

Weekly Update (November 3, 2019):

What a Fox Valley Conference Invite! Great meet this past week at Woodstock North. The full results will be posted to our weebly website: www.dchs-swim.weebly.com.

Special congratulations to Alison Fitzgerald who was recognized as Newcomer of the Year for the Fox Valley Conference following her victory in the Varsity 100 Breastroke!

For swimmers, that have completed their season. Please clean bags, jackets and parkas. These items can be returned on Thursday, November 7 before or after school. Please meet Coach Field in the cage area to drop off these clean items!

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 2019 at 6 pm. Information sheets were passed out Saturday. I will also send a copy following this update. Please RSVP to Karen ASAP.

At this point only sectionals swimmers will continue with practices:

Elise
Grace
Annika
Fiona
Elle
Sara

Ali
Olivia
Maggie
Coral
Faith
Marissa

Regular practice schedule this week: Monday, Wednesday, Friday from 3:30 - 5:30 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 - 9:00 pm with no bus.

Practice on Friday (11/8) will be from 3:30 - 5:00 pm. After Friday's practice, all sectionals swimmers are invited to the Sectional Team Sleepover. Team captains will provide details.

IHSA Sectionals are on Saturday, November 16 at St. Charles North. More information will come out in next week's update.

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