

2020 Fallen Timbers Frogs Swim Team

“COVID-19 edition....”

Important Information – please review all carefully

This 2020 season will not be like any other that our team has ever seen. We first ask for patience as our coaches, parent volunteers and pool staff all work together to be able to allow us to host a safe practice environment for our kids this summer. Everything we are doing is for the safety of our swimmers, coaches and families.

Swim Practice

Swim practice will be held at the pool on weekdays during June and July.

Please complete the necessary forms (Code of Conduct and Registration Form) and bring them back to the club if possible between 1-3pm on Sunday May 31. If you are unable to make it that day, contact Jen Hildebrand to arrange for drop off of your forms. We will have someone at the pool the first week of practice to accept paperwork but in order to determine practice groups and times we are asking for advance sign ups if at all possible.

Practice will begin Monday June 1st. Once we have a good sense of how many kids will be on the team, we will know more about exact practice times. The plan is to try and keep kids age 10 and under from 9-10am and then 11 and up from 10-11am. We are leaving 11-noon for a flexible time to be sure all swimmers are able to practice as we can only have 27 swimmers in the pool at one time. We will run practices with 27 swimmers in the pool at a time per the USA Swimming recommended layout (*see diagram later in the packet*). Practice will be 50 minutes, leaving the last 10 minutes to get everyone off the pool deck in time for the next group to arrive. There cannot be hanging around after practice / socializing. We all need to be thinking safety first and comply with CDC rules for social distancing.

We will be flexible and please contact Jen Hildebrand if you have circumstances that warrant a certain time for practice. **NEW SWIMMERS:** Mrs. Kirby will be coaching this group and we will have her for all three hours if need be. She will be limited to 6 kids in her lane so we will work with you on what time your child will practice.

New Protocol

We will be taking swimmers temperatures and asking health questions before each practice. It will be VERY important to arrive **15 minutes before your practice begins**. We will do stretching/dryland in stations that are spread out in the parking lot/tennis courts up front and the health screenings at this time. Swimmers will be released onto the pool deck individually and will follow established flow patterns set up by FTFRC. **It will be very important to be on time as our coaches will need to be getting in the pool to coach at the scheduled start time.** We anticipate some work hour opportunities with helping to keep things in order before practices and with the health screen / temperature taking, etc. We will also be looking for some swimmer volunteers to help with lane line set up each day and we will need you to arrive around 8:30am to do so.

Please bring your equipment (towel, goggles, water bottle) in a bag if possible. We will have a designated area for swimmers to place their belongings. There can be NO SHARING of equipment whatsoever. Once swimmers are in their assigned lane they cannot leave that lane without coach permission. Restroom facilities will be available but only one person can be in there at a time.

Parents are highly discouraged from staying at practice unless absolutely necessary. We will have an area on the front tennis courts for viewing in a safe way. We want to keep the pool deck clear and allow for safe spacing.

Swim Meets

This year the OMSSL will not have a season. We *may have a virtual dual meet with Lincolnshire. We will have several inter-squad meets and will be doing some fun things to give the kids an opportunity to compete.

There will not be a team suit to save parents some money this year but will have Wilkinsons available on May 31 with grab bag suits if you need a practice suit.

The intersquad meets will give parents some time to get their work hours but we will keep the number of volunteers minimal (one timer per lane). Work hours requirement for swim team is reduced to 5 hours per family for this season only. More information to come on these “meets” but pencil in the following dates to start.

Swim Meet Schedule:

June 16 th	Intersquad meet @FT	Morning
June 23 rd	Intersquad meet @ FT	Morning
July 7	Intersquad meet @ FT	Morning
July 14	Intersquad meet @ FT	Morning
Week of July 20	Lap-a-thon	TBD

*Other dates to be decided as we proceed with season

Contact Information

Head Coach- Jacob Sobczak: jacobdsobczak@gmail.com or 419-344-3588.

OMSSL and Club Board liaison: Jen Hildebrand jhildebrand@tcfona.com or 419-699-1433

Parent Reps- Julie Meeker: swimteam@ftfr.com or 419-345-0745

Lisa Ellison: swimteam2@ftfr.com or 419-320-6293

We are excited to be able to offer a swim team this summer – even if your child is new to swimming and you are looking for a way to keep them active this summer, this is a great opportunity for you! ANY questions at all, please let one of the folks listed above know.

___ *New to Team or*
___ *Previous Meet ID #s*

Neatly Print Family Last Name:

FTFRC SWIM TEAM REGISTRATION FORM 2020

Parent or Guardian First-to-Contact NAME _____

First to Contact EMAIL _____

Primary PHONE (Circle: Home, Cell, Work) _____

Secondary PHONE (Circle: Home, Cell, Work) _____

Parent or Guardian Second-to-Contact NAME _____

Second-to-Contact EMAIL _____

Primary PHONE (Circle: Home, Cell, Work) _____

Secondary PHONE (Circle: Home, Cell, Work) _____

ADDRESS & CITY of Swimmer(s) during season: _____

SWIMMER NAME Date-of-Birth mm/dd/yyyy Age as of 5/30/20

Boy or Girl _____

Boy or Girl _____

Boy or Girl _____

Boy or Girl _____

\$75 SWIM TEAM FEE PER SWIMMER MAX. OF \$200 AMOUNT PAID PER FAMILY**

MEDICAL RELEASE FORM

I/We _____, Parent(s) of _____

give my permission for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry in the event that I cannot be reached immediately.

