

Weekly Update (November 10, 2019):

Reminder that results are posted to our weebly website: www.dchs-swim.weebly.com.

For swimmers, that have completed their season. Please clean bags, jackets and parkas. These items can be returned to Coach Field before school any day in room 153.

Join us to celebrate our amazing swimmers and coaches this season at the Awards Banquet! It will be held at the Rakow Park District Senior Center (next to Indoor Pool) on Tuesday, November 19th at 6 pm. Information sheets are available from Coach Field or on the weebly site (link above). Please RSVP to Karen Merkelz ASAP.

Regular practice schedule this week: Monday, Wednesday, Friday from 3:30 - 5:00 pm. A bus will depart DC at 3:05. Swimmers should be picked up at Rakow Center after. Tuesday and Thursday are late practices from 7:00 - 8:30 pm with no bus. Notice the shorter times as we taper for sectionals. Please do your best to arrive on time and try not to miss a practice this week!

Practice on Friday (11/15) will be from 3:30 - 4:45 pm. After Friday's practice, all sectionals swimmers are invited to the Sectional Team Pasta Party at the home of Elle McKinney, 507 Scott Street, Algonquin.

IHSA Sectionals are on Saturday, November 16 at St. Charles North High School, 255 Red Gate Road, St. Charles, 60175. The bus for swimmers will depart DC at 10:15 am. The meet starts at 1:00 pm.

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

Coach Esposito, brian.esposito@d300.org