COHO SWIM CLUB Newstream

Since 1971 Our 50th Year!

SAFE SPORT RECOGNIZED CLUB

September 22, 2021

Reflecting Pool "All the months are crude experiments, out of which the perfect September is made" -Virginia Woolf

COHO SWIMMERS OF THE WEEK

Minnows: Ivy Chess, Caleb Hart, Sullivan Scileppi, Conrad Turner
Sharks: Violet Burian, Grant Drury, Mallory Drury, Scarlett Wise, Vivienne Wise
10&U: Isabella Fronczak, William Kettlewell, Steven Lee, Justin Wang, William Xia
11&O: Jonah Andlaman, Josh Berlow, Sherman Blake, Lucy Holtz, Abby Kettlewell
Gold: Max Adler, Zev Winick

For the week ending September 19, 2021

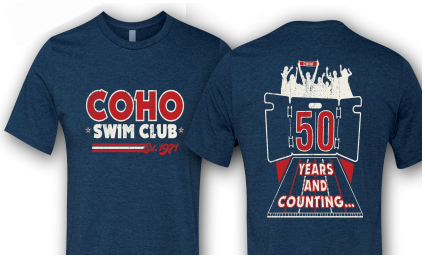
NICE JOB!

Are you ready to help COHO as a volunteer?

Prepare for the "Monster Dash and Haunted Hustle!" We need volunteers for the October 16th event! Come in costume and support this COHO fundraiser by manning the 5k and 1 mile course! You will also earn swimmer recognition points! Registration is now open:

https://www.teamunify.com/team/ilcsc/page/calendar#/team-events/upcoming/1294087

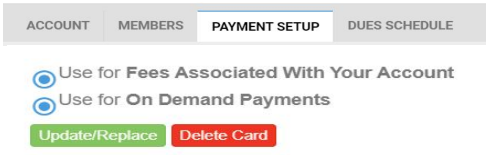
Get Your COHO 50th Anniversary Shirts!



This year we are celebrating the 50th anniversary of the COHO Swim Club with a very special team t-shirt. **Currently registered swimmers will receive a shirt for free**, and families may purchase additional commemorative shirts. It would be amazing to see all our swimmers, coaches, parents, siblings, etc. decked out in these shirts, so get yours today!

Below is a link to a Microsoft form where you can indicate the size for your swimmer's free shirt, and order additional shirts. If you do not indicate a size for your swimmer they will still get a shirt, but we cannot guarantee it will be the correct size. **The choices are ADULT SIZES ranging from XS to 3XL.**

IMPORTANT: You will be billed through your Team Unify account for extra shirts, so be sure you have a credit card on file, and that it can be used for On Demand Payments. To do/check this go to **My Account / Account Info** then click on the **Payment Setup** tab, enter your card info and mark both options:
If your card is already on file, please confirm you've marked **Use for On Demand Payments**



TEAM SHIRT ORDER LINK:
https://forms.office.com/g/b5sVn0JxjR
*****DEADLINE IS 9/30/2021*****

Mundelein Meet at the Rec Plex

We are adding the Mundelein Meet at the Rec Plex (October 16-17) to our meet schedule, but only certain sessions.

Sharks through 11O Red may participate on Sunday, October 17th only. Swimmers ages 9-12 swim in the AM session (7:30 w-up, 8:30 start) and 8&Unders, 13 & Overs swim in the PM session (12:30 w-up, 1:30 start).

Gold 1 & 2 may participate Saturday October 16th and/or Sunday October 17th in the PM sessions (12:30 warm-up, 1:30 start).

Registration is open on the website now, and closes next Thursday, September 30th.

Upcoming Events:

October 16th: Volunteers needed for running race (earn recognition points) info posted in Newstream & website!
Week of Nov. 15th: LAPS FOR COHO EVENT @ Deerfield High School. Info coming soon!

****Meet Schedule Posted on COHO Website.**
We are adding meets as they are confirmed**

LIFEGUARDS & SWIM INSTRUCTORS NEEDED!

Deerfield Park District

*We're looking for lifeguards and swim instructors this fall. $15.00 starting. *Training provided.* For more information & to apply go to:

https://www.deerfieldparks.org/jobs/

A Splash of Humor...

This Next Set Looks Tough - I'm Grabbin' a Pull Bouy and switching to Espresso !

COHO CONNECT

Team Website: teamcoho.org http://www.teamcoho.org
Full-time Coaching Staff: Head Coach: nancy@teamcoho.org
Head Age-Group Coach: Jacob@teamcoho.org, *Head Developmental Coach:* jeff@teamcoho.org
If you need a team suit or caps contact our Team Store Parent: Ellie Kaiser at: ellie.kaiser@yahoo.com
Deerfield Park District Registration link: Registration-Deerfieldparks.org

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

ELSMORE SWIM SHOP