

## **Introduction to the 2020/2021 FCYST Fall and Winter Season**

### **Safety Protocols would stay the same as the Summer Schedule:**

Athletes will wear masks on the pool deck and unless they are in the water until further notice. Parents will not be on the pool deck for the first and last 10 minutes of practices and may be asked to stay off the pool deck at certain locations based on building policy or pool deck space. Athletes will have assigned waiting stations spaced 6 feet apart before practice until the pool is cleared by the previous group. Coaches will not be required to wear masks while instructing but will wear masks when coming in close contact with a swimmer. Coaches will refrain from actions such as fist bumps and high fives or other contact with the athletes.

More in depth plans and procedures will be provided for each practice location as we get closer to the start of the season. The safety of our athletes and families is our top priority and we want to provide the most up to date procedures as possible.

### **Practice Groups:**

The following practice groups will be used for the upcoming season. If you have questions about which groups to sign up for please contact Coach John.

Team 1: New Swimmers who have been on the team less than 1 year and or need to focus on basic skill and fitness development. This group is considered an introduction to how our team operates and the competitive strokes. Once swimmers know the basics and can demonstrate the ability to practice and participate as part of a team we will move them up. Group scheduled at either Neenah or Buchanan. Group scheduled 2-5 nights a week with 40-60 minute sessions. Season Cost \$390

Team 2: Swimmers who have demonstrated the ability to practice and participate as part of a team and who have gained the appropriate basic skills. This group is used as a way to help athletes advance their understanding and utilization of technique and skill. This group also focuses on learning to swim longer intervals and appropriate ways to face new challenges. This group is appropriate for athletes in all grades based on their ability. Group Scheduled at a combination of Neenah and Buchanan. Group Scheduled 4-5 nights a week with 45-75 minute sessions. Season Cost \$456

Team 3: Swimmers who have demonstrated the ability to train using more advanced strategies and techniques for longer durations without suffering technical breakdowns to basic skills and training habits. No practice commitment requirement. Swimmers would need to be in at least Grade 6 and get approval from Coach John before signing up for this group. Group Scheduled at a combination of Buchanan and Neenah and occasionally Lawrence. Group scheduled 5-6 days a week with 75-120 minute sessions. Season Cost \$525

Team 4: Swimmers who have demonstrated the ability to train using more advanced strategies and techniques for longer durations without suffering technical breakdowns to basic skills and training habits. Swimmers who commit to maintaining a minimum of a 75% practice attendance. Swimmers would need to be in at least Grade 6 and get approval from Coach John before signing up for this group. Group Scheduled at a combination of Lawrence and Buchanan and occasionally Neenah. Group scheduled 5-6 days a week with 90-120 minute sessions. Season Cost \$600

All schedules are weekly estimates and can change dramatically if pools or facilities close or there are exposure concerns.

**Important Dates:**

Registration for returning swimmers would open September 9

Registration for new swimmers would open on September 14 if there are still available slots

First and Second Availability would be posted September 14 and would be due September 16

First and Second Schedules would be posted September 18

Practices would start September 21 (After this time there would be at least a 2 week window between the schedule being posted and the start date for the schedule)

Season would run for 26 weeks through March 21

**Scheduling:**

Scheduling would take place in 2-4 week increments and a final schedule would be provided at least 2 weeks ahead of time. Blocks of time would be scheduled for each practice group or a subset of practice groups on each mini-schedule. Athletes would commit to being available and coaches would fill the schedule with as many athletes as possible and create a waitlist for each block if the slots are filled.

Athletes who will not be able to attend a scheduled slot will be expected to reach out and notify the coaches as soon as they become aware they will not be able to attend. Athletes who attend all scheduled practices or give advance notice will be given priority on future schedules and waitlists over athletes who fail to attend and give notice.

The blocks offered on each mini-schedule will be determined in part by how many people from the previous mini-schedule wanted to attend and if there was a wait list for a certain group.

Lawrence would run from 6:30-8:30p Monday-Thursday with 16 swimmers spaced 2 per lane.

Buchanan would run from 4-8:30p Monday-Thursday, Fridays 5-8p, Saturdays 7-10a with 12 swimmers spaced 2 per lane.

Neenah would run from 6-8:30p Monday-Thursday with 12 swimmers spaced 2 per lane and Fridays 5:30-7p with 8 swimmers spaced 2 per lane.

These pools would have our Team 1, 2, 3, 4 Athletes at various times depending on signups. Lawrence would have mostly Team 4 swimmers. Swimmers would commit to a slot for a 2-4 week interval. The options available would change for each new schedule. Availability would be posted by location and time block and a schedule would be created after availability is collected. Pool availability is subject to many factors and can change quickly if there are outbreaks of cases in any of the buildings. Schedules could be adjusted to fit changes if necessary.

**Meets:**

We will not provide a Meet Schedule at the start of the season. However, we have demonstrated that we can put together Intrasquad Meets and plan to hold multiple throughout the season. We are also currently talking with other clubs about the possibility of holding dual meets or small invites. There are very tentative plans that would be released once we feel reasonably comfortable on a final schedule for the event. Additional competitive opportunities and ways to measure success outside of meets and performances would be offered by coaches throughout the season as well.

**Staffing:**

We would have the following coaches on staff to start the season: John, Scott, Ben, Gaby, Elizabeth and Leslie. We will look to hire additional part time coaches as needed.

Contact Information:

Head Coach, John Thiel:

Email: [johnthiel@ymcafoxcities.org](mailto:johnthiel@ymcafoxcities.org)

Phone: (920) 954-7615