



New Parent Guide

Helpful Information

- [Coaches](#)
- [Parent Volunteer Board](#)
- [Volunteering](#)
- [Turtles Website Information](#)
- [On Deck & Meet Mobile Information](#)
- [Resources](#)

Turtles Coaching Staff

- Head Coach – Rob Wood
- Assistant Coach – Maureen DeWitt
- Assistant Coach – Jenn Schultz
- Assistant Coach – Bridget O'Connor
- Assistant Coach – Bethany Rabinowitz

Parent Volunteer Board

- Parent – Coach Liaison: Sarah Lichtman
 - Assists in distributing pertinent information between coaching staff and the swimming parents.
- Volunteer Coordinator: Jenny Siddiqi
 - Assists in organizing and managing parent volunteers for home meets and team events.
- Event Coordinator: Erica Rendall
 - Assists in organizing team events for the team to participate in

Volunteering

- Parents are to volunteer for 2 events per season
 - \$150 opt out fee (We really don't want the money, we want the help 😊)
- Do I need to have experience to volunteer?
 - No, there is no experience needed to volunteer
- I signed up to time a meet and am not able to make it, what do I do?
 - We will expect you to find a replacement to time in your place

Turtles Website Information

- Home Page & Sign In
- Accessing Up To Date Practice Calendar
- Meet Registration Online
- Meet Entries
- OnDeck & Meet Mobile
- Resources

Turtles Home Page Sign In

teamunify.com/team/ilvhpdstst/page/home

Gmail - Inbox - rcw... Sign In - WhenToW... Spotify Web Player Vernon Hills Park Di... American Red Cros... Acadian Endurance... USA Swimming Other bookmarks

SIGN IN

Swimming
VERNON HILLS
Turtles
PARK DISTRICT
to Live Stronger

USA SWIMMING USA SWIMMING ILLINOIS SWIMMING DECK PASS

HOME TEAM INFORMATION ▾ EVENTS ▾ TEAM RECORDS LINKS ▾ VHPD HOME FALL/WINTER TRYOUT RESULTS 2022

Our Coaches Practice Schedule Fall/Winter 22-23 Information Team Information

Type here to search 67°F Cloudy 9:14 AM 8/25/2022

Turtles Practice Calendar Access

The screenshot shows a web browser displaying the teamunify.com website for the Vernon Hills Park District Swimming Turtles team. The browser's address bar shows the URL teamunify.com/team/ilvhpdst/page/home. The website has a green and blue color scheme with a background image of a swimming pool. The navigation menu includes: HOME, TEAM INFORMATION, EVENTS, TEAM RECORDS, LINKS, VHPD HOME, and FALL/WINTER TRYOUT RESULTS 2022. The 'EVENTS' menu item is highlighted. Below the navigation menu is a large photo of swimmers at a pool, with a red arrow pointing from the 'EVENTS' menu item to the 'Practice Schedule' button in the bottom navigation bar. The bottom navigation bar also includes 'Our Coaches', 'Practice Schedule', 'Fall/Winter 22-23 Information', and 'Team Information'. The 'Practice Schedule' button is circled in red. The Windows taskbar at the bottom shows the search bar and various application icons. The system tray in the bottom right corner shows the date and time: 9:14 AM, 8/25/2022, and the weather: 67°F Cloudy.

View/Download Practice Calendar

The screenshot shows a web browser window displaying the website for the Vernon Hills Park District Swimming Turtles team. The website has a green and blue color scheme with a background image of a swimming pool. The navigation menu includes: HOME, TEAM INFORMATION, EVENTS, TEAM RECORDS, LINKS, VHPD HOME, and FALL/WINTER TRYOUT RESULTS 2022. Logos for USA Swimming, USA Swimming Deck Pass, and Illinois Swimming are visible in the top right. A calendar widget for 'turtlesswimteam@gmail.com' is centered on the page, showing practice times for Monday through Friday. A red circle highlights the 'Google Calendar' link at the bottom of the widget, with a red arrow pointing to it.

VERNON HILLS Park District Swimming Turtles
to Live Stronger

USA SWIMMING
USA SWIMMING DECK PASS
ILLINOIS SWIMMING

HOME TEAM INFORMATION EVENTS TEAM RECORDS LINKS VHPD HOME FALL/WINTER TRYOUT RESULTS 2022

turtlesswimteam@gmail.com
Today Monday, September 12 Print Week Month Agenda

Monday, September 12
6:00pm Bronze II Team
6:00pm Silver Team
7:10pm Green Team
7:10pm Gold Team

Tuesday, September 13
6:00pm Bronze I Team
6:00pm Silver Team
7:10pm Green Team
7:10pm Gold Team

