

Hey everybody!

Welcome to what we hope will be another great season with the CSU Swim and Dive Club! Due to the current pandemic, things are going to be a bit different this year. We are determined to still offer a great season and are getting creative with some new ways to come together during these weird times. I am happy to report we saw a great turn out for yesterday's zoom info session! This email is for those who were not able to attend the meeting or just need a bit of a refresher on some of the things we covered.

### **Joining the Club**

For the newer/interested swimmers and divers, there is a 2-week trial period that starts after your first practice. The only requirement for you to practice with us during your trial period is to fill out the [IM League Forms](#) (Instructions for how to signup can be found on the CSU Swim and Dive Club website <http://www.ramsclubswimming.org/information.html>). To become a full member of the team you will need to: 1) fill out our member contract, 2) register with College Club Swimming, and 3) pay team dues, all of which need to be done by the end of the 2-week trial period. Both the member contract and information for registering for CCS can be found on our website. As mentioned at the info session, we expect dues to be \$100 and these will be paid directly to our treasurer, Luke Davis.

### **Competitive Season**

Unfortunately, last night we received news from the Sports Club Office that all competitive meets are cancelled for the Fall 2020 semester. We are actively looking into ways to still hold some form of mock competition among our club members, while still adhering to the CSU Sports Club Offices COVID-19 Guidelines. If we do hold a mock competition, it will be completely optional for all members.

### **Practice Schedule**

We are currently working with the Sports Club Office to find a way to conduct swim and dive practices while maintaining proper COVID-19 safety precautions. Once we have a plan that is found satisfactory by the Sports Club Office, we will give you all an update on what you can expect. Everyone who attends practice will follow the guidelines that are set by CSU AND the Sports Club Office, and anyone found not following these guidelines will be told to leave immediately.

Since we do not yet know what the practice schedule will look like, the officers have decided that having dry land practices can be a great way for us to get together as a team and be physically active. Further updates as to what these will look like will come in future emails and if you have any ideas as to what you would like to see at these practices please feel free to email us.

### **Volunteering**

During a normal season we require members to complete 5 hours of volunteer service in order to be eligible to attend our Nationals meet in the spring. Since this is not a normal season, we are not

going to uphold this expectation. We still encourage all members to participate in any volunteer experiences that may present themselves as they are good for team bonding and community service, but it is all optional. As of right now, we do have a volunteering opportunity available to the team over Labor Day weekend. More information regarding this will be sent out later. You will be updated on opportunities as they present themselves to the team so make sure you are on our email list. Any volunteer opportunity that occurs will be following guidelines established by CSU AND the Sports Clubs Office, (aka wearing masks and social distancing), and anyone found not following these guidelines will be told to leave immediately.

## **Social Events**

Our first and foremost priority this season is to ensure the safety of our members amidst the COVID-19 pandemic. Obviously, we will not be able to hold large events as a team since that does not follow COVID protocols, however, we do plan on putting together a variety of outdoor activities, all of which are completely optional. As of right now, the most popular idea is to do hikes in smaller micro-teams to facilitate team bonding. If any of you have ideas for COVID-19 safe events, please feel free to email the officer board. Any event that occurs will be following guidelines established by CSU AND the Sports Clubs Office, (aka wearing masks and social distancing), and anyone found not following these guidelines will be told to leave immediately.