



Welcome to the 2022-2023 Boys Swimming and Diving Team!

We are very excited to see all the great things our team will accomplish this year! We have a busy season, filled with lots of practices and exciting meets. The next three months will definitely be challenging, but if you put in the work, it will pay off. We are a very tight-knit team, and it is important that you always support and encourage your teammates at practices, meets, and outside of the pool. Let's make this season a great one!

On the following pages you will find upcoming events and general information about our team. Practice schedules, meet schedules and meet results are available online at the official team site managed by Coach Kevin, wildkitaquatics.com. Be sure to check the schedules regularly as some information is still being confirmed and can change depending on COVID restrictions.

We can't wait to see everyone at the pool. Feel free to contact us if you have any questions or concerns. We are always happy to help!

Your captains,

Quintin Nguyen, Michael Pollack, and Christopher Vye

Captain Contact Information

Quintin Nguyen	qtnguyen@eths202.org	773-672-0148
Michael Pollack	mfpollack@eths202.org	847-899-3389
Christopher Vye	cjvye@eths202.org	847-525-5157

Coach Contact Information

Kevin Auger	swim@wildkitaquatics.com
Aaron Melnick	melnicka@eths202.org
Heidi Toft	toft@eths202.org
Veronica Gibson	gibsonv@eths202.org
Tim Silkaitis	silkaitist@eths202.org

Captain's Parents Contact Information

Thuy (Twee) Nguyen	thuynhoc208@yahoo.com	773-322-8048
Quoc (Kwock) Nguyen	g16623@yahoo.com	773-960-3275
Dawn Pollack	dawn@clesen.com	224-392-2186
Alex Pollack	apollack6692@gmail.com	224-522-4545
Vicky Vye	victoriavye@rocketmail.com	847-899-3612
Jerry Vye	evanstonre@hotmail.com	847-525-8151

Practices

Coach Kevin has provided the team roster and practice group assignments. Be sure to check the team practice schedule frequently and mark important dates on your calendar in advance.

Attendance at practices and meets is recorded and does affect your ability to participate in meets, as well as other team activities.

Practices are usually held before school, after school, and sometimes on the weekends. Morning practices end in time for the boys to get changed, eat breakfast, and make it to AM Support and class. Afternoon practices are immediately after school, so come straight to the pool after your last class. Occasionally we will have Saturday morning practices on days we do not have a meet. Also, there will be practices throughout winter break, and it is important to come to these and stay in shape during the holiday season.

An important change for this season: If you are planning to be absent from practices or meets any time during the season, please let your coaches know and **enter your absence online on**

wildkitaquatics.com → ETHS Boys Swim and Dive → Team Information → Absences. You will need to provide your school ID and days you will be absent.

Regular Season Meets

ETHS is in the Central Suburban League (CSL) South. **The CSL South** schools include: Evanston, Glenbrook South, Glenbrook North, Maine South, New Trier, and Niles West. **CSL North** schools include: Deerfield, Niles North, Highland Park, Maine East, Maine West and Vernon Hills. The team will swim and dive in both dual meets and invitationals (invites). All high school dual meets follow the same order of events. This is also posted at the pool on the record board.

200 Medley Relay
200 Free
200 IM
50 Free
Diving
Warm-up Break
100 Fly
100 Free
500 Free
200 Free Relay
100 Back
100 Breast
400 Free Relay

All dual meets are scored as follows:

	1st	2nd	3rd	4th	5th
Individual Events	6	4	3	2	1
Relay Events	8	4	2	-	-

At some meets, there will be “exhibition” swimmers to fill extra lanes in a heat. This usually occurs at schools that have 8-lane as opposed to 6-lane pools. These swimmers are not eligible to earn points towards the team score but will still have the chance to race. Invitationals are scored differently than dual meets as determined by the host. At Invitationals, swimming and diving are separated, so there will be no diving break, but usually these meets have an extra warm-up after the conclusion of the 200 Free Relay.

There will be FOUR home regular season dual meets.

ETHS vs. Maine South - Fri. 1/6 **(Keep in mind this Friday is NOT a school day, as it coincides with Winter Break. Please keep in mind the date of this meet when making plans for winter break. It is important that we have as many swimmers and divers competing as possible!)**

ETHS vs. New Trier - Fri. 1/13

ETHS vs. Glenbrook North - Fri. 1/20

ETHS vs. Naperville North - Sat. 1/21 **(Senior Day)**

ETHS will also host the Evanston Swimming Invitational on Sat. 1/7. Similar to the Maine South dual meet, **this meet coincides with Winter Break, so mark your calendars ASAP!**

Additional information, including State Qualifying Time Standards, is available at IHSA Website: IHSA Website www.ihsa.org. Most meets are also covered on the **Meet Mobile** app which is close to live time (a good thing to consult if you cannot be at a meet in person).

End of Season Championship Meets

Towards the end of the season, swimmers and divers will take part in a series of championship meets. These meets follow the same event schedule as our in-season dual meets, with a slightly adjusted scoring system. All swimmers who are in good standing will compete in at least one championship meet. Our coaches will determine who will swim at each meet based on attendance and performance throughout the season.

