



# TURTLES NEWS



## GREAT PERFORMANCE AT THE COHO MEET THIS WEEKEND.

We had a fantastic weekend at the Arena Coho Winter Classic! Our 34 swimmers competed in 159 races, showcasing their incredible talent and hard work. Achieving an impressive 95% of best times is a testament to your dedication. Congratulations to Anastaiia for qualifying for State in the 100 Free and to Ava Lee for qualifying for Regionals in the 100 Breast!

Our starts and turns are improving, and coaches, your focus on these details is making a difference. Swimmers, with three months until championship season, let's channel our energy into training. Focus on the details: streamline off the walls, avoid breathing off the walls in freestyle, speed up our turns, and improve our kick. Remember, kicking is vital for all four strokes. Keep pushing yourselves, and let's achieve greatness together!

14TH DEC 2026



3 DAYS LEFT

\* GET YOUR TICKET NOW AT [WWW.GOFEVO.COM/EVENT/VERNONHILLSTURTLES25](http://WWW.GOFEVO.COM/EVENT/VERNONHILLSTURTLES25) \*

# IMPORTANT REMINDERS AND UPDATES

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## **Turtles, Team, Social Ice Hockey Game, December 14th:**

Only seven people have signed up for the Team Social. This swim team social is more than just a fun gathering – it’s a wonderful chance for parents and swimmers to connect with coaches, other families, and teammates in a laid-back setting. It’s a great way to strengthen the sense of community that supports each swimmer both in and out of the pool. These events let us celebrate the team’s accomplishments, get to know each other better, and see firsthand the positive environment we’re lucky to be part of. When parents join in, it shows the swimmers that their efforts matter and are appreciated, which helps boost morale and motivation. Ultimately, having a strong parent presence at socials helps create a united, encouraging atmosphere that benefits everyone on the team.

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## **Safe Sport USA Swimming Video Presentation:**

On Tuesday, December 9th, the Silver, Gold, and Green Groups will watch the USA Swimming Safe Sport Video as a team. Each group will sign an attendance sheet to earn credit toward our Safe Sport Badge.

- **The Silver Group** will watch the video at 6:00 PM in the gymnastics gym, followed by swimming practice.
  - **The Gold and Green Groups** will watch the video at 7:15 PM in Conference Room 2701, located upstairs by the Pool Spectator Door. After watching the video, they will also have swimming practice..
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## **Team Swim Calendar and Commit Swimming Support Page:**

Hey parents and swimmers! Just a friendly reminder to check the official team calendar on our website regularly for any updates to practice or meet times. If you have any questions or need help with anything related to Commit Swimming, don’t hesitate to visit our parent support page. It has lots of helpful videos on various topics. [LINK](#)

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## **No Parents on Pool Deck:**

Parents for the Safety and focus of our swimmers, we ask that all parents remain off the pool deck during the practices and competitions. unless you are volunteering. If you need to speak with a coach, Please do so via the Your Coaches email.

<b>Coach Emmalee</b>	<b>Coach Bethany</b>	<b>Coach Angelina</b>
<b>Coach Charlie</b>	<b>Coach Abby</b>	<b>Coach Emma</b>

# UP COMMING SWIM MEETS



Bensenville Vs Vernon Hills - Dec 20<sup>th</sup>, 2025  
**Registration - Still open**

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MMSC Winter Open - Jan 16<sup>th</sup> - 18<sup>th</sup> 2026  
**Registration - Closed**

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PAC North Suburan Splash Feb 6<sup>th</sup> - 8<sup>th</sup> 2026

**Registration will open on December 15<sup>th</sup>**

*Please be advised that this is a preliminaries and finals meet. If you are unable to return for the finals upon qualifying, we kindly request that you refrain from registering for this event.*

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Blue Devil - Swim your heart out (***Last Chance Meet***)  
**Registration - Still Open**

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Rec Meet - Vernon Hills Vs Boilingbrook & Oak Brook  
**Registration - Still Open**