

# Indian Creek Aquatic Club Modified Season 2020

## FAQ's and Guidelines

### FAQ's

- **What dates will the modified season run?** The dates are now confirmed and will run June 22<sup>nd</sup> - July 17<sup>th</sup>
- **What is the registration rate?** Registration is reduced to \$65 per swimmer (no further discounts). Non-rec club fee remains \$35. Operation fee is waived.
- **What is the registration deadline?** Registration is now open with a deadline of June 15<sup>th</sup>. Please return registration as soon as possible (instructions are below); due to standards for social distancing, we may need to cap number of registrations.
- **How do I get in my registration?** Complete the new Modified Season 2020 Registration Form and write a check. Since we are working with a quick turnaround, please DROP OFF registration and check to Michelle Long (216 Beaver Drive, Mechanicsburg, PA 17050) by June 15<sup>th</sup>. You may leave in mailbox. If you are unable to drop off, please email Michelle ([mlong246@yahoo.com](mailto:mlong246@yahoo.com)) for instructions.
- **Check Payable to:** Indian Creek Aquatic Club
- **If I already had my swimmer registered, do I need to complete a new registration form?** No, email Michelle Long ([mlong246@yahoo.com](mailto:mlong246@yahoo.com)) that you would like to keep your swimmer registered and drop off payment by June 15<sup>th</sup>.
- **Will my swimmer have a specific practice time?** Yes, each swimmer will be "assigned" a 1-hour morning practice time slot. This will be his/her time slot for the duration of the season. They will stay with their same small group of swimmers for the duration of the season minimizing contact.
- **What days can my swimmer practice?** Practice will be offered to swimmers in their designated time slot Monday-Friday; come all 5 days or only the days you can make.
- **Will there be opportunities to race?** There will be no meets. However, there may be opportunities for age "races" and timed trials.

- **Who are the coaches?** We have 3 coaches. Chrissy Halpert (head coach), Mia O'Brien (assistant coach), and AJ Alderman (assistant coach) You can find bios on the website <http://www.swimindiancreek.org/>
- **Will there be any dryland?** Coaches will incorporate dryland into practice. This will be exercise-based for stretching and movement.
- **Will there be a team t-shirt included with registration?** In order to keep registration costs down, we will not be able to offer a t-shirt with registration this season. However, we are looking at having a commemorative team t-shirt made that you may purchase for a nominal price.
- **With all these guidelines and protocols, will the season still be engaging and fun?** The swim season will be a little different than in the past, BUT we plan on the kids getting exercise, improving their strokes and having fun. It is and will be GREAT to be a Warrior!
- **I have more questions or concerns, who do I contact?** This is an unprecedented time for us all (board, coaches, parents, swimmers) so please bear with us as we navigate this season and feel free to reach out with ANY concerns, questions or feedback at ANY time (now or during season).

Coaching/Practice: Chrissy Halpert 717-756-6263

Registration: Michelle Long (717) 756-2633

General: Lauren Stout (717) 385-0136 or any other board member

## GUIDELINES

**USA Swimming has provided the following messaging which is helpful as we navigate this unprecedented season.** “Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities.”

***To maintain standards for social distancing and safety, ICAC is implementing the following guidelines for the 2020 season:***

- More practice time slots (4-5 slots) with small groups of swimmers (ideally 2-3 swimmer per lane).
- We follow USA Swimming model layouts that promote social distancing.

- Each swimmer will be “assigned” a 1-hour practice time slot. This will be his/her time slot for the duration of the season. They will stay with their same small group of swimmers for the duration of the season minimizing contact.
- For each time slot, only the swimmers designated to that time slot are permitted on the pool premises (no parents, no siblings, no swimmers from other time slots), along with their coaches.
- NO sharing of personal equipment or belongings (i.e. goggles, towels, water bottles, food, etc).
- Swimmers are encouraged to wear their suit to and from practice to lessen restroom traffic.
- To participate in season, swimmers must be able to swim one length of pool unassisted.
- Parents should notify head coach immediately if their child becomes ill for any reason and will not bring them into contact with coaches or other swimmers.

### **Parent Partnership**

We thank you for giving us the opportunity to work with your swimmers. We ask that you partner with us by reviewing the following with your swimmer:

- Follow directions from their coaches, especially for spacing and social distancing requirements that will be different from what the swimmers are used to. This includes in the pool, perimeter of pool, during dryland time, entering/exiting complex.
- Avoid physical contact with others such as shaking hands, high fives, pushing, horseplay.
- Avoid sharing drinks, food, or personal belongings.
- Wear suit to and from practice.
- Avoid hanging out at pool complex outside of their practice time slot.
- If your swimmer feels sick to let you know.
- Have FUN!