

## Welcome to LCC swim & Dive 2021

### Head Coach Patty Mackle & Assistant Coach Jasen Missailidis

We will be practicing at Cerro De Las Posas Park M-F 3:00-5:00pm

ADDRESS: 1387 W. Borden Rd, San Marcos.

Not everyone can practice at the same time due to the guidelines. We may only have 4 in a lane at one time. It is a 6 lane pool. After Thursday practice I will make the groups.

The first practice on Thursday February 18<sup>th</sup> and is MANDATORY. BE prepared to be at pool 2:50-5 pm

This first 10 days I will need patience as we have protocols to follow and 2 meets next week to plan for!

**Please** download the attached and bring to practice **LINKS to forms on the site in red!**

**Send me the info below direct to my email at <mailto:pattymackle007@gmail.com>**

Name, Grade, phone number

What is your swimming background? Do you swim or play Club polo? Which Club?

No background?

Diver? Club Diving, Experienced Diver? Novice?

Please give me your 4 best events and times out of the following. If you do not know. Let me know.(50, 100, 200, 500 Free. 100 Fly, Back, Breast, 200 IM) These are high school events.

This will give me an idea for our first 2 meets.

If you are on a club swim team. You may train with your club, you will need to communicate with me a few days before each meet about what events you will be swimming.

Input my phone number 760 815-5227 or text me and say hello and make sure I have a name!

You all need to be cleared to swim or dive. Physicals forms, and paperwork need to be turned into the AD office.

EVERY DAY THE FOLLOWING QUESTIONS WILL BE ASKED BEFORE ENTERING THE POOL

1. Do you have a temperature of 100 degrees F or more?
2. Are you experiencing any symptoms associated with COVID-19:
3. New cough, nasal congestion, or runny nose
4. Shortness of breath or difficulty breathing
5. New muscle pain or fatigue
6. Headache (that is not normal for you)

7. Sore throat
8. New loss of taste or smell
9. Nausea, vomiting, abdominal pain or diarrhea.
10. Have you been in close direct contact (\*) with anyone who has been diagnosed with COVID-19, within the last 48 hours?

\*Close direct contact is defined as being within 6 feet of each other for 15 minutes (San Diego Public Health) or longer (prolonged periods of time) or contact with body fluids or secretions (coughed or sneezed on)

IF YOU ANSWER YES TO ANY OF THE QUESTIONS ABOVE, PLEASE RETURN HOME AND CONTACT YOUR HEALTHCARE PROVIDER

Attached is a tentative schedule. All times are subject to change.

See you all Thursday (hopefully) **Masks must be worn at all times and keep 6ft apart.**

**E-mail me with any questions.**

Patty Mackle