My Child's physician _____

Phone number _____

My child's dentist _____

Phone number _____

Known allergies _____

Insurance coverage _____

Insurance # _____

Parent signature _____

Date _____

___ Initial here to certify that you are a member in good standing of FTFRC.

**No refunds after 6th swim practice

- Parent checklist
- Registration form and fee
- Code of Conduct form signed by swimmer(s)

Official Use:	Cash or Check#	Deposit?

Neatly Print Family Last Name:

FTFRC Parent/Guardian & Child Code of Conduct

As a parent/guardian of a child involved in the FTFRC Swim Team, my child, my spouse, and I agree to abide by the rules and guidelines listed below:

1. I/We will respect the property and equipment used at any facility, home and away.
2. I/We will encourage good sportsmanship through our actions, by demonstrating positive support for all swimmers, coaches, and officials at every practice and meet.
3. I/We will promote the emotional and physical well-being of the swimmers ahead of any personal desire to win.
4. I/We will provide support for coaches and officials working with the swimmers to provide a positive experience for all.
5. I/We will remember the meet is for the swimmer and not the parent.
6. I/We will demand my athlete treat other swimmers, coaches, officials, and spectators with respect regardless of race, creed, sex, or ability in regards to language, attitude, and behavior.
7. I/We will inform the coach within a reasonable amount of time, of any absences from a practice or meet.

I/We also agree that if I/We fail to abide by the aforementioned rules, I/We may be subject to disciplinary action deemed necessary by the coaching staff or parent leaders. These actions may include verbal warning, written warning, parental meet suspension, parental season suspension, parental disbarment, swimmer suspension, or swimmer removal. These actions may not be taken in an escalated manner, and FTFRC/OMSSL reserves the right to select and apply any given penalty. I/We agree to support and promote the philosophy of the FTFRC Swim Team:

Parent/Guardian Signature _____

Swimmer 1 Signature _____

Swimmer 2 Signature _____

Swimmer 3 Signature _____

Swimmer 4 Signature _____

Date _____

MEET THE COACHES



Jacob Sobczak will be going into his 5th year of coaching for Fallen Timbers, and his 1st year being as the head coach. Jacob is a Junior at the University of Toledo studying finance and accounting. Jacob swam for Fallen Timbers since he was 9 and has been doing USA Swimming for even longer. Jacob was an accomplished swimmer going to states three years in a row, and becoming a 3-time All-American. He has been coaching a winter league swim team for the past 2 years and is excited to bring all that he has learned from them to further improve FT. Jacob has also been a volunteer coach for Special Olympics since 2015. Jacob is looking forward to making this a fun year while trying to maintain the safest environment possible.



Hans Rudolph is a first year coach, but he's a familiar face around the FT pool. He has swam 13 seasons with the FT Frogs and is thrilled to be returning as a coach. Hans was the Frog's self appointed Team Captain, as well as an unofficial coach for the past few years. Although it is his first time coaching, Hans has extensive experience around the water. He is a lifeguard, swim lesson instructor, and member of the Ohio State Club Swim Team. Hans is excited to help swimmers improve their skills while having fun throughout the entire summer. He looks forward to seeing everyone in the pool!



Lily Hunter will be an assistant coach for the first time this year. Although she hasn't coached before, Lily is a five year veteran of the swim team and is very excited to continue being a part of it. She will be a sophomore at the University of Cincinnati this fall, studying industrial design and swimming on the club team in her free time. Her favorite events are the 500 free and 200 free, and she hopes to swim them at club nationals next year.



Mrs. Paula Kirby will be back again as our coach for the brand-new swimmers that need the most help day to day! If you are questioning if your child should be doing swim team this year, do not question! Put them in Mrs. Kirby's lane!! Former head coach of Fallen Timbers for 16 years, Mrs. Kirby's passion is working with the "wall hangers" and helping them develop the confidence and strength to be our future Frogs!!!!



Sign up for important updates from Coach Jacob and the team.

Get information for FT Frogs 2020 right on your phone—not on handouts.

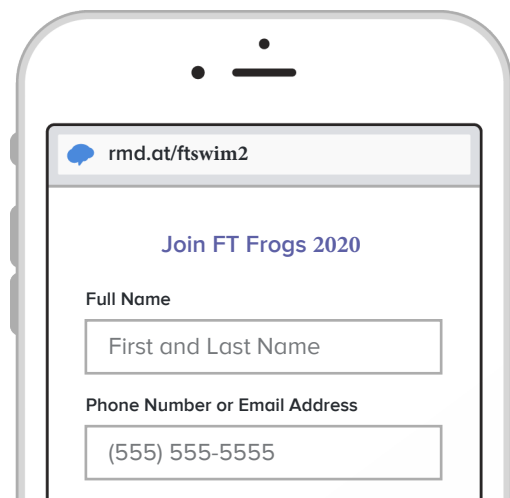
Pick a way to receive messages for FT Frogs 2020:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/ftswim2

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@ftswim2](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@ftswim2](#) to **(862) 219-7526**.

** Standard text message rates apply.*

