



## **Evanston Men's Swimming & Diving 2018-2019**

Hello everyone from your Captains:

**Zack Andalman, Rafa de Gouvea, Trevor Nelson, Maximiliaan Van Mieghem**

We are extremely excited to welcome back our returning athletes and to meet an awesome new group of incoming freshmen. We hope to see lots of hard work and dedication pay off at the end of the season this year. For the entire team to reach its full potential, we believe that everyone on the team must show respect. First and foremost, we must respect the team as a whole by showing up to practice on time and always putting forth our utmost effort. Further, it's crucial that everyone treat each other equally no matter their swim ability, appearance, or grade in school.

The Evanston Boy's Swimming and Diving Team is a place where everyone should feel welcome and failure to execute these expectations will dishonor the team. Lastly, everyone should respect themselves. This is especially important as swimming is a rigorous sport and requires discipline to succeed in the pool and in school; after all we are student athletes, which means we have educational obligations to fulfill as well as athletic ones. There is a lot to be gained this swim season. We are here to lead by example and provide support should anyone need our help. Now...

### **Welcome all Swimmers, Divers, & Parents to the 2018- 2019 Season!**

On the following pages you will find useful information for the upcoming season to help you understand how the season runs, the team traditions and parent responsibilities.

**Team Coaches:** Varsity Swimming: Kevin Auger, Diving: Aaron Melnick, JV Swimming: Joe Springer, Heidi Toft and Tim Silkaitis. Volunteers Jim Blickenstaff, Chuck Fargo

**Team Captains:** Zack Andalman, Rafa de Gouvea, Trevor Nelson, Maximiliaan Van Mieghem

**Team Captain Parents:**

Carrie & Rob Andalman

Marcia and Andre de Gouvea

Terri & Scott Nelson

Shannon Cahill & Jan Van Mieghem

## Swim and Dive Meets

**Practice schedules, the meet schedule and meet results are available online at [wildkitaquatics.com](http://wildkitaquatics.com).** Click on the “ETHS Boys Swim and Dive” tile. Be sure to check the team practice schedule frequently (it does change) and mark important dates on your calendar. **The group that your swimmer will be in will be determined after about a week into the season.** All meets occur on Friday nights and Saturdays, with the exception of the end of season JV Invite. Typically, Friday night meets involve the entire team; Varsity, Diving, all JV groups and Frosh. For Saturday meets the groups will usually be in different locations. **During the week prior to each meet, the coaches will make the decision and inform the boys who swims at which Saturday meet.**

### Home Meets

ETHS parents and fans sit on the west side of the pool (left side as you look at the scoreboard), the same side as the team, or on the end near the Concession Stand. Parents of divers move down to the left of the diving boards when diving begins.

There are no heat sheets for the meets (with exception of Evanston Invite and IHSA State Meet) but they will be on the Meet Mobile app.

### Away Meets

A school bus takes the boys to and from all away meets. If parents attend an away meet and want their child to come home with them, they need to tell one of the coaches **at the meet** (right after meet is fine) so they see the parent and know child has a ride home.

## Important Dates

**Friday, November 30, 2018 - Season Kick-Off Meeting | Immediately after first home meet (Loyola) in the pool area. Meet starts at 5:30:** All swim and dive families are strongly encouraged to attend. In addition to getting an overview of the season from the coaches, orders will be taken for swimsuits/team apparel package and family spirit wear. It is also the first opportunity to volunteer to help with season events. **Please bring checkbooks.**

**Saturday, Jan. 19, 2019 - Senior Night:** During the diving break at the home dual meet vs. Naperville North, seniors and their parents are honored by the team and the coaches. The swimmers are presented to the crowd, during a slide show and speech, honoring their accomplishments and acknowledging their parents. Pictures of parents and swimmers are taken.

### Conference Meets, Sectionals and IHSA State Finals

During the weeks before conference meets, sectionals and state finals, various pasta dinners and breakfasts will be hosted by families for participants. The captains/captain families organize

most of these activities – so stay tuned as the season progresses. All swimmers and divers are expected to attend these meets to help cheer for and support their team.

Saturday, Feb. 2, 2019- Freshman Conference (CSL) Meet @**Glenbrook South**  
Wednesday, Feb. 6, 2019- Central Suburban League (CSL) JV Invite @**New Trier**  
Saturday, Feb. 9, 2019- CSL JV/Varsity Conference Meet @**ETHS**  
Saturday, Feb. 16, 2019 -IHSA Sectionals @**Niles North**  
**Friday/ Saturday, Feb. 22-23, 2019 - IHSA State Finals @ New Trier**

**Monday, Feb. 18, 2019 @ 5:00 pm | End of Season Dinner and Awards Night** – All swimmers, divers and families are invited to this event. We celebrate the season and the coaches honor the accomplishments of all swimmers and divers. Everyone is encouraged to attend. More information below and to be expected during the season.

## Parent Volunteer Opportunities

**Concessions | All Home Meets** – We sell concessions for our spectators at our home meets and we need 2 volunteers to staff the concessions table at each meet. ***The Wildkit Swim Organization*** will buy and set up the food, as well as provide the cash box. ETHS Swim & Dive parents are asked to provide bags of ice for the coolers. All proceeds go toward buying and maintaining equipment at the pool.

**Hospitality Table | After All Home Dual Meets** – It is our tradition to provide healthy snacks for all team members, both ETHS and visitors, after each home dual meet. Each class will be assigned dates for which they are to bring snacks and drinks. Volunteers are expected to set-up, staff the table as the boys come out of the locker rooms, and cleanup. Tables are provided by ETHS. Sign up forms will be available at the 11/30 parent meeting and a captain parent will send out reminders to volunteers one week prior to each meet. We appreciate all the help we can get and we encourage everyone to participate in this ETHS tradition.

