

Weekly Update (September 15, 2019):

Wonderful swims at Sage YMCA this past week. Although the team lost to both Cary-Grove and Huntley, we had some great individual swims including wins by Ali Fitzgerald, Maggie Hillyer and Becky Fuentes. The full results will be posted to our weebly website: www.dchs-swim.weebly.com tomorrow.

This week, we'll have regular practices after school on Monday, Wednesday and Friday. Bus will depart DCHS at 3:05 pm for Rakow Indoor Pool on Monday and Wednesday. Friday is an early release schedule, so there is no bus.

Varsity will begin weight training this week on Tuesday and Thursday at 6:15 pm at DCHS (in the upstairs weight room). We had been waiting for renovations to be completed; however, it seems as those will not be completed until after our season. Rides will be available for any Varsity swimmers from DCHS to Rakow Center for practice at 7:15 pm. JV will start practice at 7:45 pm at Rakow Center.

On Saturday, September 21, Varsity Plus (any JV swimmers will be notified Monday) will attend the Woodstock North Invite. Bus will depart DCHS Athletic Entrance at 8:00 am. Please arrive before then. Woodstock North High School is located at 3000 Raffle Road, Woodstock; however, for Mapquest directions, use 1756 Raffle Road. The meet will start at 10:00 am.

On Sunday, September 22, DCHS will kick-off their homecoming week celebrations with a parade around Carpenter Park. Please arrive at 12:30 pm for a 1:00 pm start. Please wear your team jacket and bring a bag of candy to pass out!

Only 7 weeks until Conference! Make sure swimmers are attending every practice. Please try to schedule appointments on Tuesday and Thursday afternoons, so as not to miss!

Please do let coaches know as soon as possible if a meet or practice 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:

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