

WHATS GOING ON THIS WEEK

SWIM MEET INFO

EVENTS COMING UP

# NEWSLETTER

Vernon Hills Park District Swim Team - Turtles

## **TURTLES SWIM-A-THON UPDATE**

All swimmers are encouraged to participate in the Swim-A-thon Fundraiser, as the funds raised will directly support our club and its members. Your support goes a long way in providing new equipment for our swimmers, including free championship gear for the Conference meets, complimentary gear for State and Regional qualifiers, and a wonderful team banquet at no cost to parents. Additionally, your contribution helps us acquire essential training tools, such as three new pace clocks for the pool and a Big tent for summer meets, as well as any other items the team may require. Every participant makes a big difference—together, we can reach our fundraising goal and start offering these great resources to our team.

If the following groups reach their respective milestones by Thursday before practice, the Kids will have a **Fun Practice on Thursday, 9th**

GROUP	CURRENT AMOUNT	MILESTONE AMOUNT
BRONZE	\$899	\$1500
SILVER	\$1625	\$2230
GOLD	\$105	\$800
GREEN	\$522	\$1100



[WWW.VHTURTLESSWIMTEAM.ORG](http://WWW.VHTURTLESSWIMTEAM.ORG)



# Official Training Meeting

Please review the following information regarding the upcoming training session for parents interested in becoming officials at the Recreation Meet. Attendance is required for those who have signed up to serve as officials on the job sheet, as well as for those considering this role in the future. Failing to attend the training will result in an inability to officiate at the meet and will preclude the opportunity to earn voluntary hours. Your participation is very important.

## NISC Officials Training

- **Hosted by** Brian Johnson, Des Plaines Park District
- **Address:** Prairie Lakes Aquatic Center, 515 E Thacker St, Des Plaines, IL 60016
- **Date:** **Saturday, October 11, 11 am-12:30 pm**

*You don't need to RSVP; attendance and participation will result in licensure.*



## Rec Meet Deadline

Please remember that the deadline to sign up for the 1st Rec Meet, DuPage Vs Vernon Hills, is October 10th. It's important to register by this date so we can finalize the roster and make sure everyone is prepared for the event. Late sign-ups will not be accepted, and we want to ensure every swimmer has the chance to participate. If you have any questions about the registration process or need assistance, please contact Coach Enrico before the deadline.

## Check the Calendar

It's very important to check the team calendar regularly, as practice times can sometimes change or be canceled due to high school meets. Staying up to date with the calendar will help you avoid any surprises and make sure you never miss a practice. The calendar also lists upcoming meets, registration dates, and deadlines, so reviewing it often ensures you won't miss important opportunities or cutoff dates. Please make it a habit to check for updates.

# 1st USA Meet Approaching

We are excited to kick off the season with a USA Meet! Please take note of a few important guidelines to ensure a smooth and enjoyable experience for everyone involved:

## **USA Import Rules Reminder**

- **Recording Devices:** To protect the privacy of our athletes, the use of audio or visual recording devices, including cell phone cameras, is strictly prohibited in all changing areas, restrooms, locker rooms, and behind the starting area. We appreciate your cooperation in maintaining a respectful environment.

- **Changing Areas:** Swimmers are required to use the locker rooms for changing into and out of their swim gear. Changing on deck is not permitted to ensure a comfortable atmosphere for all attendees.

## **Meet Information**

Location: **Norris Aquatic Center, 2311 Campus Drive, Evanston, IL, 60208**

## **Saturday Swimmers**

- **Arrival Time:** Please arrive promptly by 2:45 PM to allow time for warm-ups and team discussions.
- **Team Shirt:** Wear your designated grey Turtle shirt\*
- **Swim Suit:** Swimmers should wear the black suit with the Turtles logo.
- **Swim Cap:** A Black swim cap will be provided to you this week, which you should wear during the meet.

## **Sunday Swimmers**

- **12 & Under Swimmers:** Arrive by 7:45 AM for morning events.
- **13 & Over Swimmers:** Please arrive by 12:30 PM.
- **Team Shirt:** Wear your black Turtle shirt, which will be distributed this week.
- **Swim Suit:** Swimmers should wear the black suit with the Turtles logo.
- **Swim Cap:** The black swim cap will be provided for you this week.

## **Snacks and What to Bring**

- **Packing List:** We recommend that each swimmer bring 2 towels, 2 pairs of goggles, and an extra swimsuit in case it's needed. Swimmers should wear their shirts and shorts after the warm-up and have extra clothes in their bags to change into.

To keep your energy up throughout the meet, please ensure that your swimmer brings along drinks and healthy snacks. Recommended options include fresh fruit or fruit cups, granola bars, cheese, dry cereal, and Pop-Tarts. For health and safety reasons, we kindly ask that you avoid packing any snacks containing peanuts or peanut products. Parents, we try to take pictures at every meet, but if you are able to, please take photos and send them to Coach Enrico via email.

All meet-related information has been posted on the **meet page**, including swimmers' events, the meet timeline, and the psych sheet.





NAME OF MEET	MEET	DATE OF MEET	REGISTRATION CLOSURES
DuPage Vs Vernon Hills	REC	Oct 18 <sup>TH</sup>	Oct 10 <sup>TH</sup>
LFC Monster Mash	USA	Oct 25 <sup>th</sup> - 26 <sup>th</sup> , 2025	Closed
Patriot Fall Classic	USA	Nov1st - 2 <sup>nd</sup> , 2025	Closed
Schaumburg & Elk Grove Vs Vernon Hills	REC	Nov 8 <sup>th</sup>	Oct 31 <sup>st</sup>
Coho Arena Winter Classic	USA	Dec 6 <sup>th</sup> - 7 <sup>th</sup> , 2025	Nov 22 <sup>nd</sup>