**Volunteer to host a conference pre-meet pasta dinner or be our photography coordinator.** See details in the following team traditions section.

So don your orange and blue (family and fan T-shirts will be available to order at the Kick-Off meeting) and come cheer for our boys – at home and away. Feel free to contact the captains or any of the captain parents with any questions you may have.

# High School Swim and Dive Fun Facts

## Central Suburban League (CSL) Schools

### South

**Evanston**  
Glenbrook South  
Maine South  
New Trier  
Niles West  
Niles North

### North

Deerfield  
Glenbrook North  
Highland Park  
Maine East  
Maine West  
Vernon Hills

## Dual Meet

**Order of Events** (also posted at the pool on the record board)

200 Medley Relay  
200 Free  
200 IM  
50 Free  
Diving  
100 Fly  
100 Free  
500 Free  
200 Free Relay  
100 Back  
100 Breast  
400 Free Relay

## Dual Meet Scoring

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
<b>Individual Events</b>	6	4	3	2	1
<b>Relay Events</b>	8	4	2	-	-

**Additional information, including State Qualifying Time Standards, is available at IHSA Website: IHSA Website [www.ihsa.org](http://www.ihsa.org)**

You can also follow the team on <http://il.8to18.com/evanston> or go to [wildkitaquatics.com](http://wildkitaquatics.com).

## ETHS Men's Swim & Dive Team Traditions

**Season Kick-Off Meeting | Immediately after first home meet (Loyola) Friday 11/30/18.**  
**Meet starts at 5:30.** All swim and dive families are strongly encouraged to attend. In addition to getting an overview of the season from the coaches, orders will be taken for swimsuits/team apparel package and family spirit wear. It is also the first opportunity to volunteer to help with season events. **Please bring checkbooks.**

**Team bonding** breakfasts after practices, pizza dinners and activities at dates to be determined. Captains will send out advanced notice to the swimmers/divers by team group text. These activities may involve the entire team or be individual team or grade level.

**Note:** For the following end of season pasta dinners, traditionally the host parents do set up and provide the pasta. Other parents of participants provide plates/cups/utensils, salad, chocolate milk, Texas Toast (a long-standing team tradition!), dessert, as well as moral support and help with clean up.

**Freshman and Captain Dinner | Thursday, Jan. 31:** This dinner is held at the house of a freshman swimming parent the Thursday before the freshman conference meet. The freshman and captain parents work together to plan the food and decorations.

**Super Bowl Party |** This dinner will be held at the house of a swimmer. All swimmers are invited to watch the Super Bowl, and dinner will be provided. All who attend are invited to bring appetizers or beverages.

**JV Invite Dinner | Tuesday, Feb. 5:** This dinner is held on the night prior to the JV Invite Meet and is for the athletes who are competing in the JV Invite Swim/Dive Meet. This event is hosted and organized by a parent of one of the athletes participating in this meet.

**JV Conference Dinner | Friday, Feb. 8:** This dinner is held on the night prior to the JV/Varsity Conference Meet for the JV athletes who are competing in the JV/Varsity Conference Swim/Dive Meet. This event is hosted and organized by a parent of one of the athletes participating in this meet.

**Varsity Conference Dinner | Friday, Feb. 8:** This dinner is the night prior to the JV/Varsity Conference Meet and is for the varsity athletes who are competing in the JV/Varsity Conference Swim/Dive Meet. This event is hosted and organized by a parent of one of the athletes participating in this meet. This year the Andalman family will be hosting this event.

**Sectional Dinner | Friday Feb. 15:** This dinner is the night prior to the Sectional Meet and is for the athletes who are competing in Sectionals. This event is hosted and organized by a parent of one of the athletes participating in this event. This year the Nelson family will be hosting this event.

**State Breakfast | Friday Feb. 22:** This breakfast is for the athletes who are competing in the State Swim Meet. Parents are encouraged to attend. This event is hosted and organized by a parent of one of the athletes participating in the meet. The athletes will end up spending all morning together preparing for their big meet. This year the de Gouvea family will be hosting this event.

**End of Season Team Dinner and Awards Banquet | Monday, February 18 at 5:00 pm:** The Coaches and the Junior class parents organize this important event. Parents organize food, set up and decorations; coaches give out awards to the athletes and seniors bid farewell. An invitation will be sent out a few weeks prior to the event. Payment will be collected for dinner for all guests, but senior athletes and parents do not pay. It is a wonderful way to wrap up the season and all athletes and their parents are strongly encouraged to attend.

### **End of Season Slide show**

Another tradition is to produce a slide show or video that is shown at the team banquet.

**\*\*\*We are looking for a parent volunteer to be a photography coordinator for this\*\*\*.**

Please contact one of the captain parents if you are interested. We would be so grateful!

All parents and team members are encouraged to submit photos they have taken throughout the season for use in the slide show. Site for uploading will be determined and announced soon.

### **ETHS Boys Swim and Dive Lawn Signs and Car Magnets**

For lawn signs you may go to the ETHS Boosters website and order here:

<https://www.ethsboosters.org/yard-signs>. Order 1 is due 11/20; Order 2 is due 11/30.

Information on magnets will be given at the kick-off meeting 11/30/18.

### **T-shirts**

The captains design the athletes team shirts which are included in the team fee. Parent spirit T-shirt information and order forms will be available at the kick off meeting 11/30/18. If you unable to attend, you can contact Carrie Andalman to order your T-shirts.

### **Team Roster and contact Information**

Coach Kevin will send out all parent/swimmer emails. If you feel you are not getting all the emails throughout the season, please change your information in MyETHS or HAC..

**Let's have a great season and Go Wildkits!!**