

## **Weekly Update (October 27, 2019):**

What a season! For many of you, this will be the last weekly update. Great meet this past week at McHenry. The full results will be posted to our weebly website: [www.dchs-swim.weebly.com](http://www.dchs-swim.weebly.com).

End-of-season athletic surveys will be completed on Monday (10/28) at DC (Room 153) prior to going to practice. Please bring your ChromeBook. Regular practices on Monday (3:30 - 5:30 pm) and Tuesday (7-9 pm Varsity; 7:45-9 pm JV).

Senior Night will be celebrated on Wednesday, October 30. There should also be an email coming from the Athletic Director, Steve Gertz regarding this meet. We'll be splitting our team to cover everything on Wednesday. Team Dundee (see below) will travel to South Elgin for a meet at 4:30 pm with Coach Field. Team Crown (see below) will be at Rakow Center with Coach Esposito. All swimmers will end up at Rakow Center.

### **Team Dundee**

Elise  
Grace  
Miriam  
Annika  
Fiona  
Elle  
Andrea  
Sara  
Lisset  
Yaniris  
Amelie  
Sydney  
Lizabeth  
Becky  
Ali

### **Team Crown**

Olivia  
Cinthia  
Idaly  
Edith  
Mia  
Maggie  
Coral  
Faith  
Marissa  
Rosio  
Tori

For transportation on Wednesday, our bus will depart DCHS at 3:05. The bus will stop at Rakow Center to drop off some swimmers and pick up those who have their own vehicles. They should drive from DC to Rakow. At about 3:15, the bus will depart Rakow Center for South Elgin HS, 760 E. Main Street, South Elgin. Our seniors will be acknowledged at the start of the meet at South Elgin. Parents are welcome to join us at South Elgin. At the immediate conclusion of the meet (about 5:45), the bus will return to Rakow Center for our Celebration of Seniors. We hope that parents and families can join us for this part of our day starting at about 6:00 pm!

For conference swimmers, practice on Thursday (10/31) will be from 5:00 - 6:30 pm. T-shirts have been ordered for ALL conference swimmers. Cost is \$13. Please turn in payment to coaches by Tuesday (cash or check to DCHS)! Shirts will be distributed on Thursday. Enjoy your Halloween and be safe!

Practice on Friday (11/1) will be from 3:30 - 5:00 pm. After Friday's practice, all swimmers are invited to the Conference Pasta Party. Team captains will provide details.

Fox Valley Conference Championships are on Saturday, November 2 at Woodstock North at 1:00 pm. Bus will depart DC at 10:15 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! The team plans to go to Portillo's for dinner at the conclusion of the Conference meet. Swimmers should bring money for this activity. Parents are also welcome to join us!

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.

As always, please contact the coaches with questions:

Coach Field, [amy.field@d300.org](mailto:amy.field@d300.org)

Coach Esposito, [brian.esposito@d300.org](mailto:brian.esposito@d300.org)