



NEWSLETTER

Welcome to all

Dear Swim Families,
 We're thrilled to dive into another exciting season together! Whether you're returning to the pool or joining us for the first time, we can't wait to see the energy, teamwork, and dedication you'll bring.

This season promises new challenges, personal bests, and plenty of fun along the way. Our coaches have been busy planning engaging practices, skill-building sessions, and team-bonding activities to help every swimmer grow both in and out of the water.

Let's make this a season filled with hard work, encouragement, and celebration of every achievement—big or small. Remember, every lap counts, and every teammate matters.

Here's to a fantastic season ahead—let's make some waves!

Go Turtles!



Join the GroupMe Announcement Chat

We will be using a GroupMe account to notify you faster about the schedule, Important Notices, and 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





A Couple of Housekeeping Import Notices

- Just a reminder that parents aren't allowed on the pool deck. If you're waiting for Bronze, please stay in the viewing room, and if you're waiting for other groups at the high school, use the viewing area in the stands.
- If you require a discussion with your coach for any reason, please ensure that this takes place either before or after practice. Alternatively, you can use the Commit Swimming Message or email to schedule a time for your conversation. We expect our coaches to dedicate their full attention to your swimmer during practice sessions.
- 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 or registered your swimmer with USA Swimming, kindly ensure that you complete these actions at your earliest convenience. Failure to submit this information may result in your swimmer's exclusion from meets.
- It is essential to ensure that each swimmer is equipped with the appropriate attire for all practices. For dryland activities, this includes suitable footwear and athletic clothing. For swimming sessions, swimmers should have a swim cap, goggles, and all necessary equipment. Additionally, please remember to instruct your swimmer to bring a water bottle to every session.
- Please ensure that you collect your swimmers promptly at the conclusion of each practice. In accordance with USA Swimming regulations, coaches must verify that parents are present to collect their children before departing. This policy is implemented for the safety of your child.



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



Meet: NASA Spring Blast Off

Date : May- 7TH - 10TH, 2026

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

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

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



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