



# NEWS SCREAM

Reflecting Pool

"The only thing we have to fear is fear itself... ..and distance sets, fear those also" - A. Springer

## COHO SWIMMER OF THE WEEK

**MINNOWS:** Lillian Willard, Miles Drury, Grayson Kahn  
**SHARKS:** James Holbrook, Holden Moos, Ariella Trakhtenberg  
**10&U:** Jacob Dorfman, Elliot Jung, Juliana Salazar  
**11&O:** Sarah Holzman, Leo Popko, Blake Sherman, Ellianna Stadelman  
**GOLD:** Paul Starr, Tushaan Mitra



## IM READY & IMX

Hosted by COHO Swim Club

**December. 4th & 5th @ Deerfield High School**

Registration for the 2021 COHO IMX/IM Ready Meet is now open! This team hosted swim meet is open to all groups, Minnows through Gold. IMX and IMReady is a USA Swimming motivational program that allows swimmers across the nation to compare themselves to the thousands of other athletes in their age group. IMX stands for "IM Extreme" and IMR stands for "IM Ready." During each season, whenever an event is completed legally the time is registered on the USA swimming website. Then a score is calculated on the web site and the score is compared to other swimmers of the same age. If swimmers on COHO are not yet ready for any one of the events offered, the coaches will enter them in the appropriate events. This meet is for everyone!

**IM READY (IMR)** The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of events at shorter distances: **10 & Under:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM **11-12 year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM **13 & Older:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM **IM XTREME (IMX)** The IMX ranking includes a series of events at longer distances: **10 & Under:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM **11-12 year olds:** 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM **13 & Olders:** 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

*\*Hosting meets fun for the kids, but we cannot run the meets without parent involvement. This includes jobs such as on-deck security, announcers, concessions and deck runners. We are requiring that a parent volunteers for a position for each session that they will have a swimmer participating. Timing positions are unique where we can have visiting team parents volunteer for them. Timing positions will become available to COHO parents when the other operational positions are filled. So when signing your swimmer up for the meet, please remember to volunteer at the same time so you get the optimal choice of positions.*



## Laps for COHO 2021

**How Far Will You Lap?**

November 17th & 18th @ DEERFIELD HIGH SCHOOL



\*Make sure to reserve your swim spot under "jobs" tab of the Laps event (team website). A minimum donation of \$15 per swimmer is required to participate. That \$15 donation will include a t-shirt and refreshments after they swim. It will also apply to any fundraising total you generate.



## UPCOMING SWIM MEETS INFO

**MUNDELEIN MEET @ REC PLEX THIS WEEKEND:** UPDATED INFO IN THIS NEWSLETTER, AND ON WEBSITE!

**SEA MEET @ REC PLEX- 11/7 \* REGISTRATION CLOSED.**

**SWIFT MEET @ NILES NORTH-11/12-14th REGISTRATION CLOSES ON 10/21.** Important info regarding the meet is no the meet "landing page" on website. No spectators will be allowed in the facility.

**COHO IMX MEET @ DEERFIELD H.S.- 12/4-5** Registration & volunteer spots are now open. This is a team hosted event. MOre info above in this newsletter.



**COHO Family Fall Picnic**  
**@ the Jewett Park Pavilion**  
**1:00-3:45 pm on Sunday, October 24<sup>th</sup>**

All COHO families are invited to come by, hang out, eat if you choose (bring your own food), and meet other COHO families! The COHO Team Store will also be there selling COHO retro shirts, parent shirts, and other mystery items from the COHO "closet".

***\*No Registration Required- Just Show up and Hang out!***

**COHO PARENT BOARD HAS OPEN POSITIONS**

Volunteers wanted! The COHO Swim Club has the following open positions on the parent board: Social/Activities Director, Fundraising Director, Team Store co-chair, Meet Director co-chair. For more information contact COHO Parent Board President Ellen Stiller at [Ellen.stiller@gmail.com](mailto:Ellen.stiller@gmail.com)

**YOUR SWIMMER NEED YOU**



**To become a**

**COHO & USA  
SWIMMING  
OFFICIAL**

**LEARN**

about how your child's sport works, and help make sure it's fair and fun for everyone.

