

Highbridge Aquatics Inc. presents

# HA'S BEST TIMES

*Issue 1, 3rd Quarter 2020*



**Highbridge**

**Aquatics**

**We're**

**Back!"**

Spotlight on  
Coach Chris

The Highbridge  
Aquatics Culture

COVID 19 –  
Swimming Safely

Highbridge Aquatics swimmers listen to Coach Chris Fugmann for instructions on an upcoming event.

Our quarterly newsletter will be managed and edited by our volunteer Board. As we strive for the highest quality program, please let us know if there are items that you feel would be notable or important topics to include.

## HA'S BEST TIMES

Fall Registrations coming soon! Be on the lookout for information on how to register for the upcoming season.

A Big Thanks to Equestrian Woods for the use of their facility!



An HA Alumni Club is in the works! Watch for more information coming soon!



## From the President of the Board

*Written by Chris Lee*

On behalf of the board, I would like to welcome you to Highbridge Aquatics. We have been recently reestablished after a four year merger with another local club. For many years, Highbridge was known for its close knit culture, top notch coaching staff and talented swimmers. Success in the pool is only part of the equation.

While we certainly desire to excel in competition, we also desire to see our young men and women grow and thrive in all other aspects of their life.

Our team's culture is very unique and it's incredibly important to us to create and sustain a familial environment.

We realize there are a lot of teams to choose from and are grateful that you have decided to join us. We are also confident that you will be able to see very quickly what makes this such a special team. See you at the pool and Go HA!!!

Chris Lee

HA Board President

## A Huge Thank you to our sponsors!

To protect the culture we desire means we intentionally won't have the largest team.

Therefore, to keep our program affordable we truly rely on our sponsors. You'll hear more about them and as you do, we encourage you to support them as you are able. When you do...thank them for sponsoring Highbridge Aquatics!

If you have a connection with a person or business that might consider sponsoring the team, please let us know and we will be happy to reach out to them if you prefer. Just email us at [haswimteam@gmail.com](mailto:haswimteam@gmail.com).

## GO HIGHBRIDGE!!!



Coming soon.....HIGHBRIDGEAQUATICS.COM!

## Spotlight on Coach Chris Fugmann

Chris Fugmann established Highbridge Aquatics in the fall of 1990. Chris grew up in Lexington and participated competed with the Greater Lexington Swim Association (GSLA) for 12 years.

In 1975, Fugmann was an All-American on the United States Water Polo Team.

Chris's coaching began during his college summers. He spent four summers as coach of the Lexington Country Club.

### He enjoys coaching swimmers of all abilities from beginners to elite athletes.

As a youngster, Chris set 18 Kentucky State Records and one Kentucky High School State Record. His background also includes water polo.

As a college swimmer, Chris achieved All-American honors nine times and, in 1980, became an NCAA National Champion in the 400-year IM.

Chris graduated from Centre College in 1982 and was awarded the Jefferson Award, an honor for outstanding achievements in both athletics and academics.

After graduation, he coached the Landsdowne Swim Club for two seasons; then founded the Brookhill Swim Club in 1984 as a United States Swimming team, where he coached for six years.

After coaching the Equestrian Woods summer swim team, Fugmann established Highbridge Aquatics, another USA year round swim team.



He coached HA for 26 years until it merged with another local swim club from 2016-2020. In the spring of 2020, Coach Chris reestablished Highbridge Aquatics.

Coach Fugmann is responsible for administering the Highbridge Aquatics program and coaching all of the practice groups. Chris is married with two daughters. He was the owner of Climate Control Corporation for 26 years. Chris hopes to continue his legacy of building a strong, thorough swim program for athletes ages 5-18 in Central Kentucky. He enjoys coaching swimmers of all abilities from beginners to elite athletes. For over 50 years, Coach Chris Fugmann has competed and coached at every level of swimming, from age group swimming to the Olympic Trials.

*“I knew in that moment that I had a purpose.”*

Written by Chris  
Fugmann



## **The Highbridge Aquatics Culture**

It happened during the summer of 1978. I'm not sure how, or why it happened, but I'm sure that's when I changed – instantly. It was the summer after I graduated from high school, and before I headed off to college that fall. I was a lifeguard at what was then the YWCA. Originally, in the 1960's, it was called the Cabana Club, which then became what we all called the Aquatic Club. Back then, it was almost the ideal place to grow up. There was actually an ice-skating rink, which didn't last long, but it was there at one time. There was a putt-putt golf course, tennis courts, shuffleboard courts, a huge indoor/outdoor pool, and plenty of open space to get in trouble in.

