

VERNON HILLS TURTLES

NEWSLETTER



WWW.VHTURTLESSWIMTEAM.ORG



* NISC - Division B Conference

Feb 28th 2026

Location: Bolingbrook

* 2026 Winter IL Regionals

Feb 27th - MAR 1ST 2026

Location: Stevenson High School

* IL 10 & Under State Champ

Mar 7th - 8th , 2026

Location: Glenbrook North

* IL 11-14 Age Group State Champ

Mar 12th - 15th , 2026

Location: Rex Plex , WI

IMPORTANT REMINDERS AND UPDATES

Traning Times This Week

Attention parents and swimmers,

We would like to inform you that our training schedule has changed due to maintenance at Vernon Hills High School's pool this week. We will only have three group training this week.

- **All Bronze swimmers** will practice at their regular times and on their usual days, regardless of the Division Meet.

- **NISC Division Team:** To find out if you've qualified for the meet, please [CLICK HERE](#). If you have qualified, confirm your participation in the meet section on Commit Swimming. *If you do not confirm your participation, your child will not be entered in the meet.* If your child is not swimming in the meet, please decline the invitation.

- **Regionals/State Team:** If you qualify for these USA meets, you will practice in this group this week. Please check the team calendar for specific times.

Please note that all swimming sessions will take place at **Lakeview Fitness this week.**

Turtles Awards & Bowling Night

Join us for our Short Course Season Awards and Bowling Night on March 6th at Bowlero Vernon Hills, located at 316 Center Drive. The event will take place from 6:00 PM to 8:00 PM.

Please RSVP by March 2nd if you plan to attend, as your commit account will be charged. For more details, see the flyer linked [HERE](#)

Turtles Tryout for Spring / Summer

Hey Everyone! It's that exciting time again for Turtle tryouts! If you know someone eager to join our team, encourage them to sign up and showcase their skills. Remember, a little swimming experience goes a long way—whether it's lessons, prior teams, or summer league. Click [HERE](#) for more info!

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](#)

Coach's Contacts

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