

# 2020-21 TRI-VALLEY SWIMMING

Coach Christi Holmes and Coach Susan Bowen

- Check out the team's SwimTopia website at <https://tvdawgs.swimtopia.com/> for all the details and latest updates about our team. The Meet Schedule is still TBD. All swimmers must read the Team Handbook. Click the Registration button to sign up for the 2020-21 season. All TV Swimmers + one parent must register.
- The team uniform fitting is Thursday, October 8<sup>th</sup> at 2:30pm at Northpointe Dental, 4063 Northpointe Dr, Suite 1. All swimmers must have or purchase a complete team uniform – team suit, warm up and cap. The prior season's uniform may continue to be used if it is still serviceable – not damaged and fits correctly.



- Sign up for REMIND to get short messages and updates from the coaches. Text @tv-swim to 81010. Use Remind to communicate with the coaches.
- Download the SwimTopia Mobile App. "Allow" notifications for the app. You can use the app to track your swim time history and check your events/entries.
- Register and complete the FinalForms documents online at <https://trivalley-oh.finalforms.com/>. Sports physicals must be completed and turned into the AD prior to the first day of practice.
- A MANDATORY parent meeting will be scheduled shortly before or after the season starts.
- Practice begins Friday, October 30<sup>th</sup> at the Muskingum County Family YMCA. Due to COVID-19, our schedule is different this year. Plan for dryland on M-W-F, 3-4pm and for swimming on M thru F, 4-5pm and on Saturday, 8-10am. This schedule is subject to change as we are still working out the details. Transportation to the Y is not provided. Swimmers should work together to form carpools.
- COVID-19 protocols that TV Swimming must follow this season:
  - All swimmers will be responsible to self-assess for COVID symptoms – if you have symptoms, then you must stay home from school and practice.
  - Masks must be worn unless engaging in training activities.
  - Temperature checks are required upon entry into the Y – TV coaches will administer the checks.
  - The Y is not permitting locker room usage for HS swimmers even if you a Y member. Change into your suit before you come and bring warm clothes to wear home over your suit. Restrooms will be available.
  - Spectators/parents are not permitted in the Y to wait for swimmers or observe practice.
  - No congregating before or after practice. Social distancing guidelines must be followed.
  - Equipment must not be shared unless properly sanitized between users.
- Team and banner photos will be scheduled after the start of season. Date/time/location TBA.
- Team bags and gear will be issued after the start of the season.
- You can help the team by shopping at Kroger and donating your community rewards. Enroll your rewards card at <https://www.kroger.com/account/enrollCommunityRewardsNow>. Our organization number is PR596. You can also help the team earn money when you make purchases via AmazonSmile <https://smile.amazon.com/>.