

Special Update:

For this season, we plan to send out a weekly update every Sunday. It will be sent via 8to18 and Remind. We hope you find this helpful!

For Friday, August 23, there is NO JV swim practice. Varsity ONLY will practice at Sleepy Hollow Pool from 3:30 – 5:30 pm.

For Saturday, August 24, we have a bunch going on:

7:00 am Arrive at Stadium at DCHS for individual and team pictures. Order form was sent via 8to18 yesterday. Swimmers should wear their team jackets with a black shirt underneath.

7:15 am Team Pictures will take place on bleachers.

7:45 am Parent Meeting will take place in Room 153. Swimmers can hang out in room 150. Items that should be turned in if they have not been already:

- Signed Swim Contract
- Cap/Spiritwear Order (with payment)

9:30 am Bus departs for Team Building at Ron Beese Park in Barrington. The following items are needed for Team Building:

- Signed Waiver
- \$10 cash or check (payable to DCHS)
- Sack lunch
- Refer to the info sheet regarding dress for the day

3:00 pm Bus departs Ron Beese Park to return to DCHS.

On Sunday, August 25, the next update will be sent including information on our first meet which is Saturday, August 31 at Elgin High School.

As always, please contact the coaches with questions:

Coach Field, amy.field@d300.org

Coach Esposito, brian.esposito@d300.org