So, for some reason, they asked me to start a swim team that summer. They were going to pay me 50 cents more per hour, so I was in!! After I said 'yes' without really thinking about it, I realized that I didn't really know anything about coaching. Unfortunately, the GLSA team that I had been a part of for practically my whole life had 5 different head coaches in my last 5 years, which was ultimately the kiss of death for a swim program. I had seen the good, the bad, and the ugly in all types of coaches, but I still had never been one myself.

On the first day of practice, about 30+ swimmers showed up and, of course, I had no idea who could swim and who could not. But as soon as they jumped in, I knew at that moment that I had a purpose. Only about three of them could actually stay afloat and right away I knew this was not going to be easy. But that's when it happened. Instantly, I gained compassion that, up until that moment, I had never had before. I have always admitted to anyone who asked, growing up my friends and I would have voted me as “the least likely to work with children.” We didn't care about the younger kids on the team; we didn't pay much attention, if any, to those who were slower than us, and we certainly weren't going to take the time to help them. It's like Christmas when you're younger when it's all about me, me, me until you realize that it truly is more fun to give than to receive. As soon as I watched the 30+ swimmers jump in to swim one length, for those who even could, I was hooked. I knew, immediately, that I was going to teach them to swim, and to teach them to love the sport that I loved. And, one of the most incredible things that happened, is that they looked right at me, and they listened to me. I couldn't believe it!

Another ingredient to this story has to have come from my father. Growing up, one of my chores besides mowing the grass and taking out the trash, was to help my father in our family vegetable garden. He told me that, as a young boy growing up during WWII, almost everyone had what was called a "Victory Garden." For some reason my brother and sister didn't have to, or probably didn't want to work in the garden. But I didn't really consider it to be work. Every year since then, without fail, I've grown a large vegetable garden. It's become obvious that I am just addicted to seeing things, and people grow. I realize that I could easily go to Kroger and buy whatever I want without the sweat and sore back from doing whatever it takes to have a successful garden, and for the fraction of the cost. Likewise, I wouldn't have to give up all of my Friday nights, early mornings, and most weekends if I didn't coach. But being able to be a part of watching things grow is a part of my DNA. I'm addicted; I love it.

Back to that very first practice, I suddenly realized that it wasn't, nor should it ever be, about winning. There is only one person who will win; one gold medal, which then leaves a massive number of people who need something else. Swimming has way too many benefits and advantages to be focused on only the most talented or athletically gifted. It all made more sense to me as I watched 30+ swimmers who couldn't swim a lick, yet they wanted to get better and I wanted to show them how. The physical progress that they made every day was equal to the confidence that they gained. The smiles that I got to be a part of was way more important to what place they finished. Since then, I probably care less about how many points a swimmer, and especially a team scores in any given meet than anyone I know. There are some who will never score a point, and swimming can be, and should be just as enjoyable to them, if done the right way, than it is for those who collect tons of blue ribbons. Now don't misunderstand me, I am more competitive and more driven than practically everyone. If I play backgammon against you, I am going to beat you. If we play ping-pong, I'm going to find a way to win. If I am blessed enough to coach an elite athlete, and we are lucky enough to go out to Bluegrass Field and get on a plane to go to a swim meet, bring it. I am thrilled, and honored to accompany those athletes. But there is so much more to swimming than swimming on a national level. When a young athlete is swimming in an 8-lane pool, and they get last place out of 8, but they have a personal best time, that IS winning. The fitness that is required, the self-confidence that grows, the camaraderie that takes place, and the personal joy that is a result of a lifetime best time will always last longer than a box full of medals and ribbons that will end up in an attic somewhere. That's exactly what I learned, almost magically, during the summer of 1978 and I've never changed, never believed otherwise.





