

## **August 2018**

Parents of ETHS Girls Swim & Dive Team Members,

Welcome to the 2018 Season! We are looking forward to greeting all our returning athletes and to meeting an awesome new group of incoming freshmen. 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.

The success of all the swim/dive season events, dinners, meets, and invites requires the participation of many parent volunteers. We will speak more about this at the Kick Off Dinner on August 16th following the first intrasquad.

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

Sincerely,

Karen Barbour and Carol Clay  
(parents of Emma Clay-Barbour)

Stephanie and Pete Clemson  
(parents of Anna Clemson)

Corrine Johnson and Bob Gerber  
(parents of Hazel Gerber)

Alex Piper and Jon Seed  
(parents of Halley Seed)

Diane Iko and Bruce Weber  
(parents of Hana Weber)

**An Overview of ETHS Swimming & Diving**

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

1. 200 Medley Relay
2. 200 Free
3. 200 IM
4. 50 Free
5. Diving
6. 100 Fly
7. 100 Free
8. 500 Free
9. 200 Free Relay
10. 100 Back
11. 100 Breast
12. 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, non 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](http://www.ihsa.org)**. You can also follow the team on **[www.cs Insider.com](http://www.cs Insider.com)**. 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 five home regular season dual meets, vs. Loyola, Barrington, Maine South, Glenbrook South and Rockford Guilford. There will also be an Evanston Swimming Invite and an Evanston Diving Invite. We will also be hosting the CSL JV Invite and the IHSA State Championship!

## 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 several **parent volunteers to staff the concessions table** at each meet. 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 **parents are asked to bring snacks and drinks**. Volunteers are also expected to set- up, staff the table as the girls come out of the locker rooms, and cleanup. Tables are provided by ETHS.

Each class has been assigned dates to bring snacks and drinks for the Hospitality Table **and** staff the Concessions Table. Stephanie Clemson and Corrine Johnson will be organizing this. A lead parent from your class will contact you closer to your assigned dates to recruit volunteers.

## Food Schedule

DATE	WHO	WHAT
August 31st	Senior Parents (Loyola)	Hospitality & Concessions
September 8th	Junior Parents (Barrington)	Hospitality & Concessions
September 29th	All Parents (Evanston Invite)	Concessions only
October 5th	Sophomore Parents (Maine South)	Hospitality & Concessions
October 13th	All Parents (Dive Invite)	Concessions only
October 19th	Freshman Parents (Glenbrook South)	Hospitality & Concessions
October 20th	Junior Parents (Rockford)	Hospitality & Concessions
October 30th	All Parents (JV Invite)	Hospitality Only

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

**Key Dates for the 2018 Season:**

<b>EVENT</b>	<b>DATE</b>	<b>LOCATION</b>	<b>TIME</b>	<b>BASICS</b>
<b>Start of Season</b>	<b>August 8</b>	<b>ETHS Pool</b>	<b>7am</b>	<b>Bring towel, suit, running attire and lock</b>
<b>Intrasquad/ Kick Off Dinner</b>	<b>August 16</b>	<b>ETHS Pool North Cafeteria</b>	<b>Dinner after intrasquad</b>	<b>\$10 per family See more on official evite</b>
<b>ETHS Fall Sports Meeting</b>	<b>August 18</b>	<b>ETHS Auditorium</b>	<b>Recruiting 8:15 Parent/Athlete meeting 9am</b>	<b>Organized by the ETHS Athletic Dept.</b>
<b>Team Bonding For swimmers</b>	<b>August 18</b>	<b>TBD</b>	<b>TBD</b>	<b>Captains to organize</b>
<b>Team Bonding For parents</b>	<b>August 23</b>	<b>Piper-Seeds Home</b>	<b>7-8:30pm</b>	<b>Casual gathering See more info on evite</b>
<b>Frosh/Soph Sleepover</b>	<b>September 8</b>	<b>TBD Sophomore's home</b>	<b>TBD</b>	<b>Sophomores organize</b>
<b>Homecoming Dinner</b>	<b>September 22</b>	<b>TBD</b>	<b>Before homecoming dance</b>	<b>Captains to organize</b>
<b>Senior Night Meet</b>	<b>October 19</b>	<b>Home vs. Glenbrook South</b>	<b>See schedule</b>	<b>Junior Parents to organize</b>
<b>Frosh Conference Breakfast</b>	<b>October 27</b>	<b>TBD Freshman's home</b>	<b>Before the New Trier meet</b>	<b>Breakfast for all the freshmen</b>
<b>Senior Night Dinner</b>	<b>October 27</b>	<b>North Cafeteria</b>	<b>Following New Trier Meet</b>	<b>Juniors and their parents to organize</b>
<b>JV Invite Dinner</b>	<b>October 29</b>	<b>TBD Home of participant</b>	<b>TBD</b>	<b>Dinner for the competitors</b>
<b>JV Conference Dinner</b>	<b>November 2</b>	<b>TBD Home of participant</b>	<b>TBD</b>	<b>Dinner for the competitors</b>

