



August 2023

Parents of ETHS Girls Swim & Dive Team Members,

Welcome to the 2023 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 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 information can change.**

The success of all 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 19th and will follow up with an email containing links for volunteer sign-ups.

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

Sincerely,

Dawn & Alex Pollack (dawn@clesen.com; cell 224-392-2186) (parents of Elise Pollack)

Laura & Mike Romisher (lauraromisher@gmail.com; cell 847-224-9084) (parents of Abby & Riley Romisher)

Janel & Andrew Stroth (janelstroth@gmail.com; cell: 312-504-0211) (parents of Monroe Stroth)

An Overview of ETHS Swimming & Diving

ETHS is in the Central Suburban League (CSL) South. The **CSL South schools** include: Deerfield, Evanston, Glenbrook South, Glenbrook North, Maine South and New Trier . **CSL North schools** include: Niles North, Niles West, Highland Park, Maine East, Maine West and Vernon Hills.

The team will swim and dive in 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 are FOUR home regular season dual meets: vs. Barrington, Niles North, Glenbrook North, and Deerfield. There is an Evanston Swimming Invite and we host a JV Invite meet.

Hospitality/Concession at Home Meets

• **Concession | During Home Meets** – We sell concessions for our spectators at our Evanston Invite on September 23rd. 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 concession table** at this meet. You will be able to watch your swimmer race and sell concessions. The concession 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 is assigned a meet 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.

A Captain parent will send out information with sign up links to volunteer after the team meeting on August 19.

Hospitality/Concession Schedule

DATE	WHO	WHAT
September 9th	Senior Parents (Barrington)	Hospitality
September 14th	Freshman Parents (Niles North)	Hospitality
September 22nd	Sophomore Parents (Glenbrook North)	Hospitality
September 23rd	Parents w/ swimmers attending (Evanston Invite)	Concession only
September 29th	Senior Parents (New Trier)	Hospitality
October 13th	Junior Parents (Senior Night; Deerfield)	Hospitality
October 24th	Parents w/swimmers attending (JV Invite)	Concession only

2023 SWIM TEAM SOCIAL EVENTS:

EVENT	DATE	LOCATION	TIME	BASICS
Start of Season	August 7	ETHS Pool	7am-9am	Bring towel, suit, running attire and lock
Team Bonding For swimmers	<i>Tentative date August 19</i>	TBD	TBD	Captains will send details to team
ETHS Fall Sports Meeting	August 19	ETHS Auditorium	Parent/Athlete meeting 9am	Organized by the ETHS Athletic Dept.
Team meeting (w/parents)	August 19	ETHS Pool	Parent/Team Mtg directly after all sports meeting (see above)	Parents should be in attendance for the meeting immediately after all sports meeting (POOL)
Frosh/Soph Sleepover	TBD	TBD Sophomore's home	TBD: Typically begins late afternoon	Sophomores organize
Homecoming Dinner	September 30	TBD	Before homecoming dance	Captains to organize
Senior Night @ Deerfield Meet	October 13	ETHS Pool	Seniors & Parents on deck after diving	Junior Parents to organize
Frosh Conference Breakfast	October 21	TBD	Morning of the Frosh Conf meet	Breakfast for all the freshmen
JV Invite Dinner	October 23	Home of participant	Typically, 5:30-7:00	Dinner for the competitors
JV Conference Dinner	October 27	Home of participant	Typically, 5:30-7:00	Dinner for the competitors
Varsity Conference Dinner	October 27	Home of participant	Typically, 5:30-7:00	Dinner for the competitors

Sectionals Dinner	November 3	Home of participant	Typically, 5:30-7:00	Dinner for the competitors
End of Season Banquet and Awards Night	November 6	North Cafeteria	5:30PM	Junior parents to organize
State Dinner	November 9	Restaurant (girls only)	Typically, 5:30-7:00	Dinner for girls competing
State Breakfast	November 10	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 19th: 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.

Team Bonding for Swimmers | August 19th: 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 event, the Captains will pair each swimmer and diver with either a “big sister” or a “little sister” depending on their grade. Sisters encourage and support each other throughout the season. Big sisters answer questions (of all kinds) for their little sisters. Sisters exchange small (modest) inspirational gifts before all meets, such as written notes, baked goods, etc.

Frosh-Soph Sleepover| TBD : 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 Laura Romisher.***

Senior Night at Pool |Friday, October 13th: During the diving break at the home Deerfield 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 Laura Romisher.***

Freshman Conference Breakfast | Saturday, October 21st: 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 Laura Romisher.***

JV Invite Dinner | Monday, October 23rd: 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 3rd: 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 6th: 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 Laura Romisher.***

State Dinner | Thursday, November 9th: For swimmers/divers who qualify for State. Usually, the girls go out for dinner. Parents do not attend.

State Breakfast | Friday, November 10th: 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 can be a lot!