

QUICK GLANCE

- Here is a quick glance at what is happening this week at BDSC. Be sure to read the rest of the Weekly Update to get more details.
- **Monday** - HS Home Boys Swim Meet, Warren. Groups are on Waukegan schedule. Please see schedule. All changes are highlighted in yellow.
 - **Thursday** - HS Home Boys Swim Meet, Warren. Groups are on Waukegan schedule. Please see schedule. All changes are highlighted in yellow.
 - **Friday** - Travel trip. All groups have a change. Please see schedule. All changes are highlighted in yellow.
 - **Saturday & Sunday** - Travel trip. Email with detail coming later in the week. Remember that if you receive an email with the meet details, that means you are sign up for the meet, as those emails only go to swimmers entered.

Week of Dec 8 – 14							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jr Devils 1	6:30 - 7:15pm Waukegan	Off	6:15 - 7:00pm Waukegan	Off	6:15 - 7:00pm Warren	Travel Trip	Travel Trip
Jr Devils 2	7:00 - 7:45 pm Waukegan	Off	7:00 - 7:45pm Waukegan	Off	7:00 - 7:45pm Warren	Travel Trip	Travel Trip
Blue	Off	6:15 - 7:30pm Waukegan	6:15 - 7:30pm Warren	6:30 - 7:45pm Waukegan	Off	Travel Trip	Travel Trip
Bronze	6:30 - 7:45pm Waukegan	Off	Off	Off	6:15 - 7:30pm Warren	Travel Trip	Travel Trip
Silver	Off	5:45 - 6:15pm Dryland 6:15 - 7:45pm Swim Warren	Off	No Dryland 5:00 - 6:30pm Swim Waukegan	Off	Travel Trip	Travel Trip
Gold	No Dryland 5:00 - 6:30pm Swim Waukegan	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	Off	Off	Travel Trip	Travel Trip
Senior 13 & Older	No Dryland 5:00 - 6:30pm Swim Waukegan	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	No Dryland 5:00 - 6:30pm Swim Waukegan	Off	Travel Trip	Travel Trip
Senior Advanced	No Dryland 5:00 - 6:30pm Swim Waukegan	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	No Dryland 5:00 - 6:30pm Swim Waukegan	Off	Travel Trip	Travel Trip
Elite	No Dryland 5:00 - 6:30pm Swim Waukegan	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	No Dryland 5:00 - 6:30pm Swim Waukegan	Off	Travel Trip	Travel Trip

HOLIDAY SCHEDULE

The Christmas Holiday Schedule is out. Please click [here](#) to see the practice schedule over the two week holiday break.

MEETS

- **CLOSED** - [Holly Jolly](#) - Dec 12 - 14 (**team travel**)
- **OPEN** - [Schools out Battle](#) - Dec 20 (day 1)
- **OPEN** - [Schools out Battle](#) - Dec 21 (day 2)
- **CLOSED** - [Superteams](#) - Jan 9 - 11
- **CLOSED** - [Winter Open](#) - Jan 16 - 18
- **OPEN** - [Tri Meet](#) - Jan 25
- **OPEN** - [BDSC Swim Your Heart Out](#) - Feb 13 - 15
- **OPEN** - [Windy City Conference](#) - Feb 22

DATES

- Open Parent Meeting - Tuesday, Dec 2, 6:30 pm
- Warren Boys Home HS Meet - Monday, Dec 8
- Warren Boys Home HS Meet - Thursday, Dec 11
- Warren School Board Meeting - Tuesday, Dec 16, 6:30 pm Almond campus
- Warren Boys Home HS Meet - Thursday, Dec 18
- Open Parent Meeting - Thursday, Jan 8, 6:30 pm

WINTER CLASSIC & SPLASH

We divided and conquered this weekend, even with the snow on Sunday, at the COHO Winter Classic (11 & older) & AA Winter Splash (10 & under) meets. While the COHO meet was long, the kids rose to the challenge and swam amazing. This was a prelim/final meet and the majority of the swimmers came back even better at night. We had a lot of regional cuts made, Emilia Ban (12 year old 50 fly), Johnny Beaman (12 year old 50 & 100 brst) & Aaliyah Tatum (14 year old 500 free). Congratulations! The 10 & under swimmers at the Winter Splash were just as impressive over at RecPlex. Lot of personal best times and a lot of fun. Congratulation to all the swimmers and thank you to the coaches who always go above and beyond.

TIMING AT MEETS

Once in a while at an away meet, we are asked to provide timers. When this happens, I try and give notice, sometimes I don't have the chance. But when we do need to provide times, this is our responsibility and we need to fulfill our spots. The coaches really don't have time to chase down parents, so I ask that if you hear that announcement for BDSC timers, please step up and come help. Thank you to the parents who helped time this weekend, you will get volunteer credit.

PARENTS ROLE

It is very easy to get wrapped up in your swimmers meets, events, practices, times, etc, but your role is to support, encourage and love your swimmer. The coaches are fantastic at their jobs and have the best interest for every swimmer, but our jobs become very difficult when swimmers are hearing conflicting things from their parents. They become confused about who to listen to as they want to please both the parents and coaches. We appreciate all that you do for your swimmer, the time, commitment, support and none of this would be possible without the teamwork. But please trust the coaches and if you have concerns, reach out to us and we would be happy to have a discussion about what our thought process is. We all have the best interest for the swimmers in mind and we ask that we work together to help the swimmers become the best they can be. Thank you!

MEETS

- Our meet schedule is constantly changing and evolving. Please take note of the following upcoming meets;
- [Holly Jolly Meet](#) - Dec 12 - 14 - this is our team travel trip to Valparaiso, IN. It is open to all swimmers. Click [here](#) for Hotel information. **Entries are closed.**
 - [Schools Out Battle](#) - Jan 20 (day 1) - this meet is a 2 day meet divided into two 1 day sessions. **Entries close on Dec 15.**
 - [Schools Out Battle](#) - Jan 21 (day 2) - this meet is a 2 day meet divided into two 1 day sessions. **Entries close on Dec 15.**
 - [Super Teams](#) - Jan 9 - 11 - prelim/finals meet for 11 & older swimmers. **Entries are closed.**
 - [Winter Open](#) - Jan 16 - 18 - Open for all ages. **Entries are closed.**
 - [Tri Meet](#) - Sunday Jan 25 - Open all ages. **Entries open**
 - [BDSC Swim Your Heart Out](#) - Feb 13 - 15 - Full team commitment. **Entries close on Jan 12.**
 - [Windy City Conference](#) - Feb 22 - Open to all swimmers (can not swim events with reginal cuts). **Entries close on Feb 6.**

EQUIPMENT

Please be sure that swimmers have all their equipment. Gold & above you need to have the Polar OHI heart rate monitor. Available on Amazon (on sale today for Cyber Monday). Click [here](#) for link