



Virginia Run Riptide Fall/Winter Developmental Swim Program 2020 & 2021 *Proceeds, after expenses, will go directly to the VR Riptide Scholarship Fund for eligible seniors*

This program will provide swimmers an opportunity to continue to develop stroke and turn techniques in preparation for the 2021 summer swim season.

Requirements: All 9 and under swimmers participating must have a time from the 2020 summer season in 25-meter freestyle and 25-meter backstroke (2019 times will be accepted in lieu of 2020 times). Swimmers 10 and older must have times from the 2020 summer season in 50-meter freestyle and 50-meter backstroke (2019 times also accepted). These minimum requirements will ensure safety (the lanes at Cub Run are deep and we will NOT have Jr. Coaches in the water with younger swimmers, due to COVID). Times allow swimmers to be grouped according to ability to focus on technique. Swimmers not meeting these minimum requirements are strongly encouraged to keep swimming by taking more traditional lessons offered locally.

Head Coach: Russell Ramey (Assistant Coaches will be assigned to each lane)

Dates/Time: Session 1 Saturday, Sept 19- Dec 19, 2019, Jan 9, 2021 from 6p-7p (on deck at 5:55p)
No swim on 11/28 or 11/29
Session 2 Saturday, Jan 16 – May 29, 2021 from 6p-7p (on deck at 5:55p)
No swim over Spring Break, and dates TBD due to swim meets. Schedule pending).

Location: Cub Run Rec Center, 4630 Stonecroft Blvd. Chantilly VA 20151

Tuition: Session 1 (14 sessions) \$210 for the first swimmer, additional sibling(s) \$200
Session 2 – (# of sessions TBD) Cost per session will remain \$15, sibling discount of \$10

Tuition is non-refundable. *In the case of pandemic related closures or other “acts of nature”, we will do our best to offer credits or make-ups in future VR Riptide Developmental (off-season) swim programs hosted at Cub Run. A swimmer that experiences an injury preventing participation mid-session, should contact us for waiver consideration to be approved by the Riptide Board.*

Enrollment: Registration will be on-line through TeamUnify. Link will be e-mailed when available.
Payment can be made by credit card (fees apply) or pay by check to VR Riptide
Priority registration is given to swimmers impacted by COVID-19 during the 2020 Winter/Spring Season that ended early in March. Then VR Riptide swimmers from the 2020 “Swimming for Fitness Program” followed by any Riptide Swimmer with times from 2019 and finally (if space remains) swimmers from neighboring pools.

Waitlist: We will maintain a waitlist. If Phase 3 lane limits are lifted from 5 per lane we can add interested swimmers.

Questions: Swim Program: Russell Ramey at russ.ramey@variptide.com
Enrollment Process/Rules: Robin Osterhout at robinosterhout@variptide.com

The VR Riptide is dedicated to the development of all swimmers at all levels and we hope this fall/winter program will be a great way for all of our swimmers to learn and develop leading into summer 2021!

Guidelines for Renters at Cub Run/Fairfax County Park Authority 7/21/20

- Athletes will not be allowed to use the locker room except for emergencies. Swimmers must shower at home prior to practice. Athletes must arrive in their suit and leave in their suit. Should an athlete have an emergency need to use the restroom, coaches or a swim team representative must wipe down the restroom with wipes provided by the team.
- Parents must drop off their athletes and remain in their car. No parents may enter the building.
- All rentals will enter and exit through the sundeck doors wherever possible. Please reach out to the site Aquatics Director or the Pool Contract Coordinator to determine site specific entry point.
- Teams must provide small cones to place on the deck to mark social distancing locations for athletes.
- Teams will provide small bins for athletes to set their personal belongings in.
- Coaches must ask every athlete if they have been sick specifically with regards to coronavirus symptoms. Coaches must do a temperature check on every athlete prior to practice.
- Teams will be allowed five swimmers per lane. Swimmers must maintain 100f² social distancing. Starts and stops must be staggered throughout the lane to promote social distancing. Swimmers may hold the lane lines while preparing for staggered starts.
- Dive Teams will be allowed 15 divers to begin with. All Divers must remain social distant while on the pool deck
- No dryland workouts or stretching will be allowed in the RECenter or on the pool deck.
- Coaches and Athletes must wear masks while on the pool deck. Athletes may remove their masks prior to entering into the water.
- Any Athlete or Coach that has a positive test may not come back to the facility until after being cleared by a doctor to resume practice.
- Renters will only be allowed in the building 10 minutes prior to the start of their rental time.
- Athletes must bring all equipment and their own water bottles for each practice. Equipment will not be kept at the facility and any equipment that is left behind will be thrown out.