

Practice Schedule beginning June 22, 2020 (Varsity not included)

White

M, T, W, Th
4:00 – 4:30 p.m. (AS)

Yellow

M,T,W,Th
4:00 – 4:30 p.m. (AS)

Yellow Advanced

M,T,W,Th
4:00 – 4:30 p.m. (AS)

Black

M, T, W
4:00 – 5:00 p.m. (AS)
Th
(H.C.)

Bronze

M,W
4:30 – 5:30 p.m. (AS)
T
(H.C.)
Th
5:00 – 6:00 p.m. (AS)

Senior

M,
(H.C.)
T
6:15 – 7:15 a.m. (RH) *swim w/Gold
4:00 – 5:30 p.m. (AS)
W, Th
4:00 – 5:00 p.m. (AS)
Fri
4:00 – 5:00 p.m. (FTF)

Silver

M
5:00 – 6:00 p.m. (AS)
T
4:30 – 5:30 p.m. (AS)
W
(H.C.)
Th
5:00 – 6:30 p.m. (AS)

Gold

M
5:00 – 6:00 p.m. (AS – d/s)
T
6:15 – 8:00 a.m. (RH)
W
5:00 – 7:00 p.m. (AS)
Th
4:00 – 6:00 p.m. (AS – d/s)
Fri
7:15 – 8:30 a.m. (RH)
4:00 – 5:00 p.m. (FTF)
Sat
10:00-10:30 a.m. (PRP - d)

**** all practices are swim only UNLESS noted as “d/s”, which are dryland and swim ****

(AS)= Alf Sorensen (1400 Baring Blvd. / Sparks)

(HC) = Home Challenge (coaches will send out a practice as well as a zoom meeting on that day in the same manner which we’ve been doing the past 3 months)

(RH) = Red Hawk (6600 N Wingfield Pkwy)

(FTF) = Fitness For Ten (Legends: 1575 E. Lincoln Way)

(PRP) = Pah Rah Park

Varsity only Practice Schedule beginning June 22, 2020 (note: please be prepared for dryland at any practice listed below...it cannot be predicted if dryland will be included or not, so please be prepared)

Due to maximum facility limitations, we will need to create two training groups for the Varsity team so as to maximize practices for logistical purposes, safety protocols, facility usage, staffing, practice flow and time mgt.

- Both training groups will receive the same training regimens and practices each 2 week cycle
- I have made sure that siblings are in the same group, but beyond that, please understand I cannot make adjustments for any reason – I must create environments which I feel best maximize our training benefits.

Varsity group “schedule A”

M

Strength & mobility before noon (fit410)

5:30 – 7:00 p.m. (AS)

T

(H.C.) swim before 1:00 p.m.

5:30 – 7:00 p.m. (AS)

W

Strength & mobility before noon (fit410)

6:00 – 7:00 p.m. (AS)

Th

5:45 – 8:30 a.m. (RH)

Strength & mobility AFTER 1:00 p.m. (fit410)

Fri

5:45 – 7:00 a.m. (RH)

Strength & mobility

-please note that I'd prefer this after 1:00 p.m.
due to recovery purposes...

Sat

9:30 – 10:40 a.m. (AS)

Varsity group “schedule B”

M

5:45 – 8:30 a.m. (RH)

Strength & mobility AFTER 1:00 p.m. (fit410)

T

(H.C.) swim before 1:00 p.m.

Strength & mobility AFTER 1:00 p.m. (fit410)

W

5:45 – 8:30 a.m. (RH)

Strength & mobility AFTER 1:00 p.m. (fit410)

Th

Strength & mobility before noon (fit410)

6:00 – 7:00 p.m. (AS)

Fri

7:15 – 8:30 a.m. (RH)

Strength and mobility

-please note that I'd prefer this after 1:00 p.m.
due to recovery purposes...

Sat

10:50 a.m. to 12:00 p.m. (AS)

- Each group's schedule will flip-flop each week. So the “black” group will follow schedule “A” on the weeks of the month noted on the following page, and the “gold” group will follow schedule “B”.
- Then the groups will flip-flop so that the “black” group will follow schedule “B” while the “gold” group will follow schedule “A” the following week.

(A) = Alf Sorensen (1400 Baring Blvd. / Sparks)

(HC) = Home Challenge: this will be a swim only challenge

-you may rent a lane at one of the public pools in Reno, or during lap swim at Alf Sorensen. I will post a practice in the Varsity groupme chat each Tuesday.

-you may also do your own swim practice should you have a home pool or spa; as each home pool / spa is different, should you wish to a practice in your home personal pool, please design your own practice to best replicate the practice posted in the Varsity groupme chat as best as possible. Thanks!

