

Weekly Update (September 8, 2019):

Wonderful swims at both IMSA and Palatine this past week. The full results are posted to our weebly website: 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. Practice will end at 5:30 pm.

On Wednesday, September 11, there will be a pasta party after practice. More information is going out via the group chat. This is a great team-bonding time prior to our Thursday meet.

We will depart DCHS Athletic Entrance on Thursday, September 12 at about 3:05 pm for Sage YMCA. The address is 701 Manor Road, Crystal Lake if you are interested in attending. The tri-meet against Cary-Grove and Huntley will start at 4:30 pm. Please send snacks/food for before and after meet. We should be back at DC around 6:45 pm. Swimmers will call or text parents with an update when we depart YMCA.

On Saturday, September 14, we will have a Varsity Only practice from 7:15 - 8:45 am.

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:

Coach Field, amy.field@d300.org

Coach Esposito, brian.esposito@d300.org