Wednesday, September 14
6:00pm Bronze II Team
6:00pm Silver Team
7:10pm Green Team
7:10pm Gold Team

Thursday, September 15
6:00pm Bronze I Team
6:00pm Silver Team
7:10pm Green Team
7:10pm Gold Team

Friday, September 16
6:00pm Bronze II Team
7:10pm Green Team

Events shown in time zone: Central Time - Chicago

+ Google Calendar

Windows taskbar: Type here to search, 9:42 AM, 8/25/2022

Meet Sign Up

Click the Edit Commitment button to declare your swimmer for the event

The screenshot shows a web browser window with the URL `unify.com/team/ilvhpdst/controller/cms/admin/index#/calendar-team-events`. The page title is "Team Events". At the top right, there are buttons for "Calendar Settings", "Calendar Notes", "Help", and "New Calendar Item". Below this is a navigation bar with "Team Events", "General", and "Practices" tabs. A "Event Notes" button is on the right. The main content area has "Current & Upcoming" and "Past & Archived" tabs. A "Subscribe" button and a search bar "Search for Team Events" are present. The event list includes:

- Aug 30, 2022**: Turtles Parent Meeting (Aug 30, 2022 Event Category: Team Event). Description: "A parent or guardian must be present for the introductory Fall-Winter 22-23 meeting. Please plan on being in attendance." Button: "Email Event".
- Nov 18, 2022**: HPAC Fall Extravaganza (Hidden) (Nov 18, 2022 - Nov 20, 2022 Event Category: Swim Meet). Description: "Please see meet information packet". Logo: Highland Park Aquatics Club. Buttons: "Email Event", "Edit Commitment".
- Feb 10, 2023**: HPAC Go For The Cut (Feb 10, 2023 - Feb 12, 2023 Event Category: Swim Meet). Description: "Please see meet packet for information". Logo: Highland Park Aquatics Club. Buttons: "Email Event", "Edit Commitment".

A red arrow points from the right side of the screen to the "Edit Commitment" button for the Feb 10, 2023 event, which is circled in red.

Meet Entry Sign Up

Click your swimmer's name to declare them for the meet

unify.com/team/ilvhpdstst/controller/cms/admin/index#/calendar-team-events

n in - WhenToW... Weather Spotify Web Player Vernon Hills Park Di... American Red Cros... Acadian Endurance... USA Swimming Other bookmarks

Team Events

Athlete Signup Committed Athletes Undeclared Declined

HPAC Go For The Cut

Feb 10, 2023 - Feb 12, 2023

My Account: **Wood, Robert** (847) 396-3488 [Change Account](#) (Admin Only) Registration Deadline: 01/02/2023

Meet Name: [HPAC Go For The Cut Meet 2023](#) Location: Highland Park High School, Highland Park, IL 60035, USA Course: YO Meet Type:

Start Date: 02/10/2023 End Date: 02/12/2023 Age Up Date: 02/10/2023 Use Date Since: 01/01/1970

Enforce entry based on [Qualify Times]: No Restrict entry [Best Time] to same [Meet Type]: Yes

Event Declaration Setting: Commit by Event [Edit](#) Maximum Event Entry Limitations [View](#)

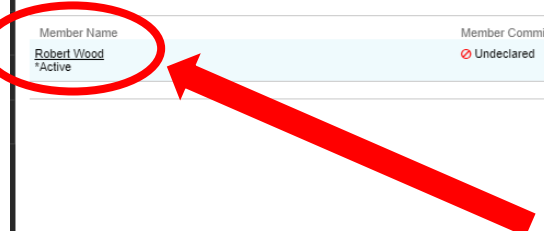
Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No

[View/Edit All Meet Events](#) [Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Robert Wood Active	Undeclared		



Select Yes or No to Declare or Decline

The screenshot shows a web browser window with the URL `inify.com/team/ilvhpdst/controller/cms/admin/index#/calendar-team-events`. The page title is "Team Events". The main content area displays an event titled "HPAC Go For The Cut (Feb 10, 2023 - Feb 12, 2023)". Below the event title, the "Member Athlete" is listed as "Robert Wood". A dropdown menu labeled "Declaration" is currently set to "SELECT...", and this menu is circled in red with a red arrow pointing to it. Below the dropdown is a "Notes" text area. A "Save Changes" button is located at the bottom right of the form.

Team Events

HPAC Go For The Cut (Feb 10, 2023 - Feb 12, 2023)

Member Athlete:
Robert Wood

*Declaration
SELECT--

Notes

Save Changes

Event Selection

For USA meets you will be able to select events, REC meet you will only declare for the meet. Make sure to click Save!

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No

Committed Sessions: None Athlete Qualifying Age: 32 Gender: Male


Important Notes:

1. Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter NT if no Entry Time is available.
2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter [Entry Time] in this format: mm:ss.hh.
5. [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
6. Only Admin can customize [Entry Time] and set [Bonus] fields.

