

TURTLE NEWS



Sept 14th, 2026

Issue #41

This Week at a Glance

- **Practice Schedule:** Regular schedule all week - See this [Link](#)
- **Upcoming Meets Deadline:**
 - Turtles Inter Team Meet - Sep 14th

Important Reminders

- **Mini Turtles Meet:** We have our Turtle Mini Meet this Saturday from 12:00 pm to 2:00 pm. Swimmers should arrive by 11:45 am as we'll start with warm-ups at 12:00 pm. Parents will have a timers meeting around 12:15 or 12:20 pm to go over timing.
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- **Commit Swimming Help:** If you need assistance navigating Commit Swimming, please check out this [LINK](#). If you still need help, please reach out to Coach Enrico

USA = USA Meet

REC = Rec Meet



Upcoming Meets

- TURTLES MINI INTER MEET
 - Sept 19
- HPAC SPRINT FEST
 - Sept 26 - 27 (USA)
- DUPAGE Vs VERNON HILLS
 - Oct 10 (REC)
- PATRIOT FALL LEAGUE #2
 - OCT 17 (USA)
- 2026 SCOUT SPOOKTACULAR
 - OCT 24 - 25



Open Meet Registration

- TURTLES MINI INTER MEET
 - Closes Sep 14
- Patriot Fall League #2
 - Closes Sep 19 (USA)
- DUPAGE Vs VERNON HILLS
 - Closes Sep 28 (REC)
- 2026 Scout Spooktacular
 - Closes Sep 25 (USA)

Tips for Success

- **Meet Prep Tip:** Pack your swim bag the night before — goggles, cap, water bottle, healthy snack.
- **Nutrition Reminder:** Encourage swimmers to drink water throughout the day, not just at practice.
- **Mindset Tip:** Celebrate effort, not just times. Consistency builds confidence.

Coach's Quote of the Week

"Consistency beats intensity when intensity isn't consistent."

Closing Note

Thank you, parents, for your continued support and communication. We appreciate everything you do to help your swimmers grow, learn, and enjoy the sport. Let's make it another great week for the Turtles!



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