



## Wayside Waves Swim Team Program

Winter Competitive Program – Virtual Swim Meets Monthly

January 4 – January 28, 2021

8 Practices

No practices Cancelled

### Practice Schedule: Swimmers MUST practice with their age group.

Swim Group Ages	Practice Days and Times	Member Pricing	Non-Current Member Pricing*
5-8 years old	Tuesdays and Thursdays 6:00-7:00pm (2 one-hour practices per week)	\$200	\$280
9 &10 years old	Mondays and Wednesdays 6:00-7:00pm (2 one-hour practices per week)	\$200	\$280
11-18 years old Choice of practice schedule	Mondays and Wednesday 7:00-8:00pm (2 one-hour practices per week)	\$200	\$280
	Tuesday and Thursdays 7:00-8:00pm (2 one-hour practices per week)	\$200	\$280

### Ages 8 and Under:

This group is for our youngest swimmers ages 5-8. To participate in this group, swimmers must be able to swim at least one length of our pool (each length of the pool is 25 yards) in both Freestyle (Front Crawl) and Backstroke without the help of floatation. This does not have to be perfect. For the Freestyle, the arms must come out of the water on rotation and the face must go into the water in some rhythmic fashion. For the Backstroke, the arms must come out of the water on rotation, the legs should be straight and kicking up and down, and the body should be comfortably lying on the top of the water with ears in the water.

Goals: Have a good understanding of Freestyle and Backstroke and a basic understanding of Butterfly, Breaststroke, and Diving.

### Ages 9 & 10:

This group of swimmers (ages 9-10) will be swimming multiple lengths of the pool in both Freestyle (Front Crawl) and Backstroke with rests incorporated in the practice set. We will work on all 4 competitive strokes, diving, relays and building endurance. Swimmers will be put in lanes according to abilities and practices will be planned to challenge each swimmer to strengthen current skills and acquire new skills.

Goals: Build up their endurance and create a solid understanding of Freestyle, Backstroke, Butterfly, and Breaststroke.

### Ages 11-18:

This group of swimmers (ages 11- 18) will be swimming multiple lengths of the pool without stopping. This practice group will have the largest range of abilities. Swimmers will be put in lanes according to abilities and practices will be planned to challenge each swimmer to strengthen current skills and acquire new skills. The greater the ability, the more challenging the practice sets. We will work on all four competitive strokes, starts, turns, finishes and relays as well as increasing their endurance through higher workloads

Goals: Increasing their endurance through higher workloads; building stroke technique and competence; gaining an understanding of stroke drills and muscle groups used in swimming; and, of course, increasing their speeds.

**Due to the COVID-19 Pandemic, the following precautions have been taken to ensure the safety of both swimmers and staff:**

**To cut down on the amount of interaction inside the Wayside Athletic Club, we have come up with a different entrance/exit plan for team members.**

- No parents will be allowed into the facility.
- Swimmers must arrive in their bathing suits, wearing face coverings, and NO EARLIER THAN 10 minutes before the start of practice.
- Swimmers will come into the club via the small patio gate, then in through the sliding glass door. The patio is being upgraded with lighting for our use.
- Attendance will be taken Just inside the patio door by a coach or a parent volunteer.  
When weather is bad, - rain, snow, or extreme cold – older swimmers in the second practice will be asked to come inside and go to the hallway just outside of the pool near the locker rooms. Here they are to wait, 6-foot distanced from each other, for attendance and temperatures to be taken.
- Swimmers' bags (personal belongings) will be collected into bins around the pool area as they will not be going into the locker rooms, while their practice equipment (goggles, water bottle, and fins) should be carried with them in a net bag. ALL BELONGINGS (personal bags and towels or practice equipment and water bottles) should be labeled with the swimmer's name. DO NOT BRING MORE THAN YOU WILL NEED FOR PRACTICE.
- Younger swimmers will be escorted to the Family Locker room for the pre-swim shower. Once showered, swimmers will don their face coverings again until they enter the pool. Older swimmers will be sent a few at a time into the appropriate locker room for the pre-swim shower required by the state health department.
- If there is an activity in the pool before practice, every effort will be taken to keep the team swimmers away so as to avoid unintended interaction between groups in the club.  
There is a traffic pattern which goes clockwise around the indoor pool. If need be, swimmers will be seated on the benches around the pool (2 to a bench) to wait until we can get in.
- Once we are cleared to get in, swimmers will move to their assigned lanes, put their equipment bag down at the end, and then take off their face covering and place it into a zip-lock bag till practice is over. (PLEASE LABEL THE ZIP\_LOCK BAG)
- After practice, swimmers will get out of the water, put on their face covering, pack their practice equipment into their net bag.
- Swimmers must shower at home after practices. They can pull on warm-up suits to cover their wet bathing suits, but full clothing changes are not allowed.
- Swimmers will exit the building via the patio gate as well.
- Swimmers should be picked up promptly after their practice has ended as there is no place for them to wait inside the building. For swimmers 10 and under, an adult should come up onto the pool patio to pick up their swimmers so that we are not sending them out into the dark unaware of where their parent is parked.

**Practice Protocol:**

- In the water, we will be using social distancing practices that have worked well this summer. It has become what we are calling the COVID Dance in the pool. It takes just a short while to teach the swimmers how this works, but once learned, we are very able to have a good smooth and safe practice.
- The "COVID Dance": When there is more than 1 swimmer in a lane. Swimmer A would line up in the right hand corner of the lane at the wall, Swimmer B would line up at the flag line on the left-hand side of the lane facing Swimmer A, thus 6 feet out from Swimmer A, and Swimmer C would then line up 6 feet further out on the left hand side of the lane. As swim begins, Swimmer A pushes off the wall. Swimmer B then swims into the wall, while Swimmer C moves up to the flag line. Swimmer B waits at the wall 10-15 seconds then pushes off. Then Swimmer C swims into the wall, waits 10-15 seconds and then pushes off. As the swimmers conclude their distance, Swimmer A swims into the wall and immediately squishes into the right-hand corner of the lane. Swimmer B swims in and immediately swims back out to the flag line on but on the right-hand side, waiting for Swimmer C to pass by, then moves to the left. Swimmer

C swims to the wall, then swims a zigzag pattern, first to the right then to the left before attaining his starting position again. This movement takes some practice, but all the 9&ups have learned it this summer and once learned, it works very smoothly. It will be tougher to teach the 8&Unders, but I believe they can master it.

- Coaches will wear face covering.

### **Required Practice Equipment for ALL Swimmers:**

- **Goggles**
- **Competitive style swimsuits** – one piece for females; jammer style for males. Please, no 2-piece or beach fashion suits for females and no trunk style for males. These style cause drag that does not help in swimming fast.
- **Short Training Fins** – as we are no longer able to supply and share fins due to state regulations, we are requiring all swimmers to bring their own as they are used often in our practices.
- **Water Bottle** – filled with plain water (Gator Aide or other flavored drink are not allowed as they may spill into the pool water).
- **Net Equipment Bag** – again, I do have a small supply of these which may be purchased. I will have pricing shortly.

### **SWIM Meet:**

There will be a virtual swim meet where competition will take place at practices during the week of January 17-23, 2021. No in-person meet will take place this season.

\* Wayside is open to members only. The non-current member price includes a session and practice only membership fee and participants must agree to the membership terms and conditions while completing the registration process.