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**For the week of November 25, 2019**

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**FALL FLING RESULTS –** We had a GREAT weekend; THANKS go to all the volunteers stepping up to help and our swimmers who swam. Attached is a time improvement report indicating your final times or DQ infractions that we can focus on fixing in practices before our next swim meet opportunity. We will have pins and individualized feedback reports in your mailboxes soon.

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**Thanksgiving week schedule –** Many school districts in the area have school on several of the days this week, so we will have REGULAR practices on all days this week EXCEPT: Thursday 11/28 – NO PRACTICES and Friday 11/29 – we will hold AM **SWIM** PRACTICES FOR ALL GROUPS (NO DRYLAND ON FRIDAY)

* 8:30-10AM GREAT WHITE/GREY SHARK
* 9-10AM BLUE SHARK
* 10-11AM TIGER/LEOPARD SHARK

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**QUALIFIER REPORT –** Attached in the email blast for this week is a report that indicates our swimmers who have earned individual cuts to Regionals, Age Group Champs, Senior Champs and Sectionals in ‘in season’ swims so far this season (with an age up date of 2/28/20.

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**Cuts Charts and how they are created –** Attached you will also find the time ‘cut’ charts --- swimmers typically move through the progression as they improve over SEVERAL seasons/years. Illinois CHAMP cuts are an average of the 30th place finish in the past 5 seasons with Regionals being a % formula off that. National B-BB-A-AA-AAA-AAAA times are a calculation using the NATIONAL level performances adjusted after each Olympic cycle. National A times are often near Illinois Regional cuts and often AA-AA to earn individual CHAMP Cuts. I would remind everyone that each swimmer improves at their own rate – this is due to many factors such as frequency of practice attendance, seasons of swimming, effort/attentiveness in practices, racing experience, and each swimmer’s individual intrinsic competitive spirit. To try and move a time standard is a healthy seasonal to a year long training goal – so new swimmers working to improve their times, veteran C swimmers getting a B time, B swimmers getting a BB, BB getting an A (Regional) A getting AA-AAA (Champs). It takes time, effort, attendance, and focus to improve and move time standards.

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**Upcoming Dates to Remember**

* **TH 11/28 – THANKSGIVING (NO PRACTICES)**
* **FR 11/29 – HOLIDAY PRACTICE SCHEDULE** 
  + 8:30-10AM GREAT WHITE/GREY SHARK
  + 9-10AM BLUE SHARK
  + 10-11AM TIGER/LEOPARD SHARK

**There WILL STILL BE normal practices this weekend for those NOT in the meets:**

* **SA 12/7 - CANDY CANE CLASSIC (PM SESSION ONLY)**
* **SU 12/8 – CANDY CANE CLASSIC (PM SESSION ONLY)**
* **SU 12/8 – STC 8&UNDER CLASSIC (8AM Warmups) – FROYO AFTERWARDS!!!!**

**There will NOT be any practices this weekend:**

* **FR 12/13 ELGIN IMX (PM SESSION for all ages that are entered)**
* **SA 12/14 ELGIN IMX (11-12 AM, 10U AFTERNOON, 13 & Over EVENING sessions)**
* **SU 12/15 ELGIN IMX (11-12 AM, 10U AFTERNOON, 13 & Over EVENING sessions)**

**HOLIDAY BREAK PRACTICE SCHEDULE: MO 12/23/19 - SA 1/4/20**

* **TU 12/24 – NO PRACTICE**
* **WE 12/25 – NO PRACTICE**
* **SU 12/28 - NO PRACTICE**
* **WE 1/1 – NO PRACTICE**
* **SU 1/5 – Resume regular practice schedules**