(RH) = Red Hawk (6600 N Wingfield Pkwy) (FTF) = Fitness For Ten (Legends: 1575 E. Lincoln Way)

**** PLEASE NOTE THAT THERE WILL BE A ZOOM CALL ON SUNDAY, JUNE 21 AT 2:00 P.M. FOR PARENTS AND ATHLETES TO GO OVER THE SCHEUDLE AND ANSWER ANY QUESTIONS. DETAILS FOR CONNECTING TO THE ZOOM CALL WILL BE EMAILED SOON. THANKS! ****

June 22 thru 27: Black will follow schedule "A", Gold will follow schedule "B"
 June 29 thru July 3: Black will follow schedule "B", Gold will be schedule "A"
 July 6 thru July 11: Black will follow schedule "A", Gold will follow schedule "B"
 July 13 thru July 18: Black will follow schedule "B", Gold will be schedule "A"
 July 20 thru July 25: Black will follow schedule "A", Gold will follow schedule "B"
 July 27 thru Aug 1: Black will follow schedule "B", Gold will be schedule "A"
 Aug 3 thru Aug 8: Black will follow schedule "A", Gold will follow schedule "B"
 Aug 10 thru Aug 15: Black will follow schedule "B", Gold will be schedule "A"
 Aug 17 thru Aug 22: Black will follow schedule "A", Gold will follow schedule "B"

Proposed Varsity weekly schedule (based upon feedback from Zoom calls this past week):

Each group will have the responsibility for establishing activities when following schedule "A"

Monday Motivational Song Monday (post two songs in groupme)
 Tuesday Minute-2-Win-It challenge (post in groupme anytime from Tuesday to Saturday)
 Zoom call (may choose one zoom time when convenient for you: 11:30 a.m., 3:30 p.m., 6:30 p.m.)
 Thursday Zoom call (may choose one zoom time when convenient for you: 11:30 a.m., 3:30 p.m., 6:30 p.m.)
 Friday Submit a video (you may submit a video with a brief synopsis as to why you chose this video, and post it in the groupme)
 Saturday Black vs Gold Team Fun Challenge (time will be t.b.d. based upon feedback from team members)

Varsity Black group

Joy Calhoun
 Elliott Destefani
 Jesse Domingo
 Maddy Grimes
 Hannah Hudson
 Kate Ingle-Awong
 Dillon Lara
 Ryan Luke
 Moises Martinez-Camarena
 Brylee Monroe
 Jacob Nance
 Madi Nelson
 Owen Otuaifi
 Rori Parale
 Shayne Patrick
 Hannah Pienkoski
 Natalie Pienkoski
 Jackson Rosol
 Katie Schneider
 Camden Whisler
 Annika Wills
 Miles Young
 Katy Zboinski

Varsity Gold group

Austin Arnold
 Sami Beck
 Makenna Carpinella
 Logan Copeland
 James Cosman
 Erin Dawson
 Hunter Dawson
 Sam Dericco
 Talyn Folchi
 Angelo Gontier
 Millie Grieve
 Bella McMinn
 Ben Miller
 Peyton Miller
 Sara Millick
 Gracie Potts-Cosman
 Abigail Pruitt
 Jaxon Reddig
 Caitlin Smith
 Hope Smith
 Sophia Sorkin
 Marian Stanley
 Diego Trujillo
 Katherine Whitmer

** My apologies if your name is inadvertently left off this list; it is simply an oversight on my behalf, so please alert me asap and I will assign you into a group. Thanks. **

The protocols for the Alf Sorensen facility are as follows:

- ALL individuals entering any City of Sparks building are required to:
 - Answer a brief set of questions on a “Health Screening Form”
 - Be temperature scanned by a non-contact digital scanner
 - If any individuals have a temperature above 99.9, entry into the facility is not permitted.
 - If any questions are answered “yes” on the form, they are also denied entry into the facility.
- EACH DAY, all individuals entering the Alf Sorensen facility will be required to be temperature checked and fill out the “Health Screening Form”
 - A member of the Sparks Piranhas Swim Team will be administering the temperature check
 - The “Health Screening Form” may be answered in one of two ways:
 - You may download a number of free “bar code” apps, and answer the forms on your phone
 - Print the “Health Screening Form” daily and bring it with you to the facility
- entry is through the side gate / patio entry
- coaches will wear masks, if athletes wish to wear them to and from the facility that is up to you, but not mandatory
- however, if anyone enters the facility thru the doors leading into the lobby area, masks are required and mandatory for everyone!
- during this phase of reopening, as per governmental regulations, the Alf Sorensen pool are will be limiting a maximum of 50 individuals at any time.
 - only required practice personnel will be allowed on the pool deck at any time, which includes all athletes, coaches, facility staff.
 - no parents will be allowed on the pool deck at any time.
 - Parents may remain in the outdoor patio are with or w/out masks, as long as social distancing policies remain in place
 - Parents may also be allowed in the lobby area inside, but please note that masks are mandatory without exception inside any City of Sparks building, which obviously includes Alf Sorensen
- locker room and change rooms are inaccessible, as well as use of showers, so please
 - arrive the facility in your suit and ready to train
 - and exit the facility without use of facilities
- restrooms are open for emergency use only, so again, please arrive and exit the facility without changing in or out of your suit.
- the staff at Alf Sorensen will be making regularly scheduled cleaning throughout our practices, but please be sure to maintain all safety and social distancing protocols, and wash your hands prior to exiting the bathroom should anyone need to use that part of the facility.

- please remember that we will abide by a 6' distancing policy, so please do not walk in with people next to you, but rather in a safe single-file manner.
- when all athletes enter the pool deck area, there will be chairs spaced 6' apart around the pool deck. please place your clothes in an available chair, and then maintain single file 6' spacing as you walk to the entry points of the pool.
- As per USA Swimming protocols, we will be adhering to a maximum of 3 individuals per lane / 24 people in the pool maximum.
 - Coaches and Alf Sorensen staff will be strictly enforcing this policy
- there can be no socializing after practices, so please plan on exiting the facility in as quickly a manner as possible, and no food or drink may be consumed on premises after practice is over.