



Since 1971 *Our 50th Year!* Newstream



January 26, 2022

Reflecting Pool

"If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers"

– Marc Parent

COHO SWIMMERS OF THE WEEK WEEK ENDING 1/23/22

MINNOWS: CALEB HART, MATTEO STEVENSON, CONRAD TURNER, PAVLE KOVACEVIC
SHARKS: LEISEN MODES, AUSTIN ORB
10&U: JOEL LAKE, CASSANDRA TURNER, ANTHOULA TSILIMIGRAS
11&O: SARI GOLDING, LOGAN LUO, OLIVER TURNER
GOLD: ALLY SHAPIRO, SARAH WANG

*GREAT JOB
LAST WEEK!*



MUNDELEIN MEET @ RECPLEX

Another really good weekend of racing for COHO! Short and fast sessions of swimming (who doesn't like 8am warm-ups vs 7 am warm-ups 😊). Over 80% best times from our swimmers for the weekend! Two more meets to go (HP & Cats) before championship meets in late February and early March. Championship meets require swimmers to have qualifying times.

MEET SHOUT-OUTS:

- First shout-out goes to:** all our Sharks and Minnows that competed at the meet. Lot's of great races, awesome attitudes. What a fun group of swimmers to hang out with on the pool deck. They are Bella Dong, Leisan Modes, Caleb Hart, Pavie Kovacevic, Logan McLaughlin, Gabriel Smith, Matthew Stevenson & Conrad Turner .
- Second shout out goes to:** Ally Shapiro and Nathalia Kravstov. They raced in lanes next to each other in the 1,650 freestyle Saturday evening. Ally went a time of 20:40.47 and Nathalia went a time of 20:40.72. Both of them entered the event with "no times" and Ally helped Nathalia get her 13-14 Regional cut in the mile!
- Fourth shout out goes to:** everyone that made the slushy, snowy drive on Sunday morning to the meet.
- Last, but not least shout out goes:** to Cassandra Turner. Only 8 years old, and was such a great older sister to her brother Conrad (6) on Sunday. Helping him get to the right place, being supportive and helping him out on the pool deck. Great job Cassandra!

New Open Water State cuts by: Edward Minev in 11-12 boys 500 free

New Regional Championship cuts by: Logan Luo in the 11-12 boys 100 butterfly, Nalini Reed in 10&U girls 50 Breaststroke, Nishant Reed in 11-12 boys 50 backstroke, Adrian Theccanat in the 10&U boys 100 back & 100 frees, and Nathalia Kravstov in the 13-14 girls 1650 & 1000 free

New Age-Group State cuts by: Sadie Finkelshteyn in the 10&U girls 50 freestyle & 100 freestyle, Hannah Kaiser in the 10&U 200 freestyle, and Nishant Reed in the 11-12 boys 50 freestyle.



HIGHLAND PARK MEET ON FEBRUARY 5th & 6th

***Registration closed**

Just a reminder that there will not be any spectators allowed at the meet. They may ask for some parent timer volunteers from teams. More information through link below

[Important Meet update for registered swimmers click here!](#)

LOCKER-ROOM REMINDERS FOR DEERFIELD HIGH SCHOOL

We have had a couple reports about swimmers having their belongings messed-with in the locker rooms at Deerfield high school. We strongly encourage everyone to not leave anything in locker room during practices. Please remind your swimmer(s) that putting things in the unlocked lockers is also not a solution. The best thing to do is to put everything in your swim bag and bring it to your group's seating area on the deck.

-Thank You!



A Splash of Humor...



2022 SWIM MEETS & EVENTS CALENDAR

FEBRUARY

Feb. 4th-6th: HPAC MEET @ HIGHLAND PARK H.S. **Registration closed - **NO SPECTATORS WILL BE ALLOWED****

Feb. 11th-13th: CATS MEET @ LIBERTYVILLE H.S. **Registration closed - **NO SPECTATORS WILL BE ALLOWED****

*Feb.25th-27th: ILLINOIS REGIONAL CHAMPS @ GLENBROOK NORTH H.S. Info and Meet packet on website

MARCH

*Mar 3rd-6th: ILLINOIS SENIOR STATE CHAMPIONSHIPS @ STEVENSON H.S.

*Mar. 10th-13th: ILLINOIS AGE-GROUP CHAMPIONSHIPS @ FMC IN WESTMONT.

*Championship meets that require qualifying times.



Team Website: [teamcoho.org](http://www.teamcoho.org) <http://www.teamcoho.org>

Full-Time Staff: Head Coach: nancy@teamcoho.org Head Age-Group Coach: jacob@teamcoho.org

If you need a team suit or caps contact our Team Store Parent: Ellie Kaiser at: ellie.kaiser@yahoo.com

***For schedule, weather related practices, or any practice info/updates go to website/social media/email blasts**