

# TURTLE NEWS



Sept 7th, 2026

Issue #40

## This Week at a Glance

- **Practice Schedule:** Regular schedule all week - See this [Link](#)
- **Changes:** All groups swim at their usual times, Saturday there will be no swimming or Dryland for Green.
- **Deadlines:** Team Handbook Form / USA Membership due Tuesday 8 September.
- **Upcoming Meets Deadline:**
  - HPAC Sprint Meet (USA) - Sep 9<sup>th</sup>
  - Turtles Inter Team Meet - Sep 14<sup>th</sup>

## Important Reminders

- **Team Handbook Form:** Please complete the form before practice on Tuesday. Swimmers will not be allowed in the water until it's submitted.
- **Volunteer Section:** If you plan to volunteer, please do not select "Opt Out," as that will trigger the \$300 fee.
- **USA Swimming Registration:** If you haven't added your swimmer's USA Swimming membership, please do so ASAP.
- **Payment Method:** Make sure your payment method is added and up to date.
- **Commit Swimming Help:** If you need assistance navigating Commit Swimming, please check out this [LINK](#). If you still need help, please reach out to Coach Enrico

USA = USA Meet

REC = Rec Meet



## Upcoming Meets

- TURTLES MINI INTER MEET
  - Sept 19
- HPAC SPRINT FEST
  - Sept 26 - 27 (USA)
- DUPAGE Vs VERNON HILLS
  - Oct 10 (REC)
- PATRIOT FALL LEAGUE #2
  - OCT 17 (USA)
- 2026 SCOUT SPOOKTACULAR
  - OCT 24 - 25



## Open Meet Registration

- HPAC SPRINT FEST
  - Closes Sep 9 (USA)
- TURTLES MINI INTER MEET
  - Closes Sep 14
- Patriot Fall League #2
  - Closes Sep 19 (USA)
- DUPAGE Vs VERNON HILLS
  - Closes Sep 28 (REC)
- 2026 Scout Spooktacular
  - Closes Sep 25 (USA)

# Tips for Success

- **Meet Prep Tip:** Pack your swim bag the night before — goggles, cap, water bottle, healthy snack.
- **Nutrition Reminder:** Encourage swimmers to drink water throughout the day, not just at practice.
- **Mindset Tip:** Celebrate effort, not just times. Consistency builds confidence.

## Coach's Quote of the Week

"Small improvements every day lead to big results."



## Closing Note

Thank you, parents, for your continued support and communication. We appreciate everything you do to help your swimmers grow, learn, and enjoy the sport. Let's make it another great week for the Turtles!



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