8:00am
<i>WARF-Medley 1/2</i>	6:30-7:30pm	6:30-7:30pm	X	X
<i>WARF-Advanced 1/2</i>	7:30-8:30pm	7:30-8:30pm	6:00-7:00pm	X
<i>WARF-Junior Olympic 14</i>	4:30-6:30pm	4:30-6:00pm (6:00-6:45pm)	4:30-6:00pm	8:00-10:00am
<i>WARF-Senior</i>	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	X
<i>WARF-Senior Select</i>	4:30-6:30pm	4:30-6:00pm (6:00-6:45pm)	4:30-6:00pm	8:00-10:00am
<i>National Training Group</i>	4:30-6:15am 4:30-6:15am 3:30-6:00pm	4:30-6:30am & 3:30-5:30pm	4:30-6:15am 4:30-6:15am	5:00-8:00am

POOL LOCATION COLOR CODE:

Central Park Aquatic Center (AKA Occoquan Swim Academy)

Freedom Aquatic & Fitness Center

PWCS Aquatic Center

Chinn Aquatic Center

Dale City Recreation Center

Warrenton Aquatic & Fitness Center

Event Schedule

Start	End	ENTRY	Event	Description	Location	Levels
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DEADLINE						
26-Sept	26-Sept	9/17	ISCA Open Water	Open Water Swim opportunity	Smith Mt. Lake	JO-NTG
2-Oct	3-Oct	9/22	Free Fartlek	All Freestyle meet (50-100-200-500)	OSA	All
16-Oct	17-Oct	10/6	Medley Mayhem	IMR Events	OSA	All
30-Oct	30-Oct	10/20	Distance Spook	1000/1650 free time trial	OSA	JO-NTG
13-Nov	14-Nov	11/3	Medley Extreme	IMX Events	OSA	All
19-Nov	21-Nov	11/10	Fall Fest	Full events offered	Freedom or OSA	All
2-Dec	5-Dec		TBD	Nonparticipants in WV meet	TBD	TBD
8-Dec	11-Dec		USA Swim Winter Jr Nationals	USA Swimming JRN	Greensboro, NC	USA JRN
9-Dec	12-Dec	11/10	Mountaineer Invitational	BB+ qualifying times (TBD)	Morgantown, WV	TBD

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