

Avenel Alligators Swim Team Athletes and Families,

There will be a very specific protocol that will be followed for this summer's practices. Swimmers will be assigned specific spots on the deck and in the water for those practices. Assignments will be emailed to registered families before the first day of practices (June 1, 2021).

For in-water practices, athletes are asked to bring a water bottle, Ziploc bag (for mask), fins, and kickboard (if they have). Again, we are not able to borrow any of the equipment at the pool and swimmers are not able to share equipment with non-family members. Every 10&Under will be given their own noodle piece at their first practice. The noodle piece is used for kicking and a number of drills. Swimmers will need to bring their noodle piece to every practice.

Please note that the locker room may not be open. Swimmers should arrive and depart in their swimsuit. A designated restroom will be available for emergency use only.

Swim Team Practice Procedure:

1. Athletes will line up outside of the facility 5 minutes before the start of their practice.
2. If you or anyone in your household is sick, has tested positive for COVID-19, is experiencing symptoms of COVID-19 (fever, cough, shortness of breath, chills, muscle pain, headache, sore throat, new loss of taste or smell), you must not enter or use any portion of the Avenel Swim and Tennis Facility (ASTF).
3. Athletes upon entering the facility will go to their assignment spot which will be marked by a small numbered cone. Athletes will put on their cap and goggles at their assigned cone.
4. A single adult chaperone may also enter with their athlete and is required to stay at their athlete's assigned cone throughout the entire practice. No additional adults or children will be allowed to enter the facility.
5. When instructed, athletes will move to their assigned lanes for the practices with their equipment and Ziploc bag. Swimmers will have their cap and goggles on before they leave their assigned deck position (masks are still on).
6. Once swimmers reach their assigned lane and are ready to get in the water, they will remove their mask and place it in their Ziploc bag and immediately enter the water.
7. Every lane will be provided a copy of the workout at each end of the pool for athletes to see. We will have an awesome practice with a coach at/near each end of the pool to answer questions about the workout and help with the send offs.
8. The coaches will be reminding any swimmer who does not maintain the 6 feet separation from their teammates.
9. When exiting the pool, one athlete from each lane will exit and put on their mask before the second athlete exits the water and puts their mask on. If a swimmer is on the deck, they should have their mask on before they take a step.

10. Swimmers will return to their assigned spot/cone and quickly dry off and exit the facility thru the designated exit.

Deck/Lane Assignments are below...

Play Pool Side	Swimmer #1	#2	#3	#4	#5	#6	#7	#8	#9	Swimmer #10	
	Deep End										#11
	Swimmer #3	#6	#9	#12	#15	#18				#12	
	Swimmer #2	#5	#8	#11	#14	#17	Flags			#13	
							15m			#14	
	Swimmer #1	#4	#7	#10	#13	#16				#15	
							15m			#16	
	Swimmer #36	#33	#30	#27	#24	#21				#17	
							Flags			#18	
	Swimmer #35	#32	#29	#26	#23	#20				#19	
									#20		
									#21		
									#22		
									#23		

those 18 swimmers will be spread out between both ends of the both so that more swimmers have the opportunity to be at the wall when the coach is talking to the practice group.

If you have any questions, then please reach out to the coaches or member of the Avenel Swim & Tennis Committee.

See you at your first practice,

Coach Heather & Coach Matt