

Lancaster Modified Swim Team 2020-2021

The 2020-21 Modified Swim team is a **COED swim team** composed of 7th and 8th grade students. The team will practice at the ***William Street School***. **Team practices will begin at 3:15pm and end at 4:00 pm.** Due to COVID-19 we will only have a 45 minute time frame to practice. Further information on swim meets will not be released until it has been officially determined.

The purpose of the team is to teach competitive swim strategies while incorporating stroke fundamentals and practice themes in order to provide all athletes with an interscholastic swim team "experience" before they decide to make a further and more major commitment to the sport of swimming possibly at the JV, Varsity, or club swimming level. ****Any swimmer who is planning to swim at the JV or Varsity level while at the Middle School must pass the Selection Classification Physical fitness test and the maturity test before they can be recommended to advance to the High School level. The Varsity coaches expect a Middle School age swimmer to swim on Modified as a 7th grader unless recommended to advance and take the Selection Classification test****

PRACTICES: Students are required to be dropped off at door 38 at 3:10pm, NO EARLIER due to general student pick up. Students who were in-person learning will be bussed over from the Middle School to William Street. Practice will begin immediately at 3:15pm as we only have a small window of practice time that is given to us. Swimmers MUST arrive and leave wearing their swimsuit underneath their clothes (it may be a good idea to bring a change of clothes to throw on over your wet swimsuits). Upon entering the building, swimmers must have a mask on and complete the COVID-19 online form that will be provided on the Chrome Book located next to the entrance door. If students attended in-person learning that day then they will **NOT** be required to complete this form as they would have already done so that morning. All other students must complete this form if they have not done so already that day. Swimmers must arrive prepared for practice in their swimsuits as locker rooms will not be provided. Parents will be responsible for picking their students up at door 38 by **4:00pm**. I understand that Middle School students are involved in a variety of activities and may need to miss occasional practices. Please let me know ahead of time via email if you know you will not be at practice. Each swimmer is expected to attend all practices and obey the rules and expectations that have been listed and given to them. If a swimmer is absent from **5+** days without an email or written explanation, they will be considered dropped from the team.

EQUIPMENT: Swimmers need to have their own **suit, swim cap, towel, and goggles** for practices. I recommend one piece suits for girls and jammers (speedo-like knee length suits) for boys since we will be diving from the starting blocks. Goggles are not necessary, but many swimmers feel better when they are able to see the lines and walls underwater. If you choose to wear goggles, please make sure they are competitive swimming goggles and not ones that cover the nose. Feel free to check with me if you have the correct type of goggles. All practice and meet gear should be kept in your **own swim bag**. We do not have permanent lockers at the pool we practice at, so nothing can be left after practice.

MEETS: DATES TO BE DETERMINED. Meets will either be occurring in a virtual setting where an official will be in attendance at both teams pools or an in-person setting. This will depend on the school that we are facing. If virtual, each event will take place as if in a real meet setting and times will be recorded.

Finalized times will be compared to the other teams times and places will then be determined. This is new to me and all of you this year due to the times we are in! **Spectators will not be allowed at any meets.** Live stream will be available via the Lancaster District Website. I suggest that swimmers stick to a black suit or any combination of black/red/white suit. The boys wear jammers (Speedo style suits that reach their knees). Suits should fit the swimmers very snug-they stretch in the water and create drag which makes it harder for the swimmers to move through the water.

OTHER: Our meets are not scored as a team. It is important to note that Lancaster swim team will swim many opponents who have large swim clubs feeding their program with swimmers who compete all year. Our swimmers may be club swimmers but the interscholastic swim program is organized differently than club. Each swimmer may only swim a maximum of **3 events**, with at least one event being a relay.

On modified we will have several heats of some events to accommodate all the swimmers on both teams. At the JV/Varsity level, swimmers may or may not swim their favorite events as it is based on the legality of strokes and individual times. The modified team goal is to improve your times, and gain experience to swim a multitude of different events. I will never cut anyone from the team, although many swimmers find it challenging as we move through stroke techniques to include yardage and pace drills. If your son/daughter chooses to drop, **please let me know** so I don't start checking where they are if they are not at practices. Swimmers are not to go hang out with friends instead of coming to practice and then have a parent looking to pick their child up after practice, ESPECIALLY during these times.

QUESTIONS: If you have any additional questions, please contact me at my email at mtryjankowski@lancasterschools.org

Practices start on Tuesday, January 19th

Before a swimmer may even attend practice they must:

- a) Hand in their parent permission form to the School Nurse as soon as possible and have their Nurse medical interview completed.
- b) Get their school sport physical (if needed) and complete the Impact Testing.

I look forward to meeting and working with all of you this season!