The Championship Meets are as follows:

- **CSL Frosh Invite:** All freshmen swimmers and divers will take part in a freshman-only competition against freshmen from other CSL conference schools. This is a very exciting and energetic meet that the entire team will go to and cheer on our freshmen at!
- **CSL JV/Varsity Conference:** Our CSL Conference Championships includes a JV and Varsity level. The top 3 Evanston swimmers in a specific event will compete at the Varsity level. The next three will compete at the JV level. Both JV and Varsity levels will compete at the same meet against other CSL South Schools.
- **JV Invite:** All swimmers (including freshmen who swam at the CSL Frosh Invite) who do not participate in the CSL JV/Varsity Conference Meet will swim at the JV Invite Meet.
- **IHSA Sectional Meet:** The top 2 Evanstons swimmers in each individual event and top relay team for each relay event will be selected to compete at the IHSA Sectional Meet. At this meet swimmers can qualify for the IHSA State Meet by winning their event or by swimming

a state qualifying time. Divers are ranked across the whole state based on their scores at Sectionals and the top 48 divers advance to State.

- **IHSA State Championships:** All swimmers and divers who qualify for the State Meet at Sectionals will take part in a two day, prelim/finals meet for the top swimmers and divers in the state. This meet is annually held at the FMC Natatorium in Westmont. The top 12 swimmers and divers from prelims on Friday will advance to finals the next day.

As championship season approaches, swimmers will begin to “taper,” with fewer and/or lighter practices to give them the extra energy needed to swim fast at their Championship Meets.

Some swimmers will choose to wear a technical racing suit and “suit up” for their last meet. These suits help swimmers shave off some time, but can be pretty expensive. Tech suits are not required, but if you are interested, more information will be sent out on how to purchase them (with an ETHS discount) as we approach the end of the season.

Hospitality

After all home dual meets, it is our tradition to provide healthy snacks for all team members, both ETHS and visitors. Each class has been assigned dates for which family members of swimmers are asked to bring in snacks and drinks. Each class is expected to provide volunteers to set-up, staff the table as the boys come out of the locker rooms, and clean up. Tables are provided by ETHS. Each class has been assigned dates to staff and bring snacks/drinks for the Hospitality Table. **A Captain parent will be organizing this and will send out information with sign up links to volunteer after the team meeting on 12/1.**

Hospitality Table Schedule

Meet Date	Who is running the table
January 6th vs. Maine South	Sophomore Parents
January 13th vs. New Trier	Senior Parents
January 20th vs. Glenbrook North	Freshman Parents
January 21st vs. Naperville North (Senior Day)	Junior Parents

Team Traditions

- **Donut Days:** The boys swim and dive team has not been able to have regular Donut Days since the 2019-2020 season, and this year, we want to make up for lost time. In the past,

freshmen would bring donuts and chocolate milk for the whole team to have after a morning practice. This year, our plan is to have one donut day each month of the season (December, January, February) with juniors, sophomores, and freshmen each being responsible to bring stuff to one. Captains will communicate specific dates in due time.

- **Super Bowl Party:** Prior to the pandemic, the team has always held a super bowl party at one of the team members' houses. It is VERY important that the party occurs this year because this year's seniors are the only class that have experienced it. The most difficult challenge is finding someone willing to host all ~50 members of the team with a big enough house. **If this sounds like you, please volunteer to host and the Captains and their parents will help set-up!** This will be held on Super Bowl Sunday, February 12th, 2023.
- **Senior Day:** During the diving break at the Naperville North home meet on January 21st, seniors and their parents are honored by the team and coaches. Junior parents, working with the junior boys, organize the Senior Day at the pool (decorations, hospitality, etc.). **If you are a junior parent and want to be part of a group to plan and execute this, please reach out to one of the captain's parents.**
- **Championship Meet Dinners:** We have a long tradition of hosting pasta dinners the night before our end-of-season meets. Each swimmer or diver is guaranteed to participate in at least one of these meets, meaning every swimmer will have the chance to go to at least one pasta dinner. These are the dates for each of them:

Frosh Conference Dinner: Thursday, February 2nd

JV Invite Dinner: Monday, February 6th

JV Conference Dinner: Friday, February 10th

Varsity Conference Dinner: Friday, February 10th

Sectionals Dinner: Friday, February 17th

State Dinner: Thursday, February 23rd

Food and drinks are provided by the swimmers and divers attending the dinner. Sign-up links for what is needed will be sent out a few weeks prior to each dinner.

While the end-of-season meets that swimmers will end up attending/qualifying for remains to be seen, if you are a parent that could potentially host any of these dinners, please volunteer now. Final plans will be made once championship teams are created.

- **End of Season Banquet and Awards Night:** This is the final team gathering where awards are given out by the coaches. Juniors will make speeches about seniors and seniors will pass down some of our prized team possessions. All team members and their families are invited to attend. Junior parents, working with the junior boys, organize the invites, budget, food and decorations. **If you are a junior parent and want to be part of a group to plan and**

execute this, please reach out to one of the Captain's parents. More information about this event will be sent out closer to the end of our season.

We want to give a big thank you in advance to all the swimmers, divers, and parents that will help make this season a success. We are looking forward to many best times and new dives! We hope to see you all at our **team meeting at 5:15 this Thursday 12/1 at the ETHS pool and at our first dual meet this Friday 12/2 at Loyola!**

Go Kits!