

Scout Aquatics Newsletter– January 24

Scout web site: www.swimsct.org

CURRENT EVENTS:

We have a normal week of practice this week. This is our last Saturday practice as we head into the last few weeks of practice. The updated January, February and March calendars can be found [HERE](#). Information about the next season will be out soon.

Congrats to the all our swimmers at the MMSC Winter Invite meet over the weekend. Special congrats to our swimmers with the biggest time drops:

Stella Curren dropped 23 seconds in the 500 free
Nate Franklin dropped 25 seconds in the 200 free
Spencer Lardino dropped 22 seconds in the 50 free

Congrats to the swimmers of the week:

8 and under: Taissa Gorelik, Neveah Maldonado and Declan Mead
9-10: Ruby Curren and Margaret Lockhart
11-12: Nathan Chiu, Stella Curren, George Gorelik and Nate Franklin
13 and over: Paige Tomek and James Wang

Thank you to everyone being careful and erring on the side of caution at home and being respectful of the mask mandate at the high school. I just want to remind everyone that if anyone in your family household is not feeling well, swimmers should not come to practice.

Techniques for Staying in “Good Nervous” Pre-Race We had great swims over the weekend, but there was a lot of talk about being SUPER nervous. Here are some tips to stay in the good nervy zone.

Swim Meets:

- February 4-6, Schroeder A+ meet in Brown Deer, Wisconsin. This event is for swimmers that qualify by time. We will only be bringing 13 and over swimmers to this event.
- February 5-6, HPAC Go for the Cut meet at Highland Park High School. This is open to all swimmers on the team. The entry open again for TODAY ONLY!
- February 18-20, North Shore Conference at Evanston High School. This is the last regular meet of the season and a last chance to make qualifying times for the upcoming Championship meets. This is open until February 3rd.
- February 25-27, Illinois Swimming Regional Meet at Barrington High School. This is a Championship meet for those that qualify by time.
- March 3-6, Illinois Swimming Senior State Meet at Stevenson High School. This is a Championship meet for those that qualify by time.
- March 10-13, Illinois Swimming Age Group State Meet at the FMC Natatorium. This is a Championship meet for those that qualify by time.
- March 10-13, USA Swimming is hosting the Speedo Sectional Meet at the Rec Plex in Pleasant Prairie, WI. This is a Championship meet for those that qualify by time.

BIRTHDAYS: We have 3 birthdays this week. Happy Birthday to:
Riley Lockhart (10), Joshua Kim (12) and Aoife Roycroft (9)!

Contact us:

Head Coach, Carolyn Grevers (c) 224-436-3195

Email: cgrevers@lfschools.net

Question for Head Age Group Coach (LTS, JS, JSP), Flo Burke

Email: bfbkmg@yahoo.com

Club President: Jennifer Adams

Email: jennadams033@gmail.com

Still looking to try out for the team? We can do it almost any day....please schedule with Coach Carolyn at cgrevers@lfschools.net

Equipment and apparel: All swimmers will be required to have their own equipment. Our account with the Swim Team Store lists all the equipment you need for the group you are in. You can also buy any other apparel and equipment you may need from the site.

- Direct link: <https://theswimteamstore.net/scout-aquatics.html>
- User name: scout
- Password: aquatics