
VERNON HILLS TURTLES NEWSLETTER #1



The swimming season starts on today **Tuesday, September 2nd**. Please review the information for the first day's training sessions:

- **Bronze:** Lakeview, 5:00 PM - 6:00 PM (Meeting & Swimming)
- **Silver:** Vernon Hills High School (VHHS), 5:30 PM - 7:15 PM (Meeting & Swimming)
- **Gold:** Vernon Hills High School (VHHS), 7:15 PM - 8:45 PM (Meeting & Swimming)
- **Green:** Vernon Hills High School (VHHS), 7:15 PM - 9:15 PM (Meeting & Swimming)

Please arrive on time for your sessions and bring all your equipment.

Please check the Team calendar for the balance of the week information

A friendly reminder to add your payment method to your Commit account to be included in swim meets.

USA SWIMMING REGISTRATION

All swimmers participating in Turtles must be registered with USA Swimming.

New Members - USA Swimming Registration Instructions - [LINK](#)

Returning Member - USA Swimming Registration Instructions - [LINK](#)

USA Swimming SafeSport:

A friendly reminder to all parents and swimmers to complete the USA Swimming Safe Sport program, which takes only 20 to 30 minutes. This initiative significantly contributes to our team's status as a recognized Safe Sport Club.

- **SWIMMERS 5 - 12 - SAFE SPORT FOR KIDS**
- **SWIMMERS 13 - 17 - SAFE SPORT FOR YOUTH ATHLETES 13 - 17**
- **PARENTS - PARENT GUIDE TO MISCONDUCT IN SPORT**

Website Link: www.usaswimming.org/learn

Team Caps - Silicone Only

Our seasonal order for swim caps featuring the team logo and your swimmers' last name or first name can be placed from August 26th to September 7th

via the following link.

[https://theswimteamstore.net/teamlogin/index/loginpost?username=vernoncaps
&password=swim](https://theswimteamstore.net/teamlogin/index/loginpost?username=vernoncaps&password=swim)

If needed : Username: vernoncaps | Password: swim

Caps will be manufactured and shipped to us within four weeks.

Coach Contact by Group:

Bronze:

- Coach Emma - triggypawp@gmail.com
- Coach Enrico – coachmconney@gmail.com / 305-914-4029 (Text Preferred)

Silver:

- Coach Abby – Kamaiabby1@gmail.com
- Coach Charley - cparston@gmail.com
- Coach Bethany rabinowitzbethany@gmail.com

Gold:

- Coach Abby – Kamaiabby1@gmail.com

Green:

- Coach Enrico – coachmconney@gmail.com / 305-914-4029 (Text Preferred)