

VERNON HILLS TURTLES SWIM TEAM

TURTLE NEWS

July 13th , 2026

Issue #37



IMPORTANT NOTICES

Championship Meet Attendance Required

The Championship Meets are quickly approaching, and we must finalize our team entries as soon as possible.

Please log in and review your meet sign-up immediately. If a Championship Meet is listed for your swimmer, you must indicate your attendance by selecting one of the following options:

Commit if your swimmer will be attending.

Decline if your swimmer will not be attending.

Your prompt response is critical for meet entries, relay planning, and ensuring our coaching staff can properly prepare for the championship season. Please complete your response as soon as possible so we can finalize our roster.

- We've posted the End-of-Season Team Party/Team Photo event in the GroupMe Chat. Please let us know if you can join us so we can get an idea of how many people will be attending and how much food and drinks we'll need. Looking forward to seeing everyone there!
- Parents, here is a friendly reminder of the contact information for Head Coach Enrico at enricom@vhparkdistrict.org and Assistant Head Coach Abby at abbyk@vhparkdistrict.org. *Please note that if you send emails to the Gmail account, responses may be delayed.*
- Please see the Calendar for this week's schedule - [Link](#)



Upcoming Meets

July 1st , 2026

Rec Meet - Norridge



Open Meet Registration

Swim Meet Recap

CWAC Swim Meet

The Vernon Hills Turtles had another outstanding weekend at the CWAC Summer Sizzle, with 16 swimmers combining for 35 personal bests in 60 individual races—an impressive 58% lifetime best rate. The meet featured multiple podium finishes, three new State qualifying times, a handful of Regional qualifying swims, and several breakthrough performances. The highlight of the weekend was an incredible 13 new team records. Meghan Marginean set five new team records, Anastasiia Postulina added seven while earning three State qualifying times, and Coach Angelina broke the 15 & Over team record in the 50 Freestyle.

Outstanding time drops from Hlib Postulin, Meeran Sheoran, Sri Adhithya Reddy, Liliana Ludovico, Umair Lokhandwala, and many others showcased the team's continued improvement. The progress in underwater kicking, turns, stroke technique, and race execution was evident throughout the meet and reflects the hard work being put in at practice.

Congratulations to all of our Turtles on another fantastic weekend as we build momentum toward the Championship season! 🍀💜🐢

Read the full recap article on our website home page - [Link](#)

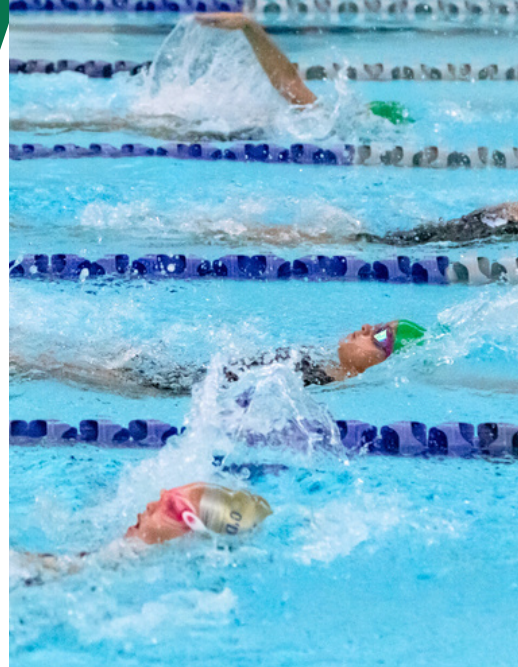
Swim Meet Information

Rec Meet - Wednesday, July 15th

Location: Norridge Bolingbrook 200 Lindsey Ln. Bolingbrook

Swimmer Arrival Time: 4:10 pm

Our Wednesday Rec Meet at Bolingbrook is almost here, and we're looking forward to another great evening of racing! Please plan to arrive by 4:10 pm, so swimmers have plenty of time to check in and get settled before warm-ups. Families are encouraged to bring chairs, as seating at the pool is limited. The forecast is calling for hot summer weather, with temperatures expected to be in the mid-90s, so be sure to pack plenty of water, sunscreen, hats, and anything else needed to stay cool throughout the meet.



(847) 996 6800



enricom@vhparkdistrict.org



635 N. Aspen Dr.
Vernon Hills, IL.



vhturtlesswimteam.org

VHPARKDISTRICT.org