

Lancaster Modified Swim Team Expectations 2020-2021

1. The focus of modified is to develop skills to compete at the next level. As long as students are eligible and following expectations, then they will compete.
2. Athletes must arrive and exit wearing masks.
3. Have swimmers dropped off for practice by door 38 at 3:10pm and picked up immediately after practice at 4:00pm. Unfortunately, there is no tolerance for group gatherings or hanging out in the building after practice ends. You **MUST** exit the building as soon as your ride arrives.
4. Swimmers should show up to all practices dressed and ready to go (swimsuit on, towel/goggles/swim cap/etc. in swim bag and easily accessible) as locker rooms will be unavailable for use.
5. Each swimmer **MUST** complete and submit a COVID-19 Google Form information log prior to attending any swim practices/meets. For students who were virtually learning from home, a computer will be provided for completing this upon entering door 38 at the William Street School. For students who were in-person learning at school, they will not be required to complete this before practice as long as they completed it prior to entering the school building that morning.
6. Swimmers must maintain social distance guidelines by remaining 6-feet apart from other teammates and individuals during all modified team events.
7. Any swimmer who feels as if they become sick during practice must notify coach and they will be placed into a designated quarantine room until a parent/guardian is able to pick them up. A COVID-19 related form will need to be filled out by the parent/guardian and the school nurse will follow up.
8. **One** restroom will be provided for all swimmers to use if necessary. Try to limit use of this and use the restroom before coming to practice.
9. Athletes/Coaches must bring their own water bottles.
10. Parents, please remain in vehicles when dropping swimmers off and picking them up as we are trying to keep number of individuals coming into and out of the school as low as possible.
11. Important team announcements such as practice adjustments, meet information, etc. will be communicated via the Remind App. More information will be delivered to the swimmers during the first week of practice.

12. Respect your teammates, coaches, officials, teachers, classmates, and opponents! Any concerns/issues that may arise could result in not being able to participate in meets. There is ZERO TOLERANCE when it comes to bullying and unsportsmanlike conduct!
13. I know everyone is busy! But, if you cannot attend practice/meets, you must notify Coach Tryjankowski as to why you will be late/missing.
14. If you are failing any classes, you will be required to stay after school for help until you are in good academic standing. If you are failing two or more classes, you will not be eligible to participate in practices or meets until your grades are brought back up. Academics are the top priority!
15. If you do not attend school (in-person OR virtual) you will not be able to participate in practice/meet for that day.
16. If students choose to not participate in Physical Education (in-person OR virtual) they are not able to participate in practice/meet.
17. No cell phones should be used during practice unless there is an emergency.

If you need to contact me I can be reached at: mtryjankowski@lancasterschools.org