



August 2022

Parents of ETHS Girls Swim & Dive Team Members,

Welcome to the 2022 Season! We are looking forward to greeting all our returning athletes and to meeting an awesome new group of incoming freshmen and others new to the team. The ETHS girls swim and dive team has a rich tradition and tremendous spirit. The next three months are an exciting, fast-paced time during which our swimmers and divers work incredibly hard. We are here to support our girls and help build community among the families.

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

The success of all of the swim/dive season events, dinners, meets, and invites requires the participation of many volunteers. We will speak more about this at the Team Meeting on August 20th and will follow up with an email containing links for volunteer sign-ups. We will also send out a link for ordering Girls Swim & Dive Fan tee-shirts.

We look forward to a fantastic season and seeing you at the pool. Feel free to contact us if you have any questions.

Sincerely,

Shannon Cahill & Jan Van Mieghem (shannon.b.cahill@gmail.com; cell: 224.522.2229)
(parents of Karolien Van Mieghem)

Erin Hatcher & Keith Lemmon (e.hatcher7@gmail.com; cell: 847-912-4436)
(parents of Molly Lemmon)

Katherine Jackson & Mark Nelson (katherinejackson@yahoo.com; cell: 847-530-3507)
(parents of Amanda Nelson)

Jennifer Jones & Steven Shewfelt (jonesjennifer2013@gmail.com; cell: 203-233-5403)
(parents of Sofia Shewfelt)

An Overview of ETHS Swimming & Diving

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 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

For Dual Meets, the scoring is:

6 points for first place individual, 8 points for first place relay
4 points for second place individual, 4 points for second place relay
3 points for third place individual, 2 points for third place relay
2 points for fourth place individual, none for fourth place relay
1 point for fifth place individual, none for fifth place relay

You will see that relays are particularly important and exciting as a first place finish can make a sizable difference in the scores.

Meet events and scoring are different at the invites and vary by meet. 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 there in person).

There will be FOUR home regular season dual meets: vs. Loyola, Highland Park, Maine South, Glenbrook South. There will also be an Evanston Swimming Invite and we will also be hosting the JV Invite meet.

Food at Home Meets

ETHS Swim & Dive parents are responsible for food at home meets in two key ways:

• **Concessions | During Home Meets** – We sell concessions for our spectators at all our home meets. The Wildkit Swim Organization (WSO) will buy and set up the food, as well as provide the cash box. We need **volunteers to staff the concessions table** at each meet. You will be able to watch your swimmer race and sell concessions. The concessions table is located at the back of the pool spectator seating. 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 has been assigned dates for which **family members of swimmers are asked to bring snacks and drinks**. Each class is expected to provide volunteers to set-up, staff the table as the girls 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 **and** staff the Concessions Table. A Captain parent will be organizing this and will send out information with sign up links to volunteer after the team meeting on 8/20.

Food Schedule

DATE	WHO	WHAT
August 26th	Senior Parents (Loyola)	Hospitality & Concessions
September 16th	Freshman Parents (Highland Park)	Hospitality & Concessions
September 24th	Parents with swimmers attending (Evanston Invite)	Concessions only
September 30th	Sophomore Parents (Maine South)	Hospitality & Concessions
October 14th	Junior Parents (Senior Night; GBS)	Hospitality & Concessions
October 25th	Parents w/swimmers attending (JV Invite)	Concessions only

Key Dates for the 2022 Season:

EVENT	DATE	LOCATION	TIME	BASICS
Start of Season	August 8	ETHS Pool	7am-9am	Bring towel, suit, running attire and lock
ETHS Fall Sports Meeting	August 20	ETHS Auditorium	Parent/Athlete meeting 9am	Organized by the ETHS Athletic Dept.
Team meeting (w/parents)	August 20	ETHS Pool	Parent/Team Mtg directly after all sports meeting (see above)	Parents should be in attendance for the meeting @ 10AM (POOL)
Team Bonding For swimmers	August 21	TBD	TBD	Captains will send details to team
Frosh/Soph Sleepover	September 10	TBD Sophomore's home	TBD: Typically begins late afternoon	Sophomores organize
Homecoming Dinner	TBD	TBD	Before homecoming dance	Captains to organize
Senior Night @ GBS Meet	October 13	ETHS Pool	Seniors & Parents on deck after diving	Junior Parents to organize
Frosh Conference Breakfast	October 22	TBD	Morning of the Frosh Conf meet	Breakfast for all the freshmen
JV Invite Dinner	October 24	Home of participant	Typically 5:30-7:00	Dinner for the competitors
JV Conference Dinner	October 28	Home of participant	Typically 5:30-7:00	Dinner for the competitors
Varsity Conference Dinner	October 28	Home of participant	Typically 5:30-7:00	Dinner for the competitors
Sectionals Dinner	November 4	Home of	Typically	Dinner for the

