



NEWSLETTER

Hello Turtles Parents and Swimmers!

Hey everyone! I wanted to give you a quick update on our training schedule for this week. We have some water polo events going on, so there will be a few adjustments. But don't worry – we'll be back to our normal routine in just a few weeks! Just a friendly reminder for all swimmers to bring all their equipment this week, as we'll start using it from now on.

Please read this newsletter in its entirety and stay tuned to your GroupMe and emails for the latest updates. I am very proud of how hard the swimmers are working in the water during our pool sessions, as well as during dryland training, to improve their conditioning and coordination.

Thanks so much for your understanding!

Go Turtles!

Join the GroupMe Announcement Chat

We will be using a GroupMe account to notify you faster about the schedule and important notices, and to share urgent information here. Please use the link or QR code to request to join.

https://groupme.com/join_group/114251131/BvofUnm8



Thank you to our sponsors & Partners



WWW.VHTURTLESSWIMTEAM.ORG



A Couple of Housekeeping Import Notices

- This is a reminder that parents are not allowed on the pool deck. If you are waiting for the Bronze group, please remain in the viewing room during drop-off and pick-up. For other groups at the high school, please use the viewing area in the stands and drop off or collect your child in the main lobby.
- If you need to ask your coach a quick question, please do so either before or after practice. If you'd like to discuss further, please email your coach to schedule a time to talk about your questions.
- We kindly request that you upload a face profile picture of your child to their account. This enhancement will help our coaches learn each swimmer's name more efficiently and contribute to more accurate attendance records. To complete this process, please follow these steps:
 - 1. *Navigate to your swimmer's on the left menu, click on it*
 - 2. *Select the swimmer*
 - 3. *Click on the camera icon located beside their name to upload a photograph.*
- If you have not yet provided your payment method, please complete this step promptly. Failure to provide this information will result in the exclusion of your swimmer from all upcoming swim meets.
- If you have not yet completed the registration process for USA Swimming. We kindly request that you attend to this matter promptly. Please be advised that failure to provide this information will lead to the following actions:
 - - **First Notice:** Initial warning
 - - **Second Notice:** Reminder issued in person
 - - **Suspension of swimming privileges** until USA Swimming registration is finalized, in accordance with the Turtle team handbook.
- If you need help with Commit Swimming, please consult the [parent help section](#) first, which provides step-by-step videos on all topics. If you still require assistance, you can email Coach Enrico at enricom@vhparkdistrict.org



Below is the tentative schedule for this week. Any changes will be communicated via GroupMe & Commit Swimming and will be reflected on the Commit Swimming Calendar.

| | Bronze | Silver | Gold | Green | Green Dryland |
|------------------|-------------------------|--|---|---|---------------------|
| Monday | | Swimming Silver 6:00 - 7:00 pm Lakeview ----- Swimming Silver Comp 7:00 - 8:00 pm Lakeview | Swimming 7:30-8:45pm VHHS | Swimming 7:30-9:15pm VHHS | |
| Tuesday | 5:00-6:00pm Lakeview | DRYLAND FOR ALL GROUPS 6:15- 7:15 PM VHHS | | | |
| Wednesday | | Swimming 6:00-7:15 pm VHHS | Swimming 7:15-8:45pm VHHS | Swimming 7:15-9:15pm VHHS | |
| Thursday | 5:00-6:00pm Lakeview | DRYLAND FOR ALL GROUPS 6:15 - 7:15 PM VHHS | | | |
| Friday | | | No Swimming Due to Water polo game | No Swimming Due to Water polo game | |
| Saturday | | | | | 7:30-8:30pm VHHS |



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THIS MEET HAS TIME STANDARDS TO QULIFIY 11 & OVER

Meet: NASA Spring Blast Off

Date : May- 7TH - 10TH, 2026

Location: Norris Aquatic Center, Northwestern University

Meet Registration Open - April 6th | Closed - April 24th

SEE TEAM MEET PAGE FOR MORE INFORMATION



Meet: Patriot Spring Fling

Date : May-16th - 17th 2026

Location: Stevenson High School

Meet Registration Open - April 15th | Closed - April 28th

SEE TEAM MEET PAGE FOR MORE INFORMATION



Meet: Lake Forest Swim Fest

Date: May 30th - 31st, 2026

Location: Rex Plex

Meet Registration Open - April 27th, | Closed - May 03rd

SEE MEET PAGE FOR MORE INFORMATION



Meet: Vernon Hills Vs McHenry

Date: Jun 17th

Location: 201 S. Green St. McHenry

Meet Registration Open - April 13th | Closed - Jun 3rd

SEE MEET PAGE FOR MORE INFORMATION



THIS MEET IS A PRELIM / FINALS MEET

Meet: COHO Summer Classic

Date: Jun 19th - 21st

Location: Highland Park - Prelims / Deerspring Pool - Finals

Meet Registration Open - April 27th | Closed - Jun 3rd

SEE MEET PAGE FOR MORE INFORMATION