

## 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.

- **All Week** – We are back to normal schedule, please be sure to double check the schedule. All changes are highlighted in yellow.
- **Thursday** – HS meet at Waukegan, no Blue practice. Please see schedule. All changes are highlighted in yellow. Also All Parent meeting at 6:15 in the Aerobic room, all are welcome.
- **Friday** – Earlier practice time for Bronze & Jrs, Silver and above Super Teams meet. Please see schedule. All changes are highlighted in yellow.
- **Saturday & Sunday** – Super Teams meet. Meet informational email will be sent later in the week.

## Week of Jan 5 – 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jr Devils 1	6:15 - 7:00pm Warren	Off	6:15 - 7:00pm Waukegan	Off	6:00 - 7:00pm Warren	Super Teams Meet	Super Teams Meet
Jr Devils 2	7:00 - 7:45 pm Warren	Off	7:00 - 7:45pm Waukegan	Off	6:00 - 7:00pm Warren	Super Teams Meet	Super Teams Meet
Blue	Off	6:15 - 7:30pm Waukegan	6:15 - 7:30pm Warren	Off	Off	Super Teams Meet	Super Teams Meet
Bronze	6:15 - 7:30pm Warren	Off	Off	6:15 - 7:30pm Warren	6:00 - 7:00pm Warren	Super Teams Meet	Super Teams Meet
Silver	Off	5:45 - 6:15pm Dryland 6:15 - 7:45pm Swim Warren	Off	5:45 - 6:15pm Dryland 6:15 - 7:45pm Swim Warren	Super Teams Meet	Super Teams Meet	Super Teams Meet
Gold	6:15 - 7:15 pm Dryland 7:15 - 9:15pm Swim Warren	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	Off	Super Teams Meet	Super Teams Meet	Super Teams Meet
Senior 13 & Older	6:15 - 7:15 pm Dryland 7:15 - 9:15pm Swim Warren	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:15pm Swim Warren	Super Teams Meet	Super Teams Meet	Super Teams Meet
Senior Advanced	6:15 - 7:15 pm Dryland 7:15 - 9:15pm Swim Warren	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:15pm Swim Warren	Super Teams Meet	Super Teams Meet	Super Teams Meet
Elite	6:15 - 7:15 pm Dryland 7:15 - 9:15pm Swim Warren	6:15 - 8:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:00pm Swim Warren	6:15 - 7:15 pm Dryland 7:15 - 9:15pm Swim Warren	Super Teams Meet	Super Teams Meet	Super Teams Meet

## MEETS

- **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
- Regionals – Feb 25 – March 1 (qualifiers only)
- Age Group State – March 12 – 15 (qualifiers only)

## DATES

- Open Parent Meeting – Thursday, Jan 8, 6:30 pm
- Open Parent Meeting – Thursday, Feb 5, 6:30 pm

## NEW YEAR, NEW GOALS

Welcome 2026! Every new year always feels like a refresh and we are excited to see what the new year can bring. Swimmers be sure to take a few minutes and think about what your goals are for the new year. It could be about swimming, school, another activity, friends, anything. Set those goals, tell someone about them, write them down and work towards them. And if some of those goals are about swimming, talk with he coaches to see how they can help you achieve them.

## UPDATES

A few updates.

- Team Apparel – if you ordered team apparel, we will be passing your order out to the swimmers since it is after the holidays.
- Team Pictures – Team pictures are in and will placed in your folder located on the tables up in the stands.

## MEETS REGISTRAION

Believe it or not, but we are registering for the last few meets of the season. Be sure to double check the events page for all the meets and details. We do have 2 full team comment meets coming up – Tri meet on Jan 25 at Warren HS and the Swim Your Heart Out on Feb 13 – 15 at Rec Plex. For most swimmers the last meet offered is the Windy City Conference at UIC, I know this is far away, but it is a fantastic meet and worth the drive. Please keep in mind that some swimmers might be needed for relays at Regionals.

## MEETS

Our meet schedule is constantly changing and evolving. Please take note of the following upcoming meets;

- [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 – Full team commitment. **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 regional cuts). **Entries close on Feb 6.**
- Regionals – Feb 27 – March 1 – qualifying times only for individual events, many swimmers will be needed for relays. Please mark your calendars, even if you don't qualify in an individual event.

## 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. Click [here](#) for link