		participant	5:30-7:00	competitors
Awards Night/Senior Night	November 7	North Cafeteria	5:00PM	Junior parents to organize
State Dinner	November 10	Restaurant (girls only)	Typically 5:30-7:00	Dinner for girls competing
State Breakfast	November 11	Home of participant	Morning of State	Breakfast for competitors and parents

More Details on the ETHS Girls Swim & Dive Team Traditions:

Season Kick-Off Meeting | Saturday, August 20th: This meeting/presentation is held in the pool stands immediately following the all school Fall Sports Meeting (see above). All swim and dive families are encouraged to attend. This is the time to get an overview of the season from the coaches and captains. **Bring your checkbook! Head Coach Kevin Auger** will be collecting checks for the team suits, shirts and caps. Please make these checks **payable to ETHS, and include your student's ID number on the check.**

Team Bonding for swimmers | Sunday, August 21: This fun-filled event, with a surprise activity, is run by the Captains to build relationships and team spirit. All swim & dive team members are expected to participate. Details from the Captains to follow.

Big Sisters/Little Sisters | At Team Bonding, the Captains will pair each swimmer and diver with either a “big sister” or a “little sister” depending on their upper level (11-12)/lower level (9 and 10) status. Sisters encourage and support each other. Big sisters answer questions (of all kinds) for their little sisters. Sisters exchange small (modest) inspirational gifts before all meets, such as written notes and baked goods.

Frosh-Soph Sleepover | September 10th: This event is one of the highlights of the season for the freshmen and sophomores. It is organized by the sophomore athletes and is hosted in the home of a sophomore's family. Dinner, team bonding activities and breakfast are provided for the girls. Sophomore girls plan the whole event and the activities which are steeped in tradition! ***If you and your sophomore daughter are interested in hosting, please contact Shannon Cahill.***

Senior Night at Pool | Thursday, October 13th: During the diving break at the home GBS meet on October 13th, seniors and their parents are honored by the team and coaches. Junior parents, working with the junior girls, organize the Senior Night 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 Shannon Cahill.***

Freshman Conference Breakfast | October 22nd: This breakfast is held at the house of a freshman swimmer/diver, immediately prior to the Freshman Conference Swim Meet. The freshman parents work together to plan the food and decorations. ***If you are interested in hosting this event, please contact Katherine Jackson.***

JV Invite Dinner | Monday, October 24th: 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. Watch for an email closer to the event with more details.

JV and Varsity Conference Dinner | Friday, October 28th: This dinner is held on the night prior to the combined JV and Varsity Conference Meet. Two dinners will be held, one for the JV athletes and one for the Varsity athletes. These events are hosted and organized by the parents of the athletes participating in this meet. Watch for an email closer to the event with more details.

Sectional Dinner | Friday, November 4th: 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.

End of Season Banquet and Awards Night | Monday, November 7th: This is the final team gathering where awards are given out by the coaches and captains ***and the senior swimmers are celebrated.*** All team members and their families are invited to attend. Junior parents, working with the junior girls, organize the invites, budget, food and decorations. The juniors organize Senior skits, speeches and gifts. ***If you are a junior parent and want to be part of a group to plan and execute this, please reach out to Shannon Cahill.***

State Dinner | Thursday, November 10: For swimmers/divers who qualify for State. Usually, the girls go out for dinner. Parents do not attend.

State Breakfast | Friday, November 11: This breakfast is for the athletes who are competing in the State Swim Meet. Parents are encouraged to attend. The athletes will end up spending all morning together preparing for their big meet.

Please encourage your girls to reach out to the Captains with any issues or questions throughout the season and please get in touch with us if you need any help or info. The first year is a lot!