

## Weekly Update (October 6, 2019):

Great swims at Rockford Jefferson yesterday. Overall, the team placed 10th out of 14 teams. The full results will be posted to our weebly website: [www.dchs-swim.weebly.com](http://www.dchs-swim.weebly.com).

Busy week this week with only 4 weeks until conference! Monday (10/7), we have a meet at Elgin High School, 1200 Maroon Dr., Elgin. Bus will depart from DC at 3:05. Meet will start at 4:30. It should finish around 6 and we'll be back to school about 6:30 pm.

Wednesday (10/9), we have a home meet against Jacobs High School. It is their Senior Night. The bus will depart DC at 3:05. Since it's a home meet, there is no return bus. The meet will start at 4:30 pm. It should finish around 6:15 pm. We will need to put chairs and equipment away before leaving. We will also need parent timers for our meet. Training will be provided. It's a great front row seat to the action!

Varsity dryland training changes this week. We will now 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 (10/8), Varsity will be in pool at 7:30 pm and JV will start practice at 7:45 pm at Rakow Center. For Thursday (10/10), both JV & Varsity will be in pool starting at 7:30 pm. Please be prompt. All will finish at 9:00 pm.

This Friday, October 11, there is no school due to a teacher inservice. We will still practice at our normal time 3:30 - 5:30 pm. There will be NO bus on this day. There is a volunteer opportunity after practice on Friday (10/11). The Dundee Dolphins are in need of timers for their swim meet. Girls will have a chance to change and training will be provided.

On Saturday (10/12), there will be a Varsity ONLY practice from 7:15 - 8:30 am. 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.

Swim caps are still available through Coach Field. Cost is \$13 cash or check (payable to DCHS).

Senior Night is Wednesday, October 30 at Rakow Center. Please email pictures of our seniors to Jeanne Howard at [jeanne.howard@d300.org](mailto:jeanne.howard@d300.org). 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.

Please try to schedule appointments on Tuesday and Thursday afternoons, so as not to miss! These are great days to go to after school tutoring if you are struggling in any classes. Remember that you are students first! 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](mailto:amy.field@d300.org)

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