

Swim and Dive Team conditioning information & first swim practice:

1. Phase One (conditioning in July):

- Required prior to participating in conditioning: (attached in email)
 - Covid form
 - Physical form
 - Consent form
 - Heat related illness form
 - Participation form
 - Their own water bottle
 - Exercise/yoga mat or towel

Parent Meeting this Friday July 10th @ 5:30 pm on zoom.

Use the link below or the meeting ID and password.

<https://pasco->

[ki2.zoom.us/j/87366961714?pwd=LooyRGpRNjNKaTVjMDI](https://pasco-ki2.zoom.us/j/87366961714?pwd=LooyRGpRNjNKaTVjMDI)

[DVnFqNktidzo9](https://pasco-DVnFqNktidzo9)

Meeting ID: 87366961714

Password: 197540

****Athletes will NOT be able to participate in conditioning without the above documents completed, signed, and turned in to Coach Taylor.****

- **Start:** conditioning on Tuesday July 14th
- **Time:** 8 am to 9 am
- **When:** Tuesdays and Thursdays
- **Where:** the track or parking lot at River Ridge High School
- **Safety guidelines:**
 - All coaches and athletes get their temperature checked through a contactless thermometer
 - All athletes will be screened prior to each workout (using the monitoring form from district – see other attachment)
 - Athletes will complete exercises via social distance, remaining 6 ft apart
 - All athletes will have their own water bottle or one will be provided (to keep)
 - Sunscreen will be encouraged and provided if athletes need it
 - Athletes will bring their own yoga mat or towel for exercises
 - Athletes will also bring sneakers to exercise and will be encouraged to wear light clothing to prevent overheating, such as shorts; a t-shirt; and/or tank top

****Athletes who have a fever on the day of conditioning will not be able to participate and will be asked to go home.**

- **Activities:** (will vary, but be similar)
 - Stretching: upper body, lower body
 - 1 mile run/jog
 - Water break
 - (Three rounds)
 - 100 crunches
 - 10 push ups
 - 15 burpees
 - 50 jumping jacks

- 50 lunges
- 1 minute jump rope
- 10 push ups
- 50 jumping jacks
- Water break
- ½ mile walk – cool down
- Cool down stretching: upper body, lower body

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2. Phase Two (start of swim practice):

- **Start:** Monday July 27th
- **When:**
 - **Swimming:** 5 pm to 6:30 pm at the James P Gills YMCA
 - **Diving:** TBD
- **Swim practice information:**
 - Swim Practices will be held daily Monday through Friday until the week of August 26th; when our meets start
 - Our first swim meet is August 26th
 - All Swim and dive meets will be on Wednesdays
 - What to bring: racing bathing suit, goggles, swim cap, towel, sunscreen, water bottle (**see swimoutlet.com for bathing suits, goggles, and caps**)
- **Diving practice information:**
 - Practice is TBD (more information to come)
 - What to bring: racing bathing suit, towel, sunscreen
 - All dual dive meets will be held on Wednesdays at the same location as swim meets (example: swim and dive both at Fivay)
 - Diving usually comes before the swimming events start

****More information to come about safety guidelines and the structure of practice for swimming and diving.**