

VERNON HILLS TURTLES SWIM TEAM

# TURTLE NEWS

May 18th , 2026

Issue #30



## IMPORTANT NOTICES

- Parents, please let us know in the comment section when submitting your entries which days you plan to participate in the USA meets. This way, we can double-check to ensure you're scheduled for the correct days and sessions.
- Shirts will be handed out this week. Please note that the pink vest shirt only comes in adult Small as the smallest.
- Please remind swimmers to take all their equipment after their last practice of the week, either Thursday the 21st or Friday the 22nd, as we won't be returning to Vernon Hills High School for practice until next season.
- 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](mailto:enricom@vhparkdistrict.org)



### Upcoming Meets

May 30th - 31<sup>st</sup> 2026  
LFSC SwimFest



### Open Meet Registration

- Rec Meet - McHenry
- Coho Summer Classic
- Rec Meet - Park Ridge
- North Shore Open
- Rec Meet - Norridge
- Rec Meet - Park Ridge
- CWAC Summer Sizzle
- Rec Meet - Bolingbrook

- For this week's schedule, please refer to the [Team Calendar Tab](#) on the Website.

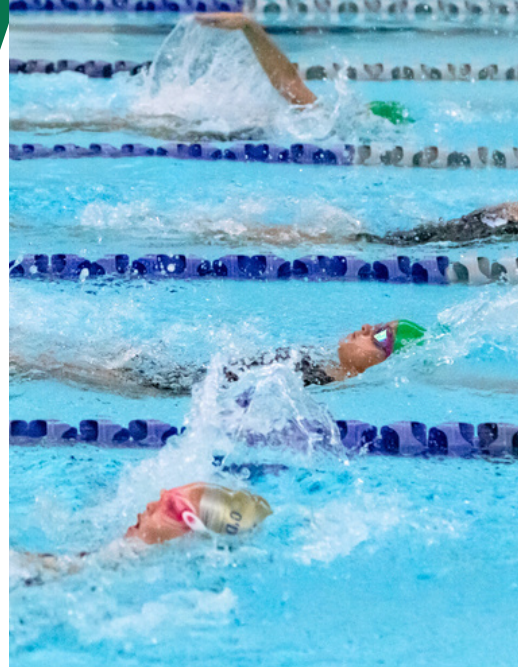
### WEEK OF May 18th

| VHHS = Vernon Hills High School<br>LF = Lakeview Fitness<br>TK = Turtle Creek | MONDAY                                | TUESDAY                    | WEDNESDAY                  | THURSDAY                   | FRIDAY                     | SATURDAY                              | SUNDAY |
|-------------------------------------------------------------------------------|---------------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------------------------|--------|
| BRONZE                                                                        |                                       | 5:00 - 6:00 PM Swim @ LF   |                            | 5:00 - 6:00 PM Swim @ LF   |                            |                                       |        |
| SILVER                                                                        | 6:00 - 7:15 PM Swim @ VHHS            | 6:00 - 7:15 PM Swim @ VHHS | 6:00 - 7:15 PM Swim @ VHHS | 6:00 - 7:15 PM Swim @ VHHS |                            |                                       |        |
| GOLD                                                                          | 7:15 - 8:45 PM Swim @ VHHS            | 7:15 - 8:45 PM Swim @ VHHS | 7:15 - 8:45 PM Swim @ VHHS | 7:15 - 8:45 PM Swim @ VHHS | 6:00 - 7:30 PM Swim @ VHHS |                                       |        |
| GREEN                                                                         | 7:15 - 9:15 PM Swim @ VHHS            | 7:15 - 9:15 PM Swim @ VHHS | 7:15 - 9:15 PM Swim @ VHHS | 7:15 - 9:15 PM Swim @ VHHS | 6:00 - 8:00 PM Swim @ VHHS |                                       |        |
| GREEN DRYLAND                                                                 | 6:15 PM - 7:00 PM @ VHHS Weight Room. |                            |                            |                            |                            | 8:00 AM - 9:00 AM @ VHHS Weight Room. |        |
| Events                                                                        |                                       |                            |                            |                            |                            |                                       |        |

## Upcoming Dates

### May 26<sup>th</sup> - Summer Program Begins

We will be moving to Turtle Creek for the summer. All changes have been updated and reflected on the team calendar.



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