



Parents of ETHS Girls Swim & Dive Team Members,

Welcome to the 2020 Season ... “a season like no other”. While this season will not be the same as last year, we are hopeful that the girls will be able to keep up the tremendous fun and spirit that are the hallmarks of the ETHS Girls Swim & Dive program. We are working on ways to keep some of the usual traditions alive while complying with all of the safety and social distancing measures in place. We will be back in touch once we get a better sense of how that might work.

On the following pages you will find some useful information. Practice schedules, the meet schedule, and meet results will all be available online at wildkitaquatics.com. Be sure to check those schedules frequently as they do change - probably even more so this year.

We hope you will join us in making the 2020 season the best it can be! Feel free to contact us if you have any questions.

Sincerely,

The 2020 ETHS Girls Swim & Dive
Captains & Parents

An Overview of ETHS Swimming & Diving

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

This year, the team will swim and dive in dual meets only. 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 those who wonder how to get to the team score for typical dual meets (which will likely be different in 2020), they are scored as follows:

	1st	2nd	3rd	4th	5th
individual	6	4	3	2	1
relay	8	4	2	-	-

Additional information is available at IHSA Website: www.ihsa.org.

2020 Team Captains

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Detail on a few of the ETHS Girls Swim & Dive Team traditions:

Big Sisters/Little Sisters: Early in the season, the Captains will pair each swimmer and diver with either a “big sister” or a “little sister” depending on their class. Sisters encourage and support each other. Big sisters answer questions (of all kinds) for their little sisters. Sisters exchange small (very modest) inspirational gifts before all meets, such as food, collages, and written notes.

Team Bonding: This fun-filled event run by the Captains, occurs before school starts and is designed to build team spirit. The girls are working on how to adapt this for 2020. Stay tuned!

Frosh-Soph Sleepover: This long-standing tradition is for freshmen and sophomores only. It is planned by the sophomores and hosted at one of their homes. Sadly, this event is canceled for 2020.

Team Dinners: The usual team dinners at the beginning and end of the season are canceled for 2020. We are working on other ways to gather that satisfy all of the restrictions.

Senior Night Festivities: This two-part event typically occurs during the diving break at the last home dual meet, when seniors are honored by the team and the coaches. The next evening, a dinner at the school is hosted by the junior girls and their parents in honor of the seniors. Again, we are looking into how we might adapt this for Fall 2020.

