

TANTERRA SUMMER SWIM CLINICS

AVAILABLE!

Santerra Swim and Dive Teams have a long, successful history of creating/ promoting strong community relationships and community ties. Despite the cancelation of MCSL, our hope is to keep our team and community together by offering similar small group clinics.

These clinics will aim to engage the athletes and provide an activity during the lull of summer. These clinics will offer:

- a healthy environment (mentally and physically) that allows athletes to exercise on a regular basis.
- Increased water safety and water awareness throughout our community
- an atmosphere that inspires swimmers to achieve their maximum potential through a strong work ethic, discipline, self-motivation and self-esteem.
- To further develop team unity and take pride in their achievements at all levels of competition.

Sign Up Here

SWIM CLINIC STRUCTURE

- There will be two week sessions. Session 1: 7/27-8/7, Session 2: 8/10-8/21
- Clinics will be held Monday-Friday. Limited to 12 swimmers per session time slot (6 in water and 6 waiting on deck), plus 2 coaches on deck in masks at all times.
- **Ryan Burnsky** and **Kylie Sheapp** will coach. Ryan and Kylie are both up to date on the lifeguard certifications. Kylie is also a certified pool operator.
- Following all of the county, health dept, plus Georgetown Aquatics guidelines.
- **To limit capacity, NO parents or anyone not coaching or swimming** inside the pool enclosure.
- 3x45min practice time slots daily (**Session 1: 7:30-8:15, Session 2: 8:30-9:15, Session 3: 9:30-10:15am**) with transitions in-between for spraying/disinfecting high-touch areas, and ensuring all 12 swimmers are out before the next 12 come in.
- We'll alternate groups by week. The 11-18 yr olds swim Monday-Wednesday-Friday one week with 10&U swimming Tuesday and Thursday, then the schedule would switch the second week.

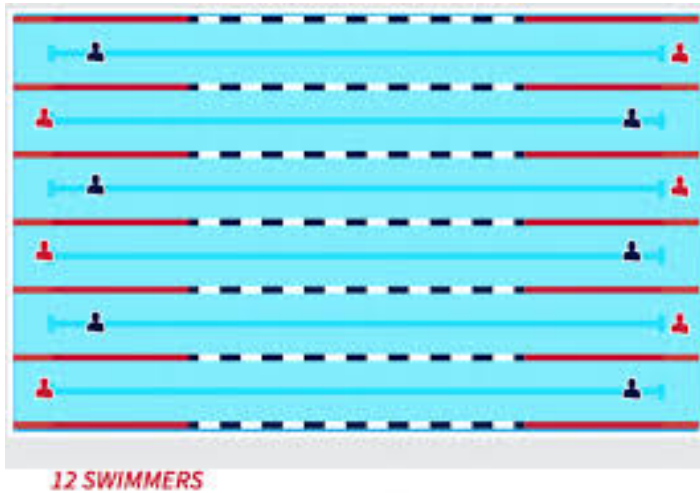
	Week 1	Week 2
Ages 11-18	Practice Days: Mon, Weds, Fri	Practice Days: Tues, Thurs
Ages 10 & Under	Practice Days: Tues, Thurs	Practice Days: Mon, Weds, Fri

- No Coach is to have any contact with athletes in or out of the water. (No water assistance)
 - **DISCLAIMER-** Athletes must be able to complete multiple 25M without assistance since coaches will be unable to help them across the pool...mainly a concern with new 8&Under Swimmers.

PREPARING TO SWIM

- All athletes wash your hands with a hand sanitizer before going into the pool facility. Athletes will need to submit a waiver before entering for their first session.
- Athletes will drop their bags/equipment on the pool deck along the fence.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

WHEN SWIMMING



- Follow directions for spacing and stay at least six feet apart from others. 6 swimmers in the pool, 6 waiting on deck.

(stagger athletes on opposite sides of the pool. The black icons in the water, red icons waiting out the pool)

- Do not make physical contact with others, such as shaking hands or giving a high five.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice and avoid using the facilities restrooms for changing.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
 - > Shower at home, wear your suit to and from practice.
- No extra-curricular or social activity after practice.

