

VERNON HILLS TURTLES

NEWSLETTER



WWW.VHTURTLESSWIMTEAM.ORG



IMPORTANT REMINDERS AND UPDATES

- * **PAC North Suburban Splash**
Feb 6th - 8th 2026
Location: Stevenson High School

- * **Blue Devil - Swim your hear out**
Feb 13th - 15th 2026
Location: RecPlex Aqua Arena,

- * **Vernon Hills & Bolingbrook Vs Oak Brook**
Feb 21st 2026
Location: Oak Brook

- * **NISC - Division B Conference**
Feb 28th 2026
Location: Bolingbrook

*** USA Registered Membership ***

Parents and swimmers, please be advised that all Turtle members are required to be registered members of USA Swimming. All memberships must be renewed ASAP. If you have not yet renewed your membership, please do so as soon as possible. Please note that entries for upcoming meets will only be accepted if the membership is current. To prevent any issues, it is advisable to resolve your membership status in advance

Team Swim Calendar & Commit Swimming Support :

Parents and Swimmers are encouraged to regularly check the official team calendar on the website for updates to practice or meet times. For questions or assistance related to Commit Swimming, the parent support page offers numerous helpful videos on various topics. [LINK](#)

Coach's Contacts

Coach Emmalee	Coach Bethany	Coach Angelina	Coach Enrico
Coach Charlie	Coach Abby	Coach Emma	

A Why Race-Day Habits Start in Practice: A Message for Parents

At a swim meet, coaches want nothing more than to see every athlete succeed. But sometimes a swimmer steps up behind the blocks without checking in, without warming up properly, or without reviewing the simple reminders that help them swim their best. As parents, you might see the coach watching anxiously, stopwatch in hand, hoping the swimmer remembers everything on their own. Imagine this: A swimmer races, misses their goal time by one-tenth of a second, and walks past the coaches' table without realizing how close they were — or how much that swim could have helped the team. It's easy to assume the athlete simply wasn't responsible enough or didn't care. But the truth is more important — and more encouraging.

Why athletes need to talk to their coach before and after their race

Speaking with the coach before and after every event is a critical part of an athlete's development and overall success. Some of the benefits of speaking with a coach are:

- **Routine:** It gives the athlete a “routine” that they perform before every race. This routine helps the athlete focus and enter a state they have experienced before. Whether it's a small or a big meeting, the routine is the same.
- **Time Management:** A life skill that most successful people we know have. Speaking with the coach before an event requires the athlete to manage their time during the meet. Teaching them an invaluable life skill in the process.
- **Race & Stroke Cues:** The athlete can be reminded of race strategy, technique cues, heat/lane assignment, heat speed, and other topics to help them perform at their best in the event.
- **Learning:** When an athlete gets feedback immediately after a race, they learn. If they did well or poorly, they learn why. Some of the best teaching/coaching can be done after a race. The athlete has to come up tho!

