

Weekly Update (October 13, 2019):

Great meets this past week at Elgin and against Jacobs. The full results will be posted to our weebly website: www.dchs-swim.weebly.com.

The end of the season will be here before we know it! All swimmers will participate in our final home meet (Senior Night) on Wednesday, October 30 against South Elgin at 4:30 pm. All underclassmen are expected to help celebrate our seniors! Please give monetary donations (recommended \$20) to Coral Howard, Maggie Hillyer, Becky Fuentes or Marissa Nunez before Friday, October 18.

Rosters will be announced by the end of the week for our conference and sectional teams. Less than 3 weeks until Fox Valley Conference Championships on Saturday, November 2 at Woodstock North! Just 5 until Sectionals at St. Charles North on Saturday, November 16.

On Monday (10/14), there will be a Varsity ONLY practice from 3:30 - 5:30 pm. No bus since this is a day off from school. For JV, enjoy the extra day off and take care of appointments, so that no practices are missed! Get ahead on school work as well!

Varsity dryland training will focus on stretching and visualization. We will meet at Rakow Center (by track area) on Tuesday and Thursday evening at 7:00 pm. For Tuesday (10/15), Varsity will be in pool at 7:30 pm and JV will start practice at 7:45 pm at Rakow Center. For Thursday (10/17), both JV & Varsity will be in pool starting at 7:30 pm. Please be prompt. All will finish at 9:00 pm.

Wednesday (10/16) will be an interesting day with the school-day PSAT test. JV will have normal practice from 3:30 - 5:30 pm. Transportation is on your own (no bus). Varsity has a meet at Lake Forest Academy, 1500 W. Kennedy Road, Lake Forest. The bus will depart promptly at 3:10 pm. Meet is scheduled to start at 5:00 pm.

Friday (10/18) will be a normal practice (with bus transportation) from 3:30 - 5:30 pm.

On Saturday (10/19), both JV and Varsity will swim at the Warren Invite, 500 N. Oplaine Road, Gurnee. Bus will depart DCHS at 10:20 am. The meet starts at 1:00 pm. We should return at approximately 6 pm. Please pick up swimmers promptly back at school.

Team caps (DC) are still available through Coach Field. Cost is \$13 cash or check (payable to DCHS). First come, first served. Please take care of this sooner rather than later!

Remember to schedule appointments on Tuesday and Thursday afternoons, so as not to miss practices or meets! These are also great days to go to after school tutoring if you are struggling in any classes. Remember that you are students first! If you have any grades of D or F, you should attend lunch or after school tutoring! Please let the coaches know if you need any help.

Please do let coaches know as soon as possible if a meet or practice will be missed. Even if you emailed at the start of the season, please remind coaches about any events that will be missed. As a reminder, swimmers may not have an unexcused absence the day before a meet. Generally, swimmers will know their events the practice before a meet; however, these are always subject to change.

As always, please contact the coaches with questions:

Coach Field, amy.field@d300.org

Coach Esposito, brian.esposito@d300.org