

VR Riptide 2020 Fitness Swim Program

These practices are designed to keep kids swimming, not teach them swimming.

Virginia's Phase 2 guidelines limit pools to 3 swimmers per lane. With 10 lanes at the Virginia Run pool, we can accommodate up to 30 swimmers at a time.

Eligibility to Participate: Open to any VR resident age 8-18. Swimmers must be comfortable swimming LAPS independently for 45 minutes (in a deep lane). With a 3 per lane swimmer limit, we cannot plan for kids to be assigned a shallow lane where they can touch the pool bottom. Interested swimmers that have not been on a swim team before will be assessed by our Head Coach prior to registration.

- Swimmers between the ages of 8 and 10 may be subject to a swim test to verify ability. Swimmers younger than 8 will be considered on an exception basis only as there will be no in water coach support allowed in Phase 2.

After surveying our current families, we are offering a 5-day, a 3-day and a 2-day option.

Schedule:

8am – 8:45am:	coaches & swimmers age 13+ (Can choose 5-day, 3-day or 2-day)
9am –9:45am:	swimmers age 9-12 (Can choose 5-day, 3-day or 2-day)
10am – 10:45am:	swimmers age 8 & Under* (5-day or 3-day only)

** We will make an effort to put siblings together in the same lane IF they are of the same swimming ability.*

Backstroke flags will remain up throughout the season to minimize setup each day. All swimmers **MUST** bring their own goggles, fins, & water bottle. There will be **NO** borrowing or sharing of equipment. Items left behind will be discarded, there will be no Lost & Found this summer.

Swimmers will enter from the front gate. They will space out, six (6) feet apart on the marks indicated while waiting for the gate to open. They will not enter the pool area until instructed by the coaches.

All swimmers must already be in suits for practice, with their swim cap on (or able to cap themselves) and sunscreen already applied. Swimmers should bring water bottles from home; the water fountain will not be available. Hand sanitizer stations are available upon pool entry. Personal gear is to be placed in a designated area per swimmer. Less is more, bring only what you need. Coaches will provide specific lane assignments for each swimmer and they will go directly to their lane. There will be no dry-land warm-up.

Any swimmer who feels at all unwell should skip practice that day! Any swimmer exhibiting signs of sickness will be turned away from practice and sent home. Parents should assess swimmers for a fever, chills, cough, shortness of breath, sore throat, congestion at home before coming to the pool.

Swimmers of the first group will arrive at 8am. For later practice sessions, swimmers must line up outside the gate, will space out, six (6) feet apart on the marks indicated, and wait for instructions to be let in. Swimmers must be picked up after their practice or go home on their own right away. Parents of younger children may either wait in the parking lot, or plan on returning promptly (45 minutes past the hour) for pickup. We will not have additional people on deck while practices are going on, per the Governor's guidelines for Phase II.

Restrooms are to be used for emergencies only. Please plan accordingly so swimmers will not need to use the bathroom at the pool. Coaches must make note if a swimmer needs to use the restrooms, clean the facilities afterwards, and/or notify the lifeguards when they arrive.

At the end of practice swimmers will wrap their towel around them, gather their gear and exit. Coaches will call the kids out of the pool by lane to exit, in order to maintain social distancing. Swimmers will exit by the back gate immediately, no lingering as we need to prepare for the next group and follow capacity restrictions.

The program will run for 6 weeks. July 6th to August 14th - The VR Pool opens to the community on June 27th under Phase 2 guidelines and we want to give the pool and NV Pool Staff a chance to open before we start our program.

Parents if you sign up your kid(s), you are agreeing to all the above. Waivers detailing swimmer and parent responsibilities will be included in the registration process. They must be signed and returned before you can register and the program starts. Any swimmer not following best practices OR who cannot swim the required independent laps will be asked to leave the program as this is a matter of safety.

- Refunds will be granted on an exception basis only as approved by the board (such as illness or injury preventing participation). Refunds will NOT be given if your swimmer can not follow the guidelines and best practices above that are in place to ensure safety. We can't stress this enough, the horseplay and messing around that sometimes happens on summer swim teams cannot happen this summer and will result in immediate dismissal as it puts everyone at risk.

Swim team registration fees: 5-day program = \$150, 3-day program = \$90 and 2-day program = \$60. A \$10 multi-swimmer discount will apply after the first swimmer is registered.

We will send a link to those interested and eligible when registration is open. Please reach out to the swim reps with additional questions. Russ Ramey at Russ.Ramey@variptide.com or Robin Osterhout at robinosterhout@variptide.com

Our VR Riptide Coaches for 2020

Head Coach: Patrick Kearney

Assistant Head Coach: Nick McGrath

Sr. Coaches: William Beamon, Louis Borsato, Catie Gunn, Allie Hickey

Jr. Coaches: Catherine Blansett, Andrew Boyle, Michael Hart, Emily Jon, Caitlin Kelliher, Chelsea Nguyen, Valerie Tonnu, Maddie Whitton