



News You Otter Know

Week of July 7th, 2025

- **Last Home Meet vs. Lifetime/Stevenson - Tues, July 15th** . Volunteers still needed!

Sign up on Go Motion to help time, sell concessions or help in the bull pen!

- **Check In: Swimmers should highlight their names on the table near the entry hallway to check in.** (Swimmers not checked in prior to meet start will be scratched from the meet).
- **Warm Ups:** Black & Red 4:00-4:15, White & Green 4:15-4:30
- **Meet Start:** 5:00pm
- We will be doing make-up for the Family Relays at this meet! Sign up [here](#) if you would like to participate. Family Relays will be held at the end of the meet.
- **Shortened Practices - Fri, July 18th** - We want to be well-rested for Conference! (No Fun Friday)
 - 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 & we want ALL of our Otters to be there! Otters Registration deadline July 13th.
 - Stevenson High School (1 Stevenson Dr, Lincolnshire, IL 60069).
 - Registration deadline for this meet is July 13th. This is a very strict deadline.
 - We would love to see as many Otters there as possible as we are still seeking our first Conference win. While it is a competitive meet, all ability levels are encouraged to attend the meet. We receive awards for places 1-18 so it is a great final meet for our season. 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



News You Otter Know

Week of July 7th, 2025

- **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.
 - We will be having a School Supply Drive to support the community. See attached flyer for details.
- **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. Look for an email if you have broken a record.
- **Technique Weeks**
 - **Not ready for Swim Team to end? Looking to continue to improve? Sign up for Technique Weeks!**
 - 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)



News You Otter Know

Upcoming Events

Tues, July 15th @ 5pm - Last Home Meet! vs. Lifetime/Stevenson

Fri, July 18th - Shortened Practices

- Black: 8:00-9:00am, Red: 9:00-10:00am,
White: 10:00-10:30am, Green: 10:30-11:00am

Sat, July 19th - Otters Conference - SIGN UP NOW! We need ALL Otters there! Register closes July 13th!

- Session 1 (8 & Under & 13-14 & 15 Over):
 - 6:30 AM Building Opens
 - 7:00 AM Warm-ups
 - 7:45 AM Timers Meeting
 - 8:00 AM First Event
- Tentative Session 2 (9-10 & 11-12):
 - 12:00 PM Warm ups
 - 12:45 AM Timers Meeting
 - 1:00 PM First Event

Mon, July 21st - Otters Awards Party

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

Tues, July 21st - 31st - Technique Weeks

Reminders

- **Private Lessons** - 30 minute sessions with an Otters Coach are offered from 12:00-1:00pm after morning practices end each day. If you would like to purchase private lessons, reach out to Coach Beckett (bmcgraw@oswegolandpd.org).

For More Information

Beckett McGraw, Head Coach

bmcgraw@oswegolandpd.org

Janet Liska, Assistant Head Coach

jliska@oswegolandpd.org



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!