



## Evanston Men's Swimming & Diving 2019-2020

Hello everyone from your Captains:

**Leo Berg, Brendan Long, John Martin, Kyle Rubovits**

We are thrilled 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 these next few months, with big pay offs at the end of the season. 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 by always putting forth our utmost effort. Additionally, it's crucial that everyone treat each other equally no matter one's swim/dive ability, appearance, or grade in school. The Evanston Boy's Swimming and Diving Team is a place where everyone should feel welcome; failure to execute these expectations will dishonor the team.

Lastly, everyone should respect themselves. This is especially important as swimming and diving are rigorous sports and require discipline to succeed in the pool and in school. 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 season. We are here to lead by example, and to provide support should anyone need our help.

Now...

### **Welcome all Swimmers, Divers and Parents to the 2019- 2020 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.

**Team Captains:** Leo Berg, Brendan Long, John Martin, Kyle Rubovits

**Team Captain Parents:**

|                               |  |
|-------------------------------|--|
| Frances and Eric Berg         | 847-733-9841 <a href="mailto:fwberg@sbcglobal.net">fwberg@sbcglobal.net</a> (Frances)              |
|                               | 847-609-9841 <a href="mailto:berg-eric@sbcglobal.net">berg-eric@sbcglobal.net</a> (Eric)           |
| Christine and Erik Long       | 847-894-0399 <a href="mailto:christineclong@gmail.com">christineclong@gmail.com</a> (Christine)    |
|                               | 847-707-5724 <a href="mailto:Erikdlong@gmail.com">Erikdlong@gmail.com</a> (Erik)                   |
| Gale Vineyard and John Martin | 312-622-3491 <a href="mailto:Galebarkley@gmail.com">Galebarkley@gmail.com</a> (Gale)               |
|                               | 224-633-6649 <a href="mailto:TheJohnMartinGroup@gmail.com">TheJohnMartinGroup@gmail.com</a> (John) |
| Judy and David Rubovits       | 847-337-8307 <a href="mailto:jsrubovits@comcast.net">jsrubovits@comcast.net</a> (Judy)             |
|                               | 312-617-2129 <a href="mailto:dsrubovits@gmail.com">dsrubovits@gmail.com</a> (David)                |



# Evanston Men's Swimming & Diving 2019-2020

## 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. **At this point, your swimmer's practice group has been determined.** All meets occur on Friday nights and Saturdays, with the exception of the end of season. Typically, Friday night meets involve the entire team; Varsity, Diving, and all JV groups. Saturday meets will usually have the groups in different locations.

Please note, practice groups do not necessarily dictate which level a swimmer is assigned to for a given meet. For example, a swimmer who practices at the JV level may swim at the Varsity level during a given meet, yet will remain in their regular JV practice group.

**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 typically 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 often move down to the left of the diving boards when diving begins.

There are no heat sheets for the most meets (exceptions are: Evanston Invite, CSL Championships, Sectionals and the IHSA State Meet). Home meets are available on Meet Mobile.

## 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 the swimmer has a ride home.

## Important Dates

**Friday, December 6, 2019 - 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 the swimsuit/team apparel package. There will also be an opportunity to order family spirit wear. Please bring checkbooks.

**Saturday, Jan. 25, 2020 - 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.



# Evanston Men's Swimming & Diving 2019-2020

## **Conference Meets, Sectionals and IHSA State Finals**

During the week before each of the 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. 8, 2020- Freshman Conference (CSL) Meet @**Glenbrook South**

Tues Feb 11 - Central Suburban League (CSL) JV Invite @**New Trier**

Saturday, Feb. 15, 2020- CSL JV/Varsity Conference @**New Trier**

Saturday, Feb. 22, 2020 -IHSA Sectionals @**Niles North**

**Friday/ Saturday, Feb. 28-29, 2020 - IHSA State Finals @ ETHS**

**Monday, Feb. 24, 2020 @ 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. In a previous email, links were provided to sign up to contribute snacks and drinks, as well as to volunteer to work the table. 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. We appreciate all the help we can get and 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 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.



# Evanston Men's Swimming & Diving 2019-2020

## High School Swim and Dive Fun Facts

### Central Suburban League (CSL) Schools

#### South

##### Evanston

Glenbrook South

Glenbrook North

Maine South

New Trier

Niles West

#### North

Deerfield

Highland Park

Maine East

Maine West

Niles North

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> | <b>6</b>        | <b>4</b>        | <b>3</b>        | <b>2</b>        | <b>1</b>        |
| <b>Relay Events</b>      | <b>8</b>        | <b>4</b>        | <b>2</b>        | -               | -               |

**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 [wildkitaquatics.com](http://wildkitaquatics.com).



# Evanston Men's Swimming & Diving 2019-2020

## ETHS Men's Swim & Dive Team Traditions

**Season Kick-Off Meeting | Immediately after first home meet (Loyola) Friday 12/6/19.**

**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. **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.

**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, Feb. 6:** 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 | Monday Feb 10:** 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. 14:** 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. 14:** 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.

**Sectional Dinner | Friday Feb. 21:** 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.



## **Evanston Men's Swimming & Diving 2019-2020**

**State Breakfast | Friday Feb. 28:** 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.

**End of Season Team Dinner and Awards Banquet | Monday, February 24 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, however senior athletes 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.

(Update – Many thanks to Ryan Garten for volunteering for this role again this year!!)

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

Information on how to obtain lawn signs and car magnets will be given at the kick-off meeting on 12/6/19.

### **T-shirts**

The captains have designed the athletes' team shirts, which are included in the team fee.

Information regarding how to purchase parent/fan t-shirts will be provided at the kick off meeting on 12/6/19. If you are unable to attend, you can contact Frances Berg to order your T-shirts.

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

Coach Kevin uses the Teacher Access Center to email the team. If you believe you are not getting all the emails throughout the season, check your HAC account is up to date, so you stay in the loop!

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