

FOX HALL FINS SUMMER 2020

Our Mission statement:

The Fox Hall Fins are a neighborhood summer league swim team that are parent run and coach- led. Our goal is for all swimmers to learn to be a part of a team and support their teammates while improving their skills. Every swimmer participates in fun, organized, instructional practices and competes in meets against swimmers of similar abilities.

Our Goal for the 2020 season:

The Fox Hall Fins swim team can provide physical, emotional, and social support to our neighborhood's kids and families after a long period of physical and social isolation. Our coaches and our program can offer structure and support while implementing recommended health guidelines.

The Fox Hall Fins are a member of the Greater Richmond Aquatic League (GRAL). GRAL has not yet determined if any competitions can be held. If any meets or competitions can be held, it will be within the guidelines of the Governor's office in response to COVID-19.

Practice Safety Guidelines

- 6 swimmers and 2 coaches in the pool area during practice

Parents of 8 and younger swimmers must stay in the area (but not on the pool deck) for the entire practice. Any parent who must stay or chooses to stay will need to bring a chair and sit outside the fenced pool area. The number of swimmers per practice is based on the Governor's current guidelines that requires one swimmer per lane. Phase 2 may allow for more swimmers per practice.

- Coaches will monitor entrance and exits from practice

• Sanitation of the pool area and bathroom facilities will occur after each practice session by the lifeguard on duty

- Bathrooms will only be used on an emergency basis and only one swimmer can enter at a time

• Swimmers must wear their suits to, and from practice

• Swimmers must bring their own equipment to practice:

- caps, goggles, kick boards will not be shared or borrowed

- COACHES WILL NOT BE IN THE WATER WITH SWIMMERS.

Swimmers should be able to comfortably swim a length of the pool freestyle and backstroke. If you think your swimmer might not be strong enough for the team this year, please request an evaluation. If your swimmer is evaluated, a parent will also need to wear a bathing suit and

be prepared to get in the water with your child.

Phase 1 Practice schedule: Begins Monday, June 1

4 x 30 minutes practices

2 x 45 minute practices

15 minutes in between each practice for cleaning

Expected practice times:

9:00-9:30am

11:15-11:45am

9:45-10:15am

12:00-12:45pm

10:30-11:00am

1:00-1:45pm

- This schedule accommodates 36 swimmers per day. In phase one, depending on how many swimmers are signed up for the team, we would offer a Monday/ Wednesday/ Friday practice group and a Tuesday/ Thursday/ Saturday practice group, accommodating 72 swimmers. We will modify as needed based on registration numbers which may mean some swimmers practice 2 days per week instead of 3
- Practice times are based on what the Fox Hall Community pool hours are. We expect things to be fluid as Virginia begins to open up. We will adjust practice times and group numbers accordingly.

PRACTICE ASSIGNMENTS

The sign up process will be based on the numbers of swimmers registered.

Swimmers will be loosely grouped by age and ability by the coaches.

Please be patient as we work to provide an opportunity for everyone in Phase 1. If you will be on vacation or need a specific time or day, please let the coaches know when you register.

Cost

The cost of the program will fully cover coaches salaries. Due to the COVID-19 crisis, our fundraising opportunities (sponsorships, concessions, etc.) are limited. Our dues will go entirely to the coaching staff, and the coach to swimmer ratio we are able to offer during this time, cannot be beat! The dues cover the program from June 1- August 1.

14 & under swimmers- \$115.00

15 & over swimmers- \$50.00

Coaches

Charles Ellison- Charles has been a part of Fox Hall Swim Team for over 10 years, and a member of Godwin High School's Varsity Swim Team for 4 years. He has been a part of the Fins coaching staff for the past 2 years, first as a junior coach and then as an assistant coach. Charles loves swimming and coaching kids, and greatly looks forward to returning to the team this year. Charles will be

attending UVA in the fall.

Emma Farney- Emma comes to us from Richmond Country Club where she served as an assistant coach for 2 years. Emma also has 5 years of experience as a NOVA lessons instructor, teaching kids of all ages how to swim all strokes. She is a former NOVA swimmer and captain of her high school team at Godwin. Emma just finished her freshman year at Virginia Tech.

Laurel Reid- Laurel has over 10 years of coaching experience in the Richmond area. This includes time spent as the Head Coach of various summer league teams including Fox Hall, Rockville and Dolphin Club.. She was also the Head Coach of the Dolphin Club's year-round program. Laurel currently works full time for NOVA as a coach and lessons instructor.

Charles and Emma will be our primary coaches for the season. Laurel Reid will continue to be a part of the support staff. We will see Laurel from time to time at practices, as her full time job allows. With our current "schedule" her primary role will mostly be "behind the scenes." Laurel will be working with our coaches to plan practices, organize groups, and communicate with the team. Depending on the direction that our season goes, we may see her more, later in the season.

Questions & Answers

What will the practice schedule look like in Phase 2?

We expect that we will be able to offer up to 2 swimmers per lane (starting at opposite sides) in Phase 2. This would allow for practices to be longer, and there would be more flexibility of practice days. We will wait for the Governor's final guidelines for Phase 2, and then make the adjustments.

Will our coaches wear masks during practice?

Coaches will carry a mask and will wear the mask if they cannot maintain a safe six-foot distance from each other and swimmers.

What about the kids who are not social distancing?

We expect that all parents and swimmers follow the safety guidelines. Coaches will remove any swimmer not able to follow the safety guidelines before, during, or after practice.

What will we do if there are no meets?

GRAL is considering "virtual meets," we may participate in those. That would mean hosting a meet for just our swimmers, and then comparing results with a different GRAL team to decide races. If there are no GRAL meets we will explore ways to do some fun, "intra squad" meets, possibly one age group at a time. We will work to be creative and have fun this summer, while staying within

recommended health and safety guidelines