

## **Weekly Update (September 22, 2019):**

Great swims at Woodstock Invite yesterday. Overall, the team placed 8th. Ali Fitzgerald won the Varsity 100 Breast and the Freshman 50 Free. Sara Merkelz placed 6th in the Senior 50 & 100 Free. The Varsity 200 Medley Relay and the Frosh/Soph 400 Free Relay both placed 6th as well. The full results will be posted to our weebly website: [www.dchs-swim.weebly.com](http://www.dchs-swim.weebly.com).

Unfortunately, the Homecoming Parade was cancelled today due to the weather. This will not be rescheduled. Homecoming Week brings lots of festivities at school, which we hope the girls will get involved in. The theme is Dancing Through the Decades.

This week, we'll have regular practices after school on Monday and Friday. Bus will depart DCHS at 3:05 pm for Rakow Indoor Pool both those days. We plan to finish early on Friday (4:45 pm), so that swimmers can attend the football game. The Homecoming Football games are against Cary-Grove. The Frosh/Soph game starts at 5:30 pm and the Varsity game starts at 7:00 pm. Boosters are always looking for help at concessions. Please consider volunteering while your daughter attends the game!

Varsity weight training this week will be on Tuesday morning (6:25-7:00 am) and Thursday evening (6:15-7:00 pm) at DCHS (in the upstairs weight room). Varsity practices will start at 7:15 pm and JV will start practice at 7:45 pm at Rakow Center. All will finish at 9:00 pm.

On Wednesday, September 25, all swimmers will attend our tri-meet against D155 and Woodstock at Woodstock North High School, 3000 Raffel Road, Woodstock, IL. The bus will depart DCHS at 3:05 pm. We should return at approximately 6:30 pm.

On Saturday, September 28, all swimmers will attend the Irish Relays at Peoria Central Pool, 415 W. Richmond Ave., Peoria, IL. The bus will depart DCHS promptly at 8:00 am, please arrive prior. We do realize that this is the day of the homecoming dance. We will leave Peoria promptly at 4:00 pm, which should put us back at DCHS at 7:00 pm. Information was sent home Friday about ordering sandwiches for the ride home. Orders will be taken at practice on Monday (9/23). We encourage girls to bring what they need for the dance. There will be access to the locker room at school for girls to change and get ready.

Only 6 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! These are great days to go to after school tutoring if you are struggling in any classes. Remember that you are students first! Please let the coaches know if you need any help.

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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