Day 1 Session 1											Max Entries this Session IE = 2 Rel = 0 Comb = 2
	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time		
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		4C	B	15 & Over 400 Medley			
<input type="checkbox"/>	6:23.07Y	6:23.07Y	<input type="checkbox"/>	<input type="checkbox"/>		8B	B	15 & Over 500 Free			

Day 2 Session 3											Max Entries this Session IE = 4 Rel = 0 Comb = 4
	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time		
<input type="checkbox"/>	2:07.20Y	2:07.20Y	<input type="checkbox"/>	<input type="checkbox"/>		32B	B	15 & Over 200 Free			
<input checked="" type="checkbox"/>	1:11.38Y	1:11.38Y	<input type="checkbox"/>	<input type="checkbox"/>		36B	B	15 & Over 100 Breast			
<input type="checkbox"/>	2:42.27Y	2:42.27Y	<input type="checkbox"/>	<input type="checkbox"/>		40B	B	15 & Over 200 Back			
<input checked="" type="checkbox"/>	1:15.19Y	1:15.19Y	<input type="checkbox"/>	<input type="checkbox"/>		44B	B	15 & Over 100 Fly			
<input checked="" type="checkbox"/>	24.58Y	24.58Y	<input type="checkbox"/>	<input type="checkbox"/>		48B	B	15 & Over 50 Free			

Day 3 Session 5											Max Entries this Session IE = 4 Rel = 0 Comb = 4
	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time		
<input type="checkbox"/>	2:30.48Y	2:30.48Y	<input type="checkbox"/>	<input type="checkbox"/>		76B	B	15 & Over 200 Medley			
<input checked="" type="checkbox"/>	55.59Y	55.59Y	<input type="checkbox"/>	<input type="checkbox"/>		80B	B	15 & Over 100 Free			
<input type="checkbox"/>	3:02.00Y	3:02.00Y	<input type="checkbox"/>	<input type="checkbox"/>		84B	B	15 & Over 200 Fly			
<input checked="" type="checkbox"/>	1:15.07Y	1:15.07Y	<input type="checkbox"/>	<input type="checkbox"/>		88B	B	15 & Over 100 Back			
<input checked="" type="checkbox"/>	2:44.08Y	2:44.08Y	<input type="checkbox"/>	<input type="checkbox"/>		92B	B	15 & Over 200 Breast			
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		96B	B	15 & Over 1650 Free			



Meet Events Confirmation

Team Events

Athlete Signup Committed Athletes Undeclared Declined

HPAC Go For The Cut

Feb 10, 2023 - Feb 12, 2023

My Account:
Wood, Robert
(847) 396-3488
[Change Account \(Admin Only\)](#)

Registration Deadline:
01/02/2023

Meet Name: [HPAC Go For The Cut Meet 2023](#) Location: Highland Park High School, Highland Park, IL 60035, USA Course: YO Meet Type:

Start Date: 02/10/2023 End Date: 02/12/2023 Age Up Date: 02/10/2023 Use Date Since: 01/01/1970

Enforce entry based on [Qualify Times]: No Restrict entry [Best Time] to same [Meet Type]: Yes

Event Declaration Setting: Commit by Event [Edit](#) Maximum Event Entry Limitations [View](#)

Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No

[View/Edit All Meet Events](#) [Go Back to Event Home Page](#)

Click on Member Name to [delete](#) for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Robert Wood Active	✔ Committed	# 36B (d2/s3): B 15 & Over 100 Breast (1:11.38Y Approved) # 44B (d2/s3): B 15 & Over 100 Fly (1:15.19Y Approved) # 48B (d2/s3): B 15 & Over 50 Free (24.58Y Approved) # 80B (d3/s5): B 15 & Over 100 Free (55.59Y Approved) # 88B (d3/s5): B 15 & Over 100 Back (1:15.07Y Approved) # 92B (d3/s5): B 15 & Over 200 Breast (2:44.08Y Approved)	08/25/22 7:49 AM

- After events have been approved, they cannot be changed
- Families are responsible for fees associated with the meet even if your swimmer is a no show for the meet

OnDeck & Meet Mobile

- OnDeck is an extension of Team Unify that gives parents access to their swim team's data and swimmer information. Parents have the ability to access meet results, best times, time standards, account information and more.
- Meet Mobile gives you the ability to access meet programs for swim meets that have it set up.
- Both apps can be downloaded from app stores

Resources

- [Turtles Team Handbook](#)
- USA Swimming (www.usaswimming.org)
- Illinois Swimming (www.ilswim.org)

Questions? Feel free to reach out to Coach Rob at Turtles@vhparkdistrict.org