

Holiday Practice Schedule & Parade Information

No Red & Black practice on Thursday morning, July 3rd
No practice on July 4th or 5th for all groups.

Oak Park 4th of July Parade Information

We will meet at 9:30am, near Ridgeland & Adams, we are slot #31 in the parade route. Please wear your Red or Black gear. Family members are welcome to walk with the athletes. The parade route will begin from Longfellow Park and march north on Ridgeland Avenue to Augusta Street. We will wrap-up near Whittier Elementary School on Harvey Avenue. Children's entertainment, sponsored by the [Park District of Oak Park](#), will be presented on the school grounds following the parade. Come out to show your TOPS pride!

Silver-Gold-National Olympic Trials Night

This Thursday, the Brandt household will open their doors for the Olympic trials for all swimmers in the Silver, Gold and National squads. Please RSVP to Elizabeth Holland so that she has a head count to order pizza! Trials are live from 7-8pm, so plan to arrive around 6:30pm. RSVP to elizabeth_holland@yahoo.com as soon as possible! The house is located at 1501 Park Ave in River Forest.

Indy Dolphins Summer Invitational Results

Fast swimming and fun events highlighted the meet last weekend! 148 new PB's including 11 new team records were a result of 3 days of swimming in the country's fastest pool. 2 coaches and 2 parent chaperones accompanied 32 athletes on the trip. The team was complimented by the hotel staff on their demeanor and represented our team, the West Cook YMCA and our community very well. Everyone is to be applauded and we look forward to making the trip bigger and better next year.

New Team Records

Nikita Bondarenko – 11-12 Boys 1500 free, 400 IM, 200 Fly, 200 Back
Emma Connell – 11-12 Girls 200 Back
Hannah Connell – 13-14 Girls 100 Back
Alanna Dassoff – 11-12 Girls 200 IM & 200 Breast
Lori Mansfield – Senior Girls 100 Fly
Kim Stefanik – 13-14 Girls 400 free & 50 Free

Getting faster in a hurry!

Nikita Bondarenko (-74.37, 1500 free), Emma Connell (-12.40, 100 Breast), Alex Darnall (-22.26, 200 Breast & -12.28, 100 Fly), Hannah Garrigan (-70.37, 1500 free), Garrison Johnson (-30.00, 400 free & -28.30, 400 IM), Grant Krueger (-21.90, 200 IM & -19.30, 100 Back), Annie Leipold (-25.46, 200 IM), PJ Rauzi (-34.69, 200 IM & -26.99, 200 free), Ivan Stechyshyn (-24.10, 200 IM), Kimmy Stefanik (-12.83, 400 free), Miranda Tramner, (-36.55, 1500 free), Gordon Watt (-10.12, 200 Back), Alex West (-23.45 200 free)

[Updated Power Point Clubs](#)

TOPS Team Carwash

Mark your calendars now and plan to attend the TOPS carwash on Saturday, July 19th. The carwash will be held in River Forest in the parking lot of [United Methodist Church](#) located at 7970 Lake Street. Swimmers in the Silver, Gold and National groups should plan on helping out that day.

Weather or Not Meet – July 11-13

Meet entries have been posted on the website. We plan on having a team area outside, just to the south of the pool. We will have tents setup for the team to camp under. Please bring your own chair or blanket to sit on. The "weather" inside UIC tends to get very hot this time of year, and it should be nicer being outside in the fresh air and shade. We will also use this as a dry run for a similar setup at the Age Group State meet the 1st weekend of August. Please make sure to pack your water bottle and keep yourself hydrated!

Friday Warm-ups: 4:15pm (Events 1-10)

Saturday & Sunday AM Warm-ups: 6:45am (Events 12-32 & 61-82)

Saturday & Sunday PM Warm-ups: 11:45am (Events 33-60 & 83-109)