

VERNON HILLS TURTLES SWIM TEAM

TURTLE NEWS

June 1st , 2026

Issue #32



IMPORTANT NOTICES

- We wanted to let you know that we will continue practicing at Lakeview on Monday & Tuesday. We'll keep you updated each day as the mechanical repairs at Turtle Creek move forward. Thank you so much for your patience – we know this is an inconvenience, and we truly appreciate your flexibility.
- For our Bronze group, tomorrow (**Tuesday, June 2nd**) will be a dryland training day. Please make sure your swimmer comes dressed in comfortable dryland clothing, wearing sneakers, and brings a water bottle. We also ask that they bring a beach towel or an exercise mat if they have one, as we may be on the grass and they'll need something to lie on
- 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.
- The Meet Recap from the LFSC Swimfest is live on our website. Check it out.
- If your swimmer hasn't received their shirt, have them ask the coach.



Upcoming Meets

June 17th, 2026

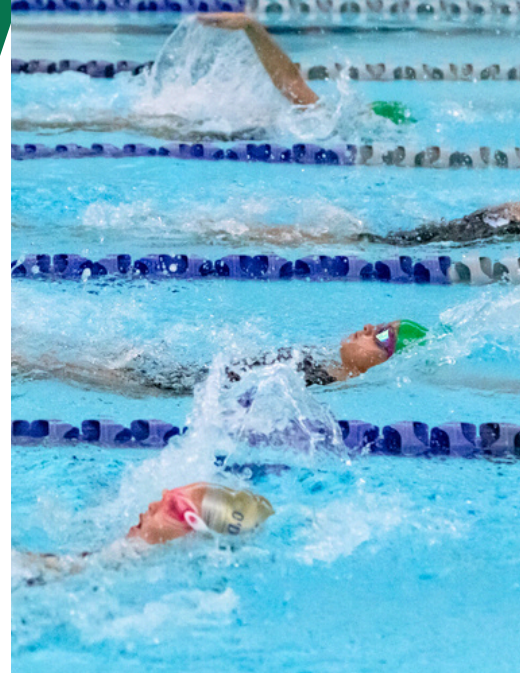
Rec Meet - McHenry



Open Meet Registration

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

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



(847) 996 6800



enricom@vhparkdistrict.org



635 N. Aspen Dr.
Vernon Hills, IL.



vhturtlesswimteam.org

VHPARKDISTRICT.org