



Florida Gold Coast Coaches' Corner #3

May 8, 2020

Coaches of the Florida Gold Coast:

FGC Coach Mentoring Program

Hats Off to Derek Gelber of Alpert J Swim Club on his fine presentation on the important relationship between a solid swim lesson program, a competitive swim team, and the financial implications of this relationship.

General updates from USA Swimming with COVID-19

As teams struggle to stay active, financially viable, we see glimmers of hope of returning back on some limited basis.

USAS has sent to all teams some great suggestions for opening facilities to be shared with those that control your facility.

Status of Long Course Season 2020

The Florida Gold Coast has approved a plan for a get back to competition! The Technical Planning Committee has proposed and the FGC BOD has approved the 30-60-90 plan of action to get into competition. ***Pls. read attached proposal which WAS approved.*** To what capacity we will have modified competition experiences will be determined as teams begin to enter water. The approved proposal contains the vital information you need to know.

FGC All New Website!!!

Thanks to Dick Cavanah and Don Henshaw (Gulf Coast Swim Team) in helping to roll out an New & Improved FGC website: <https://www.teamunify.com/team/szfgslsc/page/home>. The site speaks for itself as far as its vast improvement.

FGC Athlete Reps

Our FGC Athlete Reps that sit on the Board of Directors have come up with a motion for team diversity reps. An email sent concerning the particulars

USAS/FGC Resources

2 Solid Sources of Information for Coaches and Returning to Competition:

1. Coaches' Resources: <https://www.usaswimming.org/for-you/coaches>
2. Return to Facility Recommendations/Guidelines: Attached
3. Official's Page: <https://www.teamunify.com/team/szfgslsc/page/officials> Get off the sidelines and onto the playing field parents! Become a USA Swimming Official!

The Florida Gold Coast Board of Directors are hoping for the best for your swimmers, programs, families, and acquaintances in these unprecedented times with our eyes on the goal of massive appreciation for those things that we have taken for granted in the past along with our return to a state of normalcy for the sake of our great sport!

As some teams begin to get "their toes wet" please work together locally on helping each other as far as lane space to help keep our athletes in the game! We will all be getting in the water at different times and under different conditions. We are happy to see some teams slowly returning!

Your Florida Gold Coast Board of Directors

