

TURTLES

Newsletter

Parents and swimmers, with just one and a half months left until the championship season, now is the perfect time to sharpen essential skills such as turns, explosive starts, and powerful finishes at the walls. These seemingly small but crucial details can make a tremendous difference in racing performance. Consistent, focused practice during this period will ensure these techniques become second nature, enabling them to be executed flawlessly under the pressure of competition.

here are my Top 3 Reasons to help you become a better swimmer

1. What's your vision? Write out what you want to do with your swimming career. What do you want to accomplish? Go to the Olympics? Win state champs? Anchor the relay team? List out all of the cool stuff that you want to do with the sport. Don't overthink it – dream away. Just make sure you write it down. Thoughts come and go, float away and get forgotten. Put it down to paper.

2. Challenge yourself on the regular. Staying within the comfort zone is a one way ticket to Boresville. Each day challenge yourself within practice; there are fewer things more rewarding and more motivating than being able to say that you have done something for the very first time, or done something better than you ever have before.

3. Develop positives from your setbacks. We get way too bent out of shape when things don't go our way. We take it personal, get down on ourselves, and lose any hope for finding silver linings. Instead, the next time something happens to knock you off your butt, sit down and write out three positive things that will come out of this disaster. It will get you refocused and re-motivated quickly and abruptly.

Coach Enrico Out Till the 20th Jan

This week, I will be traveling internationally due to my father's passing in December. During my absence, Coach Abby will be the main contact for all swimming-related questions, and Coach Rob will handle all administrative matters for the club. I will return on Tuesday, January 20th, and will check my computer, but responses will be very delayed. If you need something answered promptly, please contact Abby or Rob.



IMPORTANT REMINDERS AND UPDATES

Team Swim Calendar & Commit Swimming Support Page:

Parents and swimmers are encouraged to regularly check the official team calendar on the website for updates to practice or meet times. For questions or assistance related to Commit Swimming, the parent support page offers numerous helpful videos on various topics. [LINK](#)

Bathrooms

Reminder to all swimmers: we are guests at the high school, so it's important to respect the bathrooms at all times. If you notice inappropriate behavior or someone damaging or cluttering the bathrooms, or anyone playing with the light switches. please inform a coach.

Silver Group - Get in on time

Silver Group Swimmers, please arrive at the pool 15 minutes before practice begins so you have time to change and prepare your equipment. I've noticed many swimmers arriving at 6:00 pm and then taking their time to get into the pool. If you're late, please hurry when you get on deck.

Coach's Contacts

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|---------------|---------------|----------------|---------------------|
| Coach Emmalee | Coach Bethany | Coach Angelina | <u>Coach Enrico</u> |
| Coach Charlie | Coach Abby | Coach Emma | |

UPCOMING SWIM MEETS & REGISTRATION



MMSC Winter Open - Jan 16th - 18th 2026

Registration - Closed

- Check the Meet Page for Swimmers Attire per day
 - Also Swimmers events have been Posted.
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PAC North Suburan Splash Feb 6th - 8th 2026

Registration Closed

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.



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

Registration - Still Open (Closes Jan 12th)



Vernon Hills & Bolingbrook Vs Oak Brook
at Oak Brook

Registration - Still Open (Closes Feb 2nd)



NISC - Division B Conference Championship

Registration - Opens Jan 14th
