

VERNON HILLS TURTLES

NEWSLETTER



WWW.VHTURTLESSWIMTEAM.ORG



IMPORTANT REMINDERS AND UPDATES

*** USA Registered Membership ***

Parents and swimmers, please be advised that all Turtle members are required to be registered members of USA Swimming. All memberships must be renewed ASAP. If you have not yet renewed your membership, please do so as soon as possible. Please note that entries for upcoming meets will only be accepted if the membership is current. To prevent any issues, it is advisable to resolve your membership status in advance

Team Swim Calendar & Commit Swimming Support :

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](#)

Swimming change to the calendar

This Week due some High School Swim Meets we will not have swimming on Tuesday evening for Silver but Gold and Green will have dryland and no Swimming on Friday for Gold and Green. Please check the calendar as it has been updated to show.

- * **PAC North Suburban Splash**
Feb 6th - 8th 2026
Location: Stevenson High School
- * **Blue Devil - Swim your hear out**
Feb 13th - 15th 2026
Location: RecPlex Aqua Arena,
- * **Vernon Hills & Bolingbrook Vs Oak Brook**
Feb 21st 2026
Location: Oak Brook
- * **NISC - Division B Conference**
Feb 28th 2026
Location: Bolingbrook

Coach's Contacts

Coach Emmalee	Coach Bethany	Coach Angelina	Coach Enrico
Coach Charlie	Coach Abby	Coach Emma	

Courtesy of Ashleigh Shanley, SwimSwam Intern.

5 Ways to Prepare for Your Championship Swim Meet

As a sophomore college swimmer, I have experienced many championship meets between all the summer and winter seasons that I have taken part in. Although that makes me no expert on how to have a perfect season, each year has taught me something new in how to prepare for those exciting end of the season meets. As we near that time of year again, here are five important steps to prepare you for that last meet of the season.

ONE – Trust yourself

If you can look yourself in the mirror and know you have worked your hardest at each practice, each dryland, and have taken care of yourself outside of the pool, you have no reason to doubt yourself. You have put in the time and effort, and the last meet of the season is for you to show off everything you have done throughout the season, so trust your hard work and trust yourself.

TWO - Ignore the feelings

While we are tapering for a big meet, everyone tends to be so concerned with how they are feeling in the pool. Although it is important to be conscious of how we are feeling, many swimmers let those feelings get to their head. If they are feeling crummy in the pool one day, that becomes all they can think about making them tense and causing them to stress or worry about the next practice and how they are going to feel. Don't let this happen to you! We have all had those meets where we feel tight or sore during warm up, and then swim out of our minds. So don't let feeling weird during taper freak you out. Your body is adjusting to the extra rest, and will be ready to perform when you need it to. Ignore the feelings, and focus on everything you have done this season.

THREE – Focus on the details

Going off the second point, by focusing on the details of our stroke or race in practice, it will take your mind off how you are feeling. Not only will it distract you, if you are a swimmer that stresses about feelings, but it will also build your confidence before your meet by knowing your stroke is in its best shape possible. Use the details to keep you stress-free and confident.

FOUR – Visualize

Picture yourself winning your championship meet or executing the perfect race or getting that time standard you have been working so hard for. Whatever it is, the more you visualize or picture yourself accomplishing your goal, the more comfortable you will become with it, and the more realistic it will seem. When you are standing behind the blocks at your championship meet, and you have visualized yourself in that exact race multiple times, you will have the confidence to go out there and race to your fullest potential to accomplish that goal.

FIVE – Enjoy yourself and your team

You have been working so hard all season together, pushed through training trips or winter training together, and now it is time to watch each other have amazing meets, and there is nothing better than that. Enjoy the last few weeks of the season with your teammates, watching them accomplish their goals, and enjoy yourself throughout it all.

