



# Since 1971 Our 50th Year! Newstream



November 16, 2021

## Reflecting Pool

"Success isn't how far you got, but the distance you traveled from where you started" - Steve Prefontaine

**\*November 17th & 18th are Laps for COHO (info below)**

**No regular evening practices on these two days (please see calendar)**

### Swimmers of the Week!

Nov. 8-14

#### MINNOWS:

Aubri Raymond

Catie Sandberg

Dylan Wilens

#### SHARKS:

Aliana Bak

Amelia Bak

Violet Burian

Logan McGlaughlin

#### 10&U:

Elvis Gavrilchik

William Kettlewell

Joel Lake

#### 11&O:

Jonah Andalman

Kravtsov, Nathalia

Abby Kettlewell

Sarah Xiong

#### GOLD:

Benjy Persits

Tushaan Mitra



## It's Laps for COHO Week!

Laps for COHO helps support the Swimmers on the club by helping purchase equipment and other items that otherwise would not be possible. More important, this is a "Fun-raiser"! Swimmers get to see each and every year how they have improved in their laps, challenge themselves and have a fun, different event. You will still be able to collect donations until the end of the first week of December. Here are a few notes to help us all have a great event:

1. *Parents are needed to count laps when their swimmer(s) swim. Families with multiple swimmers (especially in different practice groups) No worries, we will have enough parents and coaches there to help.*
2. *For the time you are registered to swim, please enter the pool through the balcony upstairs. We will call swimmers and parents down when we are ready to begin. This is very important for the second and third sessions each night.*
3. *Swimmers will be assigned lanes, parents will be able to be at the end of the lane to count. Lap counting sheets, pencils, and clipboards are provided by COHO. We will have a full explanation on how to help count for your swimmer at the pool (very easy). The counter sheets are turned in to coaches at the end of the session. Please do not take sheets home.*
4. *After they swim, swimmers will receive their very own "I survived Laps for COHO" t-shirt and a snack on the pool deck. When all done, you exit the pool area through hallway downstairs. In the hallway downstairs, we will have another shirt for the swimmers... the 2021-2022 COHO team shirt celebrating our 50<sup>th</sup> year.*
5. *Please remember that a minimum \$15 per swimmer donation is required to participate in Laps. The donation includes the t-shirt and refreshments after they swim. It will also apply to any fundraising total you generate.*
6. *You will be able to "spend" your laps for COHO fundraising rewards starting at the IMX meet on December 4<sup>th</sup> & 5<sup>th</sup> (and afterwards). The COHO team store will be there. Please be aware that this is not with Elsmore swim shop, it's only with our own team store run by our parent board. Any questions, please email coach Jacob at [jacob@teamcoho.org](mailto:jacob@teamcoho.org)*

**CLICK HERE TO SEE All-Time Laps Results From 2002-2019**

## COHO WINTER 2022 REGISTRATION

*The COHO Winter Season begins on December 13th!*

Online registration is now open:

<https://www.teamunify.com/team/ilcsc/page/fall-registration>

**\*Returning swimmers must pay the \$83.00 USA/IL Swimming membership before registering for winter COHO.**

**CLICK HERE FOR THE LINK**





## SWIFT MEET RECAP

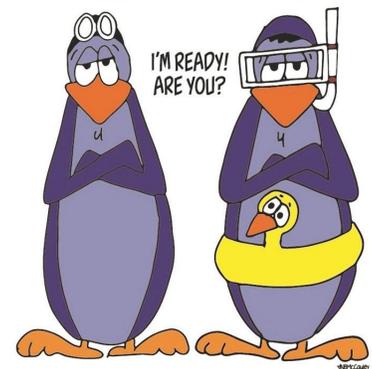
Another fun weekend of swimming for COHO. A lot of swimmers trying new and even longer events (getting ready for the COHO IMX meet in December!). So many great efforts that this week's shout outs was really hard... But here we go...

**First shout out goes to our 500 free and 400 IM Swimmers on Friday night.** Max Adler, Elijah Finkelshteyn, Sari Golding, Sara Holzman, Athena Karanikolas, Nathalia Kravtsov, David McCauley, Tushan Mitra, and Joe Shapiro. Lots of time drops, fun races and 9/10 best times! **Second Shout out goes to Our three day swimmers- the swimmers that swam Friday, Saturday and Sunday-** Max Adler, Elijah Finkelshteyn, Sadie Finkelshteyn, Sari Golding, Sara Holzman, Hannah Kaiser, Athena Karanikolas, Christina Karanikolas, Nathalia Kravtsov, tushaan Mitra, Nishant Reed, Joe Shapiro, and Rose Stiller. **Last, but not least shout out goes to all our awesome parents that helped officiate at the meet and helped time... you guys are awesome... volunteers is what keeps meets and teams running!**

**New Regional Championship cuts:** Matthew Borovik in open 50 and 100 free, Sari Golding 13-14 100 brst, Hannah Kaiser 10&U 100 free and 200 free, Logan Luo in 11-12 100 brst & 100 free, Tushaan Mitra in 13-14 50 free, 100 free, 100 back, and 200 IM, Philip Popko in Open 50 free, Nishan Reed in 11-12 200 IM, 100 free and 200 free, Evan Woolson in 10&U 100 free, 100 brst, William Xia in 10&U 100 brst **New State Championship cuts:** Leo Popko in 11-12 50 fly, 50 free & 100 brst, Daniel Snitkovsky in 11-12 200 IM & 100 brst, Dawid Turos in Senior 100 Fly

COHO IMX MEET @ DHS. DEC. 4th & 5th

**REGISTRATION IS NOW CLOSED.** Hosting meets fun for the kids, but we cannot run the meets without parent involvement. This includes jobs such as meet set-up, on-deck safety marshals, announcers, concession workers and deck runners. We require that a parent volunteers during each session in which they have a swimmer participating. If you do not volunteer you will be assigned where needed, so remember to pick your volunteer job now! **Please note:** Timing positions will be covered by visiting team parents, so COHO parents will need to choose from the other jobs listed on the website.



## 2021-2022 SWIM MEETS & EVENTS CALENDAR

- Nov. 17th & 18th: LAPS FOR COHO EVENT @ Deerfield High School. **REGISTRATION CLOSED**
- Dec. 4-5th: IMX MEET @ DEERFIELD H.S. **REGISTRATION CLOSED 11/3 VOLUNTEER SPOTS ARE STILL OPEN**
- Jan 14th-16h: MUDSOCK CLASSIC TRAVEL @ FISHERS H.S. INDIANA. Info coming soon!
- Jan. 1st-23rd: MUNDELEIN MEET @ REC PLEX More info coming soon
- Feb. 11th-13th: CATS MEET @ LIBERTYVILLE H.S. More info coming soon.
- \*Feb.25th-27th: ILLINOIS REGIONAL CHAMPIONSHIPS @ GLENBROOK NORTH H.S. More info soon
- \*Mar 3rd-6th: ILLINOIS SENIOR STATE CHAMPIONSHIPS @ STEVENSON H.S. More info soon
- \*Mar. 10th-13th: ILLINOIS AGE-GROUP CHAMPIONSHIPS @ FMC IN WESTMONT. More info soon
- \*Championship meets require qualifying times.

# 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**