# COVID-19 HA's Policy and what it means for you!

## A MESSAGE FROM KENTUCKY SWIMMING

*Kentucky Swimming recognizes that swimmers can continue to train and compete safely in accordance with appropriate safety protocols. While the safety of our swimmers will always be of paramount importance, we also recognize the importance of resuming swimming to promote health and fitness, as well as to ensure that swimmers seeking to compete at the college and national levels have an opportunity to pursue their goals. Based on guidance from health officials, the CDC, and USA Swimming, we are providing this re-entry protocol to our member teams. We recognize that each team may need to modify this protocol slightly based on the facility in which it trains, but we believe this protocol should be followed as closely as possible to ensure that appropriate safety measures are in place for our swimmers.*

**Highbridge Aquatics Health & Wellness Re-Entry Protocol**  
**Club Contact: Chris Fugmann- Head Coach**  
**Club Contact Email: [haswimteam@gmail.com](mailto:haswimteam@gmail.com)**  
**Effective July 14, 2020**

## PRACTICE SCHEDULING

1. Lane reservation: Currently the HA Swim Team roster is of a small enough size as to allow all swimmers to participate in assigned practice times. HA Swim Team plans to limit summer swimmers so as not to require the need for scheduling time slots for practice. Should this plan for limiting numbers change, a schedule will be established for practices that will control the number of people present in the facility.
2. Number of Participants: Based on current state and CDC policy, a set number of swimmers per practice session will be identified and enforced – current plans are for no more than 20 swimmers in the water at a time.
3. Weight lifting will be conducted at a private facility and athlete numbers will be limited to allow for 6 ft social distancing-. Equipment will be cleaned by athletes after use.

## ENTRY and EXIT PROCEDURES

1. Athletes must arrive with their swimsuits on.
2. Athletes may not enter the facility early.
3. When entering and exiting, all individuals must maintain appropriate social distancing of at least six feet.
4. Athletes will enter and exit through designated areas, and per KY Executive order should wear a mask until on the pool deck.
5. Entries and exits will be marked with signs reminding all individuals to maintain appropriate safety protocols.
6. An assigned coach or staff member shall survey athletes and coaches entering the facility. If they are symptomatic in any way, the athlete or coach will not be permitted to enter the facility. Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
7. Athletes are encouraged to leave with swimsuit on, locker rooms for changing are available but no more than 2 swimmers may enter at a time.
8. Athletes must shower at home.
9. Athletes may not congregate after practice and must maintain 6 ft spacing at all times.

## PARENT PROTOCOL

1. One parent per swim family may enter the facility, and are encouraged to comply with Ky executive orders and wear a mask when entering or exiting.
2. Parents must maintain proper social distancing protocol even when masked.
3. Parents may not use locker rooms, except in an emergency.
4. Parents who do not enter may not congregate in the parking lot except if able to maintain safe social distancing of 6 ft or more.

## PPE FOR COACHES AND STAFF

Highbridge Aquatics will

1. Ask coaches and staff to wear masks when entering and exiting the area- If distanced 6ft or more and outdoors, coaches can use their own discretion regarding masks.
2. Provide coaches with up-to-date education and training on COVID-19 risk factors and protective behaviors (e.g., cough etiquette and care of PPE).

## PREPARING TO SWIM

1. Swimmers and coaches must wash their hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, upon entering the facility.
2. Swimmers may not share equipment.
3. Swimmers must bring a full water bottle labeled with his/her name. Water fountains will not be accessible to anyone.
4. Swimmers must use their personal equipment only.
5. Avoid touching gates, fences, benches, etc. if possible.
6. Swimmers must maintain 6' distance between each other.

## DURING PRACTICE

1. Swimmers and coaches must follow directions for spacing and stay at least six feet apart. On-deck instruction and discussions are prohibited if appropriate distancing may not be maintained in doing so.
2. All parties on deck must not make physical contact with others, such as shaking hands or giving a high five.
3. Athletes must avoid sharing drinks or towels.
4. Athletes and coaches must maintain social distancing when taking a break.
5. Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.

## PRACTICE STRUCTURE

1. Six days available for practice at EW.
2. Social distancing layouts

*Examples: staggered starts, opposite ends, number of swimmers per lane, communication with athletes, stations, markers visible to athletes for start and stop points, (e.g., visible spacing marks on pool deck, on lane lines, etc.).*



## A MESSAGE FROM USA SWIMMING

*We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.*