

# TURTLES

## Newsletter

We're just two months away from our championship meets, so keep focusing on the small details in practice—turns, streamlines, and underwaters off the wall—while continuing to work hard. Our final Rec Meet is on February 21st, an away meet at Oak Brook. We also have three more USA meets; if you're aiming for a Regional or State time, consider signing up for the North Suburban Splash Meet and the Blue Devil Last Chance Meet, which will be the final opportunity this season to achieve those qualifying times. Time standards are posted on the website.

Be sure to dress appropriately for the weather—avoid arriving to swim in just a swimsuit. Depending on the conditions, layer up with a cozy sweater or a warm jacket, and pair them with long sweatpants and comfortable crocs or shoes. To help keep your immune system strong, swimmers are encouraged to take vitamin C or enjoy a tasty kids' multivitamin gummy.



# IMPORTANT REMINDERS AND UPDATES

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## Swimmers Attire :

Hi everyone! Just a friendly reminder that it's important for our swimmers to bundle up with a cozy sweatshirt or jacket and some long pants when heading to and from the pool. The weather can get pretty chilly, and we want to make sure everyone stays healthy and comfortable! Even a short walk to the car can catch you off guard if you're not dressed warmly, especially with wet hair. Don't forget, a swim parka works great too! Thanks for helping us keep everyone safe and warm!

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## Team Swim Calendar & 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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## Gold & Green Group:

Just a heads up for all swimmers and parents in the Gold & Green Group: there will be no practice on Friday 9<sup>th</sup> due to a Boys High School Swim Meet.

## Coach's Contacts

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



# UPCOMING SWIM MEETS



MMSC Winter Open - Jan 16<sup>th</sup> - 18<sup>th</sup> 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 6<sup>th</sup> - 8<sup>th</sup> 2026

**Registration Closes Jan 8<sup>th</sup>, 2026**

*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 12<sup>th</sup>)



Vernon Hills & Bolingbrook Vs Oak Brook  
at Oak Brook

Registration - Still Open (Closes Feb 2<sup>nd</sup>)