

Weekly Update (October 20, 2019):

Great meets this past week at Lake Forest Academy and Warren HS. 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!

Rosters have been announced for our conference and sectional teams. Please talk to coaches if you have questions. Less than 2 weeks until Fox Valley Conference Championships on Saturday, November 2 at Woodstock North at 1:00 pm! Less than 4 until Sectionals at St. Charles North on Saturday, November 16.

T-shirts have been ordered for ALL conference swimmers. Cost is \$13. Quarter zip fleece pullovers have been ordered for ALL sectional swimmers. Cost is \$40. Please turn in payments to coaches this week if possible. Cash or check (payable to DCHS) will be accepted.

Regular practices Monday, Wednesday, and Friday of this week (3:30 - 5:30 pm). For Friday, 10/25, there will be NO bus due to the early release.

Varsity dryland training will focus on stretching and visualization. We will meet at Rakow Center (by track area) on Tuesday 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. Please be prompt. All will finish at 9:00 pm.

Thursday (10/24) will be our final away dual meet at McHenry HS (West Campus), 4724 W. Crystal Lake Road, McHenry. The meet is scheduled to start at 4:30 pm.

On Saturday (10/26), there will be a Varsity Only practice from 7:15 - 8:30 am.

Team caps (DC) are still available through Coach Field. Cost is \$13 cash or check (payable to DCHS). First come, first served. ALL conference swimmers should have a team cap!

As we taper for our end-of-season meets, please limit other exercise and weight training. Rest and eating well is more important than ever. Please talk to coaches if you have questions or concerns.

End-of-season athletic surveys will be completed on Monday (10/28) at DC prior to going to practice. Please bring your ChromeBook. More details will be in next week's update.

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