

VERNON HILLS TURTLES SWIM TEAM

TURTLE NEWS

June 8th , 2026

Issue #33



IMPORTANT NOTICES

- We kindly ask that parents at Turtle Creek watch their children swim from the tables behind the pool area instead of on the pool deck. Additionally, please refrain from disturbing the coaches while they are working.
- If you'd like to talk to the coach, please do so before practice. For longer conversations, we ask that you arrange a time so the coach can give you their full attention and answer all your questions.
- Parents, it's important for all swimmers to bring a water bottle to practice to stay hydrated. Please make sure your swimmer has one filled with liquid. We have water bottles in our team store.

If you need help with Commit Swimming, please consult the [parent help section](#) first, which provides step-by-step videos on all topics. If you still require assistance, you can email Coach Enrico at enricom@vhparkdistrict.org



Upcoming Meets

June 17th, 2026

Rec Meet - McHenry



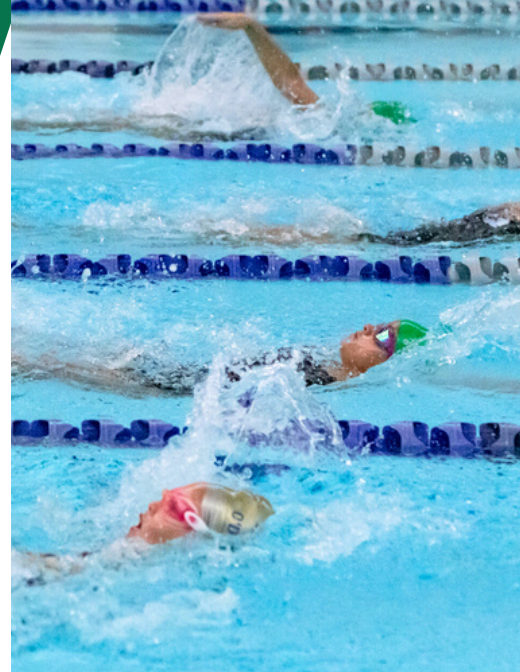
Open Meet Registration

- Coho Summer Classic
- Rec Meet - Park Ridge
- Rec Meet - Norridge
- Rec Meet - Park Ridge
- CWAC Summer Sizzle
- Rec Meet - Bolingbrook

Swim Meet Information

- Wednesday, June 17th: Vernon Hills will be competing against McHenry at the McHenry Pool, located at 201 S. Green St., McHenry. Parking is available in the parking lot. Since seating is quite limited, I recommend bringing a chair. For the meet, please pack two towels, two pairs of goggles, your black team suit, and your bright green cap. It might also be helpful to bring a small cooler with some fruit or snacks, along with a water bottle filled with Gatorade or water to stay hydrated during the meet.
- **COHO SWIM MEET** - June 19th - 21st - [More Info](#)
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Day	Sessions	Warm Up	Meet Start	Format	Location
Friday	1	8:00 am	9:30 am	LCM (TF)	Deerspring Pool
Friday	2	TBD	TBD	LCM (TF)	Deerspring Pool
Saturday	3	7:00 am	8:30 am	SCY (P)	Highland Park High School
Saturday	4	TBD	TBD	SCY(P)	Highland Park High School
Saturday	5	TBD	TBD	LCM (F)	Deerspring Pool
Sunday	6	7:00 am	8:30 am	SCY (P)	Highland Park High School
Sunday	7	TBD	TBD	SCY(P)	Highland Park High School
Sunmday	8	TBD	TBD	LCM (F)	Deerspring



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