



HSGirls!

BEST of LUCK to all of you as you prepare for your season ending races!  
We have been following your successes and look forward to your return!

I advise NOT taking NOVEMBER completely OFF. Give yourself a break BUT keep your endurance by attending practice 3 x week until DECEMBER! This should SEEM like a break - after the hours of practice you have logged this fall!

I have attached a tentative calendar for November -as well as a tentative practice calendar to begin in DECEMBER!

**HSG:** Our regular HSG training group! **Swimmers are expected to maintain a minimum 70% practice & meet attendance and compete in any end of season championship meets: Windy City Champs, Regionals, Senior Champ.**

This season we will once again be offering a CYCLE / STRENGTH practice option 4:15-5:15p on Fridays at FULL CIRCLE (used to be Daily Method - Marion ST / Oak Park). There will be ten 60 minute sessions offered -( for \$30 for the season) If interested - please OPT in during the registration. Only those that sign up - will be able to participate. FYI -this was very popular last year!

Any questions??? I am at Fenwick every night! Or call my cell: 363.2262. I will schedule a TEAM meeting after Thanksgiving so we can review expectations - both yours and mine!

Kathy

## Practice OPTIONS tentative

**HSG**

**\$510.00 (plus ISI)**

(ALL regular season meet fees included in cost)

**Mon/Tues/Thurs 6:30-8:30 pm**

**Wednesday: 5:45-7:15 pm**

**Friday: 4-5:30pm cycle and strength More info to follow**

HOLLYDAYS BREAK sched - as well as AM options in January/Feb.

## FEES

**USA/ISI REGISTRATION:** \$79 - Required for all swimmers of USA Swimming clubs prior to participating in any practice or competition. New members must complete the USA/ISI Registration form. Current team members DO NOT need to refill out the form this year!!! This is an annual fee (Oct - Oct) so you are covered through the summer season.

**TRANSFER FORM:** \$15 If you are transferring from another club, you must download the Transfer Form, complete and return to ME!

**MERCHANDISE:** A team suit and TEAM CAP is requested when participating in meets. Our team suit is an A3 Royal w/black piping and our white logo on it. Please remember that you are the leaders of the team...The junior high swimmers are looking at you and watching your attendance, effort and attitude.

**ENTRY FEES:** Meet entry fees for the regular season will be assessed to your account. Swimmers will be assessed for Championship meets.

**CYCLE/STRENGTH** We are excited to offer this cross training opportunity - There will be 10 sessions offered - for the nominal charge of \$30.00!

**EQUIPMENT BAGS** Swimmers are responsible for having a snorkle, fins & paddles & PB at each practice. Kick boards are at the pool. Bags can be ordered through A3. - or you can order individual equipment, as needed

# HS girls NOVEMBER TRAINING SCHEDULE

monday	tuesday	wednesday	thursday	friday	sat/sun
11 <b>4:30-6p</b>	12 <b>5:45 -7p</b>	13 <b>5:45 -7:15p</b>	14	15 <b>5:45 -7p</b>	16/17 <b>meet @ RB hs</b>
18 <b>5:45 -7p</b>	19 <b>5:45 -7p</b>	20 <b>5:45-7:15p</b>	21 <b>7-8:30p</b>	22	23/24
25 <b>4:30-6p</b>	26 <b>4:30-6p</b>	27  Fenwick HS closed	28  Fenwick HS closed	29 12-1:30p TENTATIVE	30/ dec 1 12-1:30p (sat) TENTATIVE
2 look for regular practice schedule to begin	3	4	5	6	dec 7/8 <b>IMX meet</b>

# November & December Meet Opportunities

A meet schedule for Jan & February will be published shortly - but I would like ALL HSGirls to compete at least ONCE prior to 2018. You are certainly welcome to enter more than ONE meet!

Please read through your options!

## **Nov 15-17 still taking adds @ RB HighSchool** **FRI /SAT/SUN**

- Presently, the meet host is still taking entries - but it may fill at anytime.
- HS Girls Sectionals (at FEN) is on SAT, so I assume most interest will be for Friday or Sunday events.

## **Dec 7&8 IMX meet @ Deerfield HS**

**SAT & SUN** *Commit by NOV 1* - straggler entries will be added as long as host team can take add'l entries. **THIS IS THE MEET I RECOMMEND.** It is earlier in December so that you do not run into end of the semester tests AND you are challenged to swim *non HS events*...After a strong fall season of training lets see where you are in events that you have not been racing!

## **Dec 13-15 Elmhurst Invite @ York HS**

**FRI /SAT/SUN** *Commit by Nov 7* - Straggler entries (after 11/7) may be added as long as host team can take add'l entries. This will represent your last racing of the 2018 year - and we will kick off 2019 with more racing opportunities.

*\*\*\*\*I would rather see HSGs at the IMX meet - than this meet - but feel free to register if you are UNABLE to swim the weekend before.*

Go ONLINE and COMMIT to one of these meets ASAP!