



Welcome to the 2024-2025 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 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.

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,

Nate, Jonas, and Isaac

Captain Contact Information

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Practices

Coach Kevin sets the team roster and practice group assignments. Be sure to check the practice schedule for your group 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.

IMPORTANT: 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** or [click this link to the absence form](#). 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 Deerfield. **CSL North** schools include: Niles West, 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 occurs at schools that have 8 or 10-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, but there will be the usual 15 minute break between the 50 Free and 100 Fly and usually these meets have an extra warm-up after the conclusion of the 200 Free Relay.

There will be five HOME REGULAR SEASON DUAL MEETS.

ETHS vs. Highland Park - Fri. 12/13

ETHS vs. GBN – Fri. 1/10

ETHS vs. Maine South (**SENIOR NIGHT**) – Fri. 1/31

ETHS vs. New Trier – Fri. 2/7

ETHS will also host the [Evanston Swimming Invitational](#) on Saturday, January 11th.

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.

- **CSL Frosh Invite (2/8):** 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 (2/15):** 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 (2/11):** 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 (2/22):** The top 2 Evanston 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 (2/28-3/1):** 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 16 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 and the Evanston Invite, 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. **A Captain parent will be organizing this and will send out information with sign up links to volunteer after the team meeting on December 4th.**

Hospitality Table Schedule

Meet Date	Who is running the table
December 13 th vs. Highland Park	Senior Parents
January 10 th vs. GBN	Sophomore Parents
January 11 th Evanston Invitational	All Levels
January 31 st vs. Maine South (Sr Night)	Junior Parents
February 7 th vs. New Trier	Freshmen Parents

Team Traditions

- **Donut Days:** The boys swim and dive team organize Donut Days over the course of the season. 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 - Sunday February 9th, 2025:** The team chooses to hold a super bowl party at one of the team members' houses. This is a great end of season activity for the whole team. 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!**

- **Senior Day:** After the conclusion of the Naperville North home meet on January 25th, 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 6th

JV Invite Dinner: Monday, February 10th

JV Conference Dinner: Friday, February 14th

Varsity Conference Dinner: Friday, February

14th **Sectionals Dinner:** Friday, February 21st

State Dinner: Thursday, February 27th

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 (Monday, February 24th)**
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 ETHS on Wednesday, December 4th at 5:15.** Please plan on attending. The captains' parents will be there to introduce themselves and will be sharing some information about the season.

Go Kits!