

VERNON HILLS TURTLES SWIM TEAM

TURTLE NEWS

June 22nd, 2026

Issue #35



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.
- 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](#)

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 24th, 2026

Rec Meet - Park Ridge - Blue



Open Meet Registration

- Rec Meet - Park Ridge - Green
- CWAC Summer Sizzle
- Rec Meet - Bolingbrook

Swim Meet Information

Rec Meet - Wednesday, June 24th

Location: Centennial Aquatic Center, 100 S Western Ave, Park Ridge, IL 60068

Swimmer Arrival Time: 4:30 pm

Parking & Entry

- Any open parking space in the lot may be used.
- At the entrance, tell the cashiers you are there for the swim meet.
- Heat sheets available at the front for \$1.

Pool & Team Areas

- The meet will take place in the lap pool.
- Use the men's, women's, or family locker rooms to access the pool deck.
- Follow the deck path to reach the lap pool.

Away team areas:

- Right grassy area for swimmers
- Right side of the deck for spectators
- Seating is limited — bring lawn chairs if you'd like more comfortable seating.

Concessions & Food Rules

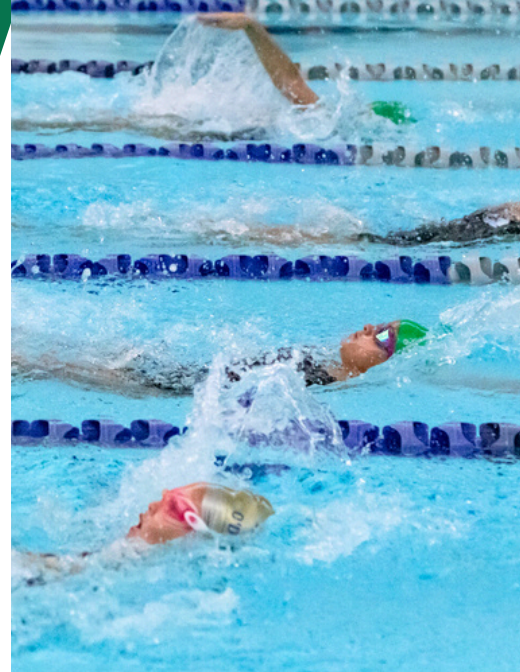
Concessions available until 8:00 PM.

✓ **Allowed:**

- Homemade foods, small snacks, sack lunches
- Non-alcoholic beverages in plastic or aluminum cans
- Small soft-sided coolers no larger than 6" x 10" x 7"
 - Coolers may be searched

✗ **Not Allowed:**

- Glass containers
- Commercially prepared or carry-out food
- Large quantities of food items or anything requiring preparation
- Hard-sided coolers or soft coolers larger than 6" x 10" x 7"
- Foods that create excessive trash or mess, including:
 - Sunflower seeds
 - Gum
 - Skittles
 - Any item deemed non-permissible by Aquatic Center Management



(847) 996 6800



enricom@vhparkdistrict.org



635 N. Aspen Dr.
Vernon Hills, IL.



vhturtlesswimteam.org

VHPARKDISTRICT.org