

2020-21 Boys' Swim Season Information

Head Coach: Samantha Zill

734-834-6518

samantha.zill@lansingschools.net

Assistant Coach: Luke Seward

231-206-9720

williamlukeseward@gmail.com

*****Forms to complete before you can begin practice*****

[Everett Athletics Form](#)

[First Week Inquiry Form](#)

Practices

- **Time** - Pool practices will be Monday - Friday 4:00 - 6:00. Online virtual practices will be held Saturday 10:00 - 11:30.
- **Location** - Hill or Everett (dependant on individual athlete's pool assignment). Virtual practices will be held on Google Meet
- **Masks** - Must be worn at all times except for when swimmers are in the pool. There will be a hook at the end of the lane to place masks, and immediately get in the pool. When exiting the pool, swimmers should dry off and immediately put their mask back on.
- **Pool setup** - There will be no more than two swimmers in a single lane, with one swimmer in the shallow end and one in the deep end. Each swimmer will have a designated lane assignment each day. We will be utilizing both the Hill and Everett pools each day to maximize pool space. If we have more than 20 swimmers on the team, some athletes will be assigned to dryland for part of practice certain days.

1	3	5	7	9	11
2	4	6	8	10	12

- **Locker Rooms** - Locker room time will be staggered so that the whole team isn't using the locker room at once. Locker room time must be kept to an absolute minimum and only used for changing and using the bathroom. Showers are not to be used since swimmers would need to remove their masks. There is spray disinfectant for you to use to wipe down any surfaces you touch. Additionally, some areas of the locker room are blocked off, so please be sure to respect those areas.
- **Arrival/Departure** - Swimmers must arrive to practice on time. Since pool space is limited, if a swimmer is late to practice, they may end up having to forfeit their pool time for the day.

At the end of practice, it is crucial that swimmers leave or be picked up as soon as possible since cleaning staff can only begin sanitizing the pool after everyone has left.

- **Water** - The water fountains are shut off so you **MUST** bring your own filled water bottle to practice. You will not be allowed to practice without a water bottle.
- **Hill** - You must enter through the Schmidt Southside entrance. They will need to do a covid screening when you enter so be sure to stop at the front desk.
- **Everett** - You must enter through the doors by the weight room/gym/pool.
- **Only athletes and coaches are allowed in the building during practices.**

Meets

- **Away Meets** - All swimmers must wear their suit to the meet. Many teams will not be offering locker room access, so please plan accordingly. Be sure to bring extra towels and dry clothes since you may need to wear your suit home after the meet.
- **Buses** - There will be assigned seats on the bus, with only one swimmer per seat. Masks must be worn at all times on the bus.
- **Home Meets** - We will plan to stream home meets so that family and friends can still watch and cheer on their swimmer! We will need help with timing and running the meet, so we will be looking for volunteers and will set that up beforehand. Anyone in the building will need to wear a mask at all times. A public safety officer will be working at each of our home meets to maintain proper safety protocols.

Eligibility

- Here is a copy of the [district academic eligibility policy](#) which outlines how many credits a student athlete must have in order to participate in school sports.
- In order to participate in athletics, you must be in school at least half the day - Right now this means you attend synchronous classes each day.
- If you need tutoring:
 - <http://pandemictutoringservices.com/>
 - <https://drive.google.com/file/d/1EEmdosoXluDExJrtHoycyW1UVu0p18EY/view?usp=sharing>

Additional Information

- [MHSAA Guidelines](#)
- [Parent/Athlete Handbook](#)
- All swimmers will complete a health screener before each practice and meet and will have their temperatures taken on-site with a no touch thermometer. If you have a temperature **above 100.3** you will need to be sent home.
- If you feel sick, **do not** attend practice or a meet that day. Be sure to inform one of the coaches that you are not feeling well as soon as possible.
- Additional disposable masks will be available on the pool deck in case your mask gets wet.
- Hand sanitizer will be available on the pool deck.