



Noblesville Swim Club

Return to Pool Plan

Intro and Goals

It is the top priority of the Noblesville Swim Club to follow all best practices and guidelines set out by the federal, state, and local governments along with the information provided by the CDC, USA Swimming, and Indiana Swimming.

The goal of this plan is to gradually phase parents, swimmers, and coaches back into a normal schedule while keeping everyone safe and comfortable.

Part 1: Prior to Return

- All parents are asked to participate in or watch the recording of the parent meeting on May 6th @ 8:00pm.
- ALL families must have read and signed the waiver for return before attending any events in person. This waiver will be distributed prior to the start of workouts.
- Recommendation for family members who are at risk for adverse or serious outcomes if contracting COVID-19 are advised to not participate in workouts if they are in direct contact with that family member at home.

Part 2: Parent Standard Operating Procedures

- Parents will drop off swimmers at the main entrance of the FPAC.
- Parents are not permitted to be on deck at practice. If they choose to stay for the duration of practice they are asked to stay in their vehicles.
- Parents will pick up their athletes at the opposite side of the FPAC building to have separate entrance and exit points.

Part 3: Athlete Standard Operating Procedures

- Athletes will maintain the social distancing protocol set by the phases of return at all times.
- Swimmers are to fill their water bottles prior to arriving at practice.
- Water bottles are asked to be labeled with swimmers names.
- There is to be no sharing of caps, goggles, water bottles, or any other equipment.
- Locker rooms and bathrooms will remain closed unless there is an emergency. Coaches will provide access for any such circumstance.
- Swimmers will arrive in their suits and ready to swim. No deck changing is allowed.
- Athletes must enter and exit through designated areas.

Part 4: Coaches Standard Operating Procedures

- Coaches will maintain the social distancing protocol set by the phases of return while speaking with athletes.

Part 5: Contingency Plan for any Illness

- We will follow the current CDC guidelines for any situation that may occur.
- Any swimmer with ANY illness, including but not limited to COVID-19, is not permitted to be at practices.

Part 6: Return to Practice Phases and Evaluation Process

- Evaluation process and timeline to phases.
 - We will follow the guidelines and orders set into action by the Governor for moving through our phases.
- Phase 1: May 23rd
 - 3 Swimmers per lane
 - Diving Well: 21 Swimmeres
 - Competition Pool: 30 Swimmers
 - 15 min breaks in between practice times.
- Phase 2: June 13th
 - 6 Swimmers per lane
 - Diving Well: 42 Swimmers
 - Competition Pool: 60 Swimmers
- Phase 3: July 4th
 - Full Practices

Part 7: How to Approach Training Over This Time

- It is important to understand the process and approach the coaches will take to the return to the pool. The factors we must keep in mind, such as the amount of time we have been out of the water, cause us to look at the remainder of the LCM season differently than we normally would.
- Overall we will be using the remainder of the 2020 LCM season as a build up and preparation for the 2020-2021 SCY season, effectively making one extremely long "SCY" season.
- This allows us to gradually and comfortably return to the pool without the stress of LCM season weighing down on us.
- This approach also takes into consideration the unknowns of when we will return to competitions as we know them.
- Without the focus of quickly approaching competitions this allows us to take a detailed and patient approach to building skills and techniques without being rushed as well as taking the time to develop our culture in a way that we may have never been able to.
- If we are able to hold meets near the end of the summer we may look to create unique opportunities for meets to keep the aspect of competition in the minds of our athletes.
- As difficult as it may seem, it is important for us to understand and embrace the circumstances we have and how they can be shaped in a way to have the 2020-2021 season be something special.

Part 8: Indiana Swimming Task Force, Noblesville Senior Team Training Approach

General Thoughts:

- The LCM season will turn into a long preparation for the upcoming SCY season.
- Without the pressure of performance and meets, we can take a systematic approach and reset to skills, techniques, and our culture that we have not been able to accomplish with the pace of a normal season.

General Season Overview (Best Case Scenario):

- Present to back to water date
 - Goals:
 - Use this time to meet as a group to discuss our culture, and direction for the next season.
 - Give “classroom” presentations for each stroke for kids to begin to think about proper technique and skills.
 - Provide athlete interviews from former swimmers that keeps kids engaged, inspired, and hearing how others have dealt with adversity.
 - Training:
 - Dryland workouts and weeks training overview for at home is sent out each week.
 - Virtual Senior Team meetings weekly.
 - Small group meetings of 3-5
- May 25th - July 5th (6 Weeks): Phase of our return to the pool plan
 - Goals:
 - Apply the knowledge and focus of fundamental from presentations and apply them to “clinic” like practices
 - Training:
 - 1 stroke focus per week.
 - Skills development should be primarily kicking mechanics and underwater fish kick.
 - While technique is our primary concern for this period of time, we will increase our fitness by gradually increasing the amount of isolated kicks we are doing over the phases of our return.
- July 6 - August 2 (4 Weeks): Aerobic Capacity Weighted Confusion
 - Goals:
 - Build the aerobic capacity.
 - Race the kick work on the speed capacity to develop the racing mentality.
 - Teach the process of our confusion method of training by teaching the flow and expectations of all of the sets.
- August 3 - August 30 (4 Weeks): Overload Weighted Confusion
 - Goals:
 - Big push in the high end aerobic work.
 - Begin layering in pace throughout the week.
- August 31 - September 6th (1 Week): Reset Period
 - Goals:
 - Reduce the number of workouts to give a mental and physical reset.
- September 7 - October 18 (6 Weeks) Speed and Power Weighted Confusion
 - Goals:
 - Build the front end speed and raw power.
 - Focus on Starts and Turns.
- October 19 - November 29 (6 Weeks): Balanced Confusion
 - Goals:
 - Balance all systems and focus more on the order of operations for 3 week periods.
 - Look to create a level of “pop” and sharpness over the last 3 weeks.
- November 30 - December 13 (2 Weeks): Championship Prep
 - Goals:

- Look to peak for a December Championship Meet.