

WHATS GOING ON THIS WEEK

SWIM MEET INFO

EVENTS COMING UP

# NEWSLETTER

Vernon Hills Park District Swim Team - Turtles

## Turtls Swim-A-Thon Update

\$2,448

RAISED

60

SUPPORTERS

39

DAYS LEFT

16% of \$15,000 goal

The Swim-A-Thon is off to a great start, but we need everyone to jump in and participate to make it a true team success! While several swimmers have already signed up, many haven't raised any funds yet—so now's the time to take action. Please send out your personal fundraising link to family and friends and encourage them to support your efforts. It's just \$100 per swimmer, and every dollar helps us reach our goal and strengthen our team spirit. Let's rally together and make a splash for a great cause!

## Swimming Equipment

Some swimmers still need to obtain their equipment, so please do so as soon as possible. Each piece of equipment is designed to help improve your performance. For those who already have their gear—great job! Just a quick reminder: please ensure that your name is clearly marked on all your equipment, including fins, paddles, snorkels, and water bottles. This helps prevent mix-ups and keeps everything organized during practice and meets. Let's work together to keep things smooth and stress-free for everyone!



[WWW.VHTURTLESSWIMTEAM.ORG](http://WWW.VHTURTLESSWIMTEAM.ORG)

## NEWS UPDATE



### Check the calander

Hey parents and swimmers! you are encourage to check the Commit Calendar regularly for the latest practice times and exciting upcoming events. Remember, schedules can change due to holidays, meets, or weather. Staying in the loop helps everyone arrive ready and on time.

### Swim Cap Orders Placed

Swim caps ordered through the store will be shipped to Coach Rob in about three weeks or less. We will then distribute them to each swimmer during practice.

Each swimmer will receive two shirts and two caps with their registration. Once we have everything in our possession, we will put together a package and distribute it to the swimmers.



### **USA SWIMMING SAFE SPORT LINK**

Being a Safe Sport Recognized Club isn't just a badge—it's a bold commitment to protecting every swimmer, coach, and parent in our community. It means we prioritize safety, respect, and integrity both in and out of the pool.

We require each swimmer to complete the USA Swimming Safe Sport course, as it empowers them to protect themselves and their teammates by understanding how to recognize, prevent, and report unsafe behavior. It's more than just a requirement—it's a chance to build confidence, foster respect, and strengthen team culture. By learning about boundaries, communication, and athlete rights, swimmers become active participants in creating a safe, inclusive, and supportive environment. Every swimmer deserves to feel secure in and out of the pool, and this course helps make that a reality.

#### **What We Gain**

- A Safe Sport badge to proudly display on our website and materials
- Visibility in USA Swimming's "Find-a-Team" tool as a recognized safe club

A stronger, safer, and more resilient swim community

### **ACCESS SAFE SPORT TRAINING ON [USASWIMMING.ORG](https://usaswimming.org)**

1. FROM YOUR USA SWIMMING DASHBOARD, CLICK ON YOUR CHILD'S NAME.
2. LOOK FOR THE "COURSES" OR "EDUCATION" SECTION.
3. SELECT THE SAFE SPORT FOR YOUR CHILD'S AGE.
4. FOLLOW THE PROMPTS TO LAUNCH THE TRAINING.

\*\* For athletes aged 5 to 12, the course is called "*SafeSport for Kids*"

\*\* For athletes aged 13 to 17, the course is called "*SafeSport for Youth Athletes (13-17)*"

\*\* *Parents, you can also participate in safe sports. The course is called "Parents' Guide to Misconduct in Sport."*



NAME OF MEET	TYPE OF MEET	DATE OF MEET	REGISTRATION CLOSES
DuPage Vs Vernon Hills	REC	Oct 18 <sup>TH</sup>	Oct 10 <sup>TH</sup>
LFC Monster Mash	USA	Oct 25 <sup>th</sup> - 26 <sup>th</sup> , 2025	Oct 10 <sup>TH</sup>
Patriot Fall Classic	USA	Nov1st - 2 <sup>nd</sup> , 2025	Oct 1 <sup>st</sup>
Schaumburg & Elk Grove Vs Vernon Hills	REC	Nov 8 <sup>th</sup>	Oct 31 <sup>st</sup>
Coho Arena Winter Classic	USA	Dec 6 <sup>th</sup> - 7 <sup>th</sup> , 2025	Nov 22 <sup>nd</sup>