<b>Varsity Conference Dinner</b>	<b>November 2</b>	<b>TBD Home of participant</b>	<b>TBD</b>	<b>Dinner for the competitors</b>
<b>Sectionals Dinner</b>	<b>November 9</b>	<b>TBD Home of participant</b>	<b>TBD</b>	<b>Dinner for the competitors</b>
<b>End of Season Banquet</b>	<b>November 13</b>	<b>North Cafeteria</b>	<b>TBD</b>	<b>Captains' parents to organize</b>
<b>State Dinner</b>	<b>November 15</b>	<b>TBD Restaurant</b>	<b>TBD</b>	<b>Dinner for girls competing</b>
<b>State Breakfast</b>	<b>November 16</b>	<b>TBD Home of participant</b>	<b>TBD</b>	<b>Breakfast for competitors and parents</b>

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

**Intrasquad Meet | Thursday, August 16th:** This is the first meet of the season at 4:30 pm at the ETHS Pool. Parents are encouraged to attend.

**Season Kick-Off Dinner | Thursday, August 16th:** This dinner is held in the North cafeteria immediately following the Intrasquad meet (usually a start time of around 6:00-6:30pm). All swim and dive families are encouraged to attend. In addition to getting an overview of the season from the coaches and captains, orders will be taken for spirit wear (including new options for parent/fan t-shirts! Organized by Diane Iko). **Bring your checkbook! Head Coach Kevin Auger** will be also 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.**

An official evite will be sent out. If you have any questions on the dinner, please reach out to Karen Barbour. The dinner is \$10 per family for the entree and then we ask for family help based on grade:

- Freshman** families bring *Desserts*
- Sophomore** families bring *Salads*
- Junior** families bring *Appetizers*
- Senior** families bring *Drinks*

**Team Bonding for swimmers | Saturday, August 18:** This fun-filled event, with a surprise activity, is run by the Captains and occurs before school starts to build relationships

and team spirit. All swim & dive team members are expected to participate. Details from the Captains to follow. The cost will be approximately \$10-15 per teammate and will include a lunch.

**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 classmen/under classmen 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.

**Team Bonding for parents | 7-8:30pm on Thursday, August 23:** We will be holding casual cocktails at the Piper-Seed home, 1302 Hinman Avenue, hopefully in the backyard. Come meet other swimmer parents so you have friendly faces to sit with at meets. Particularly helpful for Freshman parents, a great forum for any and all questions!

**Frosh-Soph Sleepover | Saturday, September 8:** 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 seeped in tradition! If you and your sophomore daughter are interested in hosting, please contact Alex Piper.

**Homecoming | Dinner & Dance: Saturday, September 22:**

Traditionally, the team assembles at a local restaurant for dinner and then attends the Homecoming Dance together. The Captains plan this event and will get information out closer to to their teammates.

**Senior Night Festivities | Friday, Oct. 19 & Saturday, Oct. 27:** During the diving break at the home dual meet vs. Glenbrook South on the 19th, seniors and their parents are honored by the team and the coaches, accompanied by a slide show. The following Saturday (Oct. 27th), immediately following Frosh Conference at New Trier, a dinner is held at the North Cafeteria, hosted by the junior girls and their parents in honor of the seniors. The juniors organize gifts, skits, videos, and speeches. Junior parents, working with the junior girls, organize the invites, budget, and food. All team members should plan on attending, parents are welcome (especially senior parents who are invited guests for the evening). If you are a junior parent and want to be part of a group to plan and execute this, please reach out to Alex Piper.

**Freshman Conference Breakfast | Saturday, October 27th:** 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 and your freshman daughter are interested in hosting this, please reach out to Alex Piper.

**JV Invite Dinner | Monday, October 29th:** 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 and Varsity Conference Dinner | Friday, November 2nd:** 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 a parents the athletes participating in this meet.

**Sectional Dinner | Friday, November 9th:** 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 | Tuesday, November 13th:** This is the final team gathering where awards are given out by the coaches and the captains. The parents of the Captains organize this dinner. All athletes and their parents are invited.

**State Dinner | Thursday, November 15th:** For swimmers/divers who qualify for State. Usually, the girls go out for dinner. Parents do not attend.

**State Breakfast | Friday, November 16th:** 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.

**Athlete Meet Volunteering |** Because we have such a big pool, with adequate seating for viewers, ETHS often hosts a number of final swim and dive meets. This year we will be hosting the IHSA State Championship. We will need many student and parent volunteers to ensure that this meet runs smoothly. Please consider this exciting opportunity when Kevin emails regarding volunteers. We also encourage girls to keep volunteering after their season ends to help out with the Boys Swim and Dive season, because the boys devote their fall to make sure the girls have timers.