



July 2024

Parents of ETHS Girls Swim & Dive Team Members,

Welcome to the 2024 Season! We look forward to greeting all our returning athletes and 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.

This letter includes a list of the season's 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 many volunteers. Learn more about the volunteer needs at the Team Meeting on August 22nd. Following the meeting, we'll send an email containing links for volunteer sign-ups.

But before that, we want to invite all the parents of the girls' swim team to a parent only event- Swim Parent Meet & Greet on Friday, August 16. New parents can ask questions to the five captains who will be on hand and to the veteran parents. We will serve heavy hors d'oeuvres and drinks. Save the date, an email invite will be going out to all the parents soon.

Additionally, the Captains will be leading a team bonding event tentatively on Sunday, August 18.

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

Sincerely,

Lin-Wei and Al Bonney (alwwbonney@gmail.com; cell 773-620-5503) (parents of Josephine Bonney)

Charity and Tim Corbett (charitycorbett@gmail.com cell 773-456-0642) (parents of Cameron Corbett)

Nicole Harris and Michael Mason (naharris18@gmail.com; cell 773-520-0345) (parents of Sienna Mason)

Laurel and Sandeep Malhotra (laurel.malhotra@gmail.com; cell 773-960-6970) (parents of Naina Malhotra)

Sarah and Matt Schoonyoung (sarahschoonyoung@gmail.com; cell 971-285-5911) (parents of Malia Schoonyoung)

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. Loyola, Glenbrook South, New Trier, and Maine South. There is an Evanston Swimming Invite and we will host the CSL JV Invite meet as well as the CSL JV/Varsity Diving.

Hospitality/Concession at Home Meets

• **Concession | During Home Meets** – We sell concessions for our spectators at our Evanston Invite on September 28th. 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 22.

Hospitality/Concession Schedule

DATE	WHO	WHAT
August 30	Senior Parents (Loyola)	Hospitality
September 27th	Freshman Parents (Glenbrook South)	Hospitality
September 28th	Parents w/ swimmers attending (Evanston Invite)	Concession only
October 11th	Sophomore Parents (New Trier)	Hospitality
October 18th	Junior Parents (Senior Night; Maine South)	Hospitality
October 29th	Parents w/swimmers attending (JV Invite)	Concession only
November 2nd	Parents w/swimmers attending (CSL JV/Varsity Diving)	Concession only

SWIM TEAM SOCIAL EVENTS:

EVENT	DATE	LOCATION	TIME	BASICS
Start of Season First day of School	Aug 12	ETHS Pool	After School	Bring towel, suit, running attire and lock
Parents only social gathering	Aug 16	Captain's house	6-8 pm	Sr parents bring desserts or drinks
Team Bonding	<i>Aug 18 ?</i>	TBD	TBD	Details forthcoming
Parent/Athlete Meeting	Aug 22	ETHS Pool	5:30 pm	For Parents & Athletes
ETHS Fall Sports Meeting	Aug 22	ETHS Auditorium	6:15 pm	Host: ETHS Athletics For: Parents & Athletes
Frosh/Soph Sleepover	TBD	TBD Soph' s home	Late afternoon	Sophomores organize
Homecoming Dinner	Sept 21	TBD	Before dance	Captains to organize
Senior Night /Maine South	Oct 18	ETHS Pool	After Meet	Junior Parents to organize
Frosh Conference Breakfast	Oct 26	Home of participant	Morning of Frosh Conference	Breakfast for all the freshmen.
JV Invite Dinner	Oct 28	Home of participant	5:00-7:00 pm	Dinner for the competitors
JV Conference Dinner	Nov 1	Home of participant	5:30-7:00 pm	Dinner for the competitors
Varsity Conference Dinner	Nov 1	Home of participant	5:30-7:00 pm	Dinner for the competitors
Sectional Dinner	Nov 9	Home of participant	5:30-7:00 pm	Dinner for the competitors
Year End Awards Night	Nov 13	North Cafeteria	5:30-7:00 pm	Junior parents to organize
State Dinner	Nov 15	Restaurant (girls only)	5:30-7:00 pm	Dinner for girls competing
State Breakfast	Nov 16	Home of participant	State	Breakfast for competitors & parents

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

Parents Meet and Greet Social Gathering | Friday, August 16: We will have heavy hors d'oeuvres and time for parents of swimmers to get to know each other as well as new swim parents to ask the captains questions about all things EHS girls swim. It will be outside but we have a backup plan if it rains.

Season Kick-Off Meeting | Thursday, August 22: This meeting/presentation is held in the pool stands immediately before the all-school Fall Sports Meeting (see above). All swim and dive families must attend. This is the time to get an overview of the season from the coaches and captains.

Team Bonding for Swimmers | August 18th: 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 one of the captain's parents.***

Senior Night at Pool |Friday, October 18th: After the home Maine South meet on October 18th, 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 one of the captains' parents.***

Freshman Conference Breakfast | Saturday, October 26th: 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 one of the captains' parents.***

JV Invite Dinner | Monday, October 28: This dinner is held on the Monday 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, November 1st: 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 8th: 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 | Wednesday, November 13: 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 one of the captains' parents***

State Dinner | Thursday, November 14th: For swimmers/divers who qualify for State. Usually, the girls go out for dinner. Parents do not attend.

State Breakfast | Friday, November 15th: This breakfast is for the swimmers (diving is in the morning) who are competing in the State Swim Meet. Parents are encouraged to attend. The swimmers 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. Please get in touch with us if you need any help or info. The first year can be a lot!