

Weekly Update (August 25, 2019):

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!

Wow, we are off to an amazing start. Our roster is set with 26 swimmers. We have noticed a few outstanding items still due. Here's what we have received:

- 23 signed contracts
- 19 cap/spiritwear orders
- 18 goal sheets
- 14 payment for team building (out of 22 that attended)

We do understand that the start of the season is a bit fast and furious. If you have outstanding items, please turn into Coach Field ASAP. Cap and spiritwear order will be placed tomorrow (Monday, August 26)! At school, Coach Field can be found in Room 153, usually by 7:00 am.

The team building event was wonderful! We hope that the 22 swimmers that attended had a great day. It's great to spend time together out of the pool to get to know each other better!

This is our final week practicing outdoors at Sleepy Hollow Pool. We'll be there Monday through Friday from 3:30 – 5:30, unless the weather doesn't cooperate.

We have our first meet on Saturday, August 31 at Elgin High School, 1200 Maroon Drive, Elgin. This meet is a Bright & Early Invite for ALL swimmers (both JV & Varsity). Swimmers should be at DCHS (Athletic Entrance) at 7:15 am. The bus will depart at 7:25 am. Warm-ups begin at 8:00 am. The meet will start at 9:00 am. Following is the order of events:

1. 50 Backstroke
2. 50 Breaststroke
3. 50 Butterfly
4. 50 Freestyle
5. 100 Freestyle

Varsity swimmers will swim all 5 events. JV swimmers will swim events 1-4. The goal for this meet to see all swimmers compete in each of the four strokes. We understand that for some swimmers this may be their first meet. We plan to prepare the team for it this week. Meet should finish between 10:30 and 11:00 am. Bus will return all swimmers to DCHS Athletic Entrance.

There will NOT be practice on Monday, September 2 due to the Labor Day Holiday. Enjoy your weekend! If it's possible, try to get in a pool either Sunday or Monday.

Tuesday, September 3, we have our first practice at the indoor pool, Rakow Center, 665 Barrington Ave, Carpentersville. Varsity should arrive at 7:15 pm. JV should arrive at 7:45 pm. All swimmers will finish at 9:00 pm.

As always, please contact the coaches with questions:

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