

11/19/20

Hello Team,

As you all have seen, many counties in Colorado have been elevated to the Red risk level by Governor Polis. This means that both pool and gym will be restricted to 10 athletes at a time, for the entire facility. We have been informed that this policy will go into effect tomorrow.

In order to accommodate everyone's practice under these new restrictions, we will be adjusting practice schedules for tomorrow. Please see the adjusted practice times/rosters below. If you are unable to make these times, please let us know and we will do our best to accommodate.

**Flip School: Friday, November 20, 2020**

<b>Group 1: 3:00-4:15pm</b>	<b>Group 2: 3:45-5:00</b>	<b>Group 3: 4:30-5:45</b>	<b>Group 4: 5:15-6:30</b>
Clayton	Connor	McCayden	Bruno
Conrad	Morgan Divita	Catie	Andrew
Geneva	Danielle	Lyra	David
Jack Ryan	Collier	Reeve	Oscar
MK	Gaby	Courtney	Bryson
Presley	Sophia	Violet	Henry
Casey	Kathryn	Sarah	Cooper
Dylan	Drew	Maya	Xavier
Chiara	Jamie		Luke
Eden	Cara		

For Saturday, we will have CP and Elite practice at Meyers from 10:30-12:00. Junior and Varsity practice will be held per normal at the Flip School from 1:30-3:00pm. If you are registered for these practices, please attend as usual.

Please watch your e-mail as we are currently working on schedules for next week and beyond to accommodate the new restrictions.

Thank you,

Coach Jack

11/9/2020

Hello Team,

The following Athletes will have a "COVID Day Off" tomorrow, November 10<sup>th</sup> at the Meyers Pool.

Group 1: 2:15pm

- Dylan

Group 2: 3:15pm

- Cara, Tanner, Morgan D, Jamie

Group 3: 4:00pm

- Bruno, Cooper, Lyra

Group 4: 5:00pm

- Zoe, Brandon

If your name is listed above, it is your "COVID Day Off". Please do not show up for practice and enjoy the day. This notice is posted on the home page of our website. We will endeavor to have the entire "COVID Days Off" list for November posted by the end of the day tomorrow.

The following athletes will have practice at 3:15pm instead of their regularly scheduled 2:15pm tomorrow.

- Connor, Clayton, Presley

If you are a Junior Advanced or a Little Ripper and you are able to come to the 3:15pm practice over the next two months, please let me know as I am trying to shift some schedules for athletes who can't make it to the new, earlier times.

Thank you,

Coach Jack