



News You Otter Know

Week of July 14th, 2025

- **Shortened Practices – Fri, July 18th** – We want to be well-rested for Conference! We will not be having Fun Friday – instead we will be working on starts and racing so we will be ready for the big meet.
 - Black: 8:00–9:00am
 - Red: 9:00–10:00am
 - White: 10:00–10:30am
 - Green: 10:30–11:00am
- **Otters Conference – Sat, July 19th!** This is our last meet of the season where we swim against all of the teams in our conference! The sign up deadline has passed. If you are going to Conference, be sure to check your emails about any important information.
 - Location: Stevenson High School (1 Stevenson Dr, Lincolnshire, IL 60069).
 - This meet will be split into two sessions: 8 & Under/13 & Over will swim in the morning session. Ages 9–12 will swim in the afternoon session.
 - This is an indoor pool. Swimmers & families can camp out in the field house & families can watch races from the upper level bleachers. Bring chairs or a blanket & snacks for camping out in the field house. Spectators are not allowed on deck.
 - **Session 1 (8 & Under & 13–14 & 15 Over):**
 - 6:30 AM Building Opens
 - 7:00 – 7:55 AM Warm-ups 7:20 AM
 - 7:45 AM Timers Meeting 8:00 AM First Event
 - **Tentative Session 2 (9–10 & 11–12):**
 - 12:00–12:55 PM Warm ups
 - 12:45 AM Timers Meeting
 - 1:00 PM First Event
- **Otters Awards Party – Mon, July 21st @ 7–9pm at Civic Center**
 - Celebrate the end of a great Otters Season with us!
 - We will do an awards presentation then open the pool for Otters & their families.
 - Bring donations for the School Supply Drive! See attached flyer.
- **Otters Record Breaker Party – Tues, July 22nd**
 - Swimmers that have broken a team record this season are invited to join us for a celebration at Oberweis.
- **Oswego Otters 2025 Google Album** – Join the Shared Album to find all of the pictures the coaches have taken this season & add your own!
 - <https://photos.app.goo.gl/x3CTfWwxKaDotpJ6>



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- **Technique Weeks**
 - **Not ready for Swim Team to end? Looking to continue to improve? Sign up for Technique Weeks!**
 - Each week will focus on a different aspect of competitive swimming techniques and fundamentals. These are designed to help the swimmer become more proficient.
 - **Monday-Thursday** (Friday is a make-up day in case of cancellation)
 - **Black/Red Groups: 9:00-10:30am**
 - #30574 Week 1 - Stroke Work, July 21st-24th
 - #30576 Week 2 - Starts, Turns & Finishes, July 28th -31st
 - **White/Green Groups: 10:30-11:30am**
 - #30577 Week 1 - Butterfly & Backstroke, July 21st-24th
 - #30579 Week 2 - Breaststroke & Freestyle, July 28th -31st
- Sign up at [Oswegolandparkdistrict.org](https://oswegolandparkdistrict.org)





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Upcoming Events

Sat, July 19th – Otters Conference

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Mon, July 21st – Otters Awards Party 7-9pm @ Civic Center

Tues, July 22nd – Otters Record Breakers Party @ Oberweis (for swimmers that have broken a record this season)

July 21st – 31st – Technique Weeks

Reminders

• **Check Your Folders!**

- Please have your swimmers remember to get everything from their Family Folders.
- Family Folders are in the file boxes located on the table in the hallway by the lifeguard office.
- Clean out your file one last time at the Otters Awards Party. Awards from the Conference Meet will be in there.

For More Information

Beckett McGraw, Head Coach

bmcgraw@oswegolandpd.org

Janet Liska, Assistant Head Coach

jliska@oswegolandpd.org



OSWEGO OTTERS
SWIM TEAM



Let's DIVE IN
& support the:



MONDAY, JULY 21, 2025

Awards Night ~ 7:00-9:00 PM ~ Civic Center



**OTTERS will be collecting the following
SCHOOL SUPPLIES**

to support children in our community:

- NEW BACKPACKS- STANDARD 17"
- DRY ERASE MARKERS
- PENCILS- #2
- MARKERS- THIN
- GLUE STICKS- SMALL
- INDEX CARDS
- HIGHLIGHTERS
- FOLDERS- LIGHTWEIGHT
- PRONGED FOLDERS- VARIETY OF COLORS
- The supplies above are the most needed and what we will focus on, however, KCCFP will graciously accept any donations.



Let's
support
each otter!



THANKS!

If you have questions, contact:

School Supply Drive Organizers-

Ella & Ethan Schrader at

tlees4@icloud.com

or catch them at practice or a meet.

THANKS!