

## **Weekly Update (September 29, 2019):**

Great swims at Peoria Relay Meet yesterday. Overall, the team placed 5th out of 9 teams. The full results will be posted to our weebly website: [www.dchs-swim.weebly.com](http://www.dchs-swim.weebly.com).

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 each of those days.

On Tuesday, October 1, most of the JV team (including double-rostered swimmers) is scheduled for a dual meet at Adlai E Stevenson High School, One Stevenson Drive, Lincolnshire, IL 60069. The meet is scheduled to start at 5:00 pm. The bus will leave school at 3:15 pm. At practice on Monday, September 30, coaches will confirm who is scheduled to swim. Varsity will have practice as usual at 7:15 pm.

Varsity weight training this week will be on Tuesday and Thursday mornings (6:25-7:00 am) at DCHS (in the upstairs weight room). For Thursday, Varsity practice 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.

This Friday, October 4, all seniors should be at the pool by 3:15 pm for pictures with Ron McKinney! Please wear your team suit.

On Saturday, October 5, Varsity (including double-rostered) swimmers will attend the J-Hawk Invite at Jefferson High School, 4145 Samuelson Road, Rockford, 61109. The bus will depart DCHS promptly at 7:50 am, please arrive prior. The meet is scheduled to start at 10:15 am.

Our next full-team dual meet is Monday, October 7 at Elgin High School at 4:30 pm. Details will be sent in next week's update.

Volunteer Opportunity (great for NHS/Beta Club hours): Serving as a timer for Dundee Dolphins swim meet on Friday, October 11 at 5:45 pm. Meet should be finished by about 7:30 pm.

**Save the date:** Senior Night is Wednesday, October 30 at Rakow Center. Please email pictures of our seniors to Jeanne Howard at [jeanne.howard@d300.org](mailto:jeanne.howard@d300.org). All underclassmen are expected to help celebrate our seniors! More details to follow.

**Save the date:** Awards Banquet is scheduled for Tuesday, November 19 at the Senior Center (attached to the Rakow Center Pool) starting at 6:00 pm. More details to follow!

Only 5 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. Even if you emailed at the start of the season, please remind coaches about any events that 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:

Coach Field, [amy.field@d300.org](mailto:amy.field@d300.org)

Coach Esposito, [brian.esposito@d300.org](mailto:brian.esposito@d300.org)