**WATCH**

your swimmer from the best spot in the pool. No more obstructed views!

**HELP**

Fulfill COHO volunteer duties in a way that is fun, but also helps strengthen the team culture.

**ENJOY**

getting to know other swim parents and other teams. New friends await!

The COHO Swim Club is in need of swimming officials. No experience needed. You get trained by Illinois Swimming to become an official at USA Swimming sanctioned meets.

Why become an official? Becoming a technical official is rewarding and an excellent way to contribute to the team, your children, and the sport of swimming. Becoming an official also allows you to spend time with your children and create great friendships.

Other benefits of becoming an official are: You get to wear white after labor day, and you get to be on the pool deck- instead of the crowded, hot pool stands! For more info you can contact our COHO Officials Director, Jane Adler at [Adlers916@yahoo.com](mailto:Adlers916@yahoo.com)

[CLICK HERE FOR THE ILLINOIS SWIMMING-  
BECOMING AN OFFICIAL INFO PAGE](#)

# Here are a few updates for the Mundelein meet at the RecPlex this weekend:

\*if you have not filled out the on-line waiver (required for all swimmers) here is the link:

[https://docs.google.com/forms/d/1zEZNAadPH1IEFhR1d4ff6BSVhzFS0h4KU5zT20xYc3qW/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1zEZNAadPH1IEFhR1d4ff6BSVhzFS0h4KU5zT20xYc3qW/viewform?edit_requested=true)

**Warm-ups are as follows: *\*please be on deck, ready to go 15 minutes before your warm-up!***

**Saturday PM (GOLD ONLY) warm-up 12:30-1:20pm, 1:30pm meet start**

**Sunday AM (9-10 and 11-12): warm-up 7:30-8:20am, 8:30 meet start**

**Sunday PM (8 and U, 13 and O): warm-up 12:30-1:20pm, 1:30pm meet start**



**LINK TO THE HOST TEAMS MEET PAGE:** <https://www.teamunify.com/team/ismmsc/page/team-info/hosted-meets-2021-2022>

**Facility Doors will open no earlier than 7am on both days. Please use the Aqua Arena sliding double doors to enter the facility.**

**Do not enter the building through the main Rec Plex entrance, thank you!**

It's that time of year to carve out a COHO themed pumpkin at home! Email pictures to coach Jeff or coach Jacob by October 25th! All entries will get published on social media and earn a prize from the world famous COHO "prize closet"



THE GREAT  
COHO PUMPKIN  
IS COMING!



## **\*Events & Calendar Reminders\* (non-swim meet events)**

**October 15th-** No Practices in evening (DHS Homecoming- Campus Closed for school events.

**October 16th-** No Practices Saturday- helping at Monster Dash & DHS has a Home meet today

**October 16th:** Volunteers needed for running race (earn recognition points) info posted in Newstream & website!

**October 24th:** COHO Family Picnic at Jewett Park- more info in this newsletter

**Nov. 17th & 18th:** LAPS FOR COHO EVENT @ Deerfield High School. Info coming soon!

# COHO CONNECT



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

**Full-time Coaching Staff:** Head Coach: [nancy@teamcoho.org](mailto:nancy@teamcoho.org)

**Head Age-Group Coach:** [jacob@teamcoho.org](mailto:jacob@teamcoho.org), **Head Developmental Coach:** [jeff@teamcoho.org](mailto:jeff@teamcoho.org)

**If you need a team suit or caps contact our Team Store Parent: Ellie Kaiser at:** [ellie.kaiser@yahoo.com](mailto:ellie.kaiser@yahoo.com)

**Deerfield Park District Registration link:** [Registration-Deerfieldparks.org](http://Registration-Deerfieldparks.org)

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

