

National Team

Any athlete who competed with the Wheaton Swim Club National Team during the Short Course season / High school swimmers / College swimmers who are home for the summer / 12 and older Illinois Age Group Meet qualifiers are all eligible to register for our National Group. The National team is for the committed athlete, but continues to focus on all aspects of swimming, including technique, psychology, nutrition, and race strategy, in addition to its heavy training load and dryland exercises. The group will train two times a day during the summer in preparation for the Illinois Swimming Championships, USA Sectionals, Jr. Nationals and Senior Nationals.

Spring practice sites: Wheaton College, College of DuPage, (Carol Stream on Fridays)
Summer practice site: Wheaton College

Pre-National Team

The Pre-National group is a Long Course program only. The group is designed to provide a smooth transition for those swimmers in the gold training group as they move onto the National team in the fall. New members who are interested in this group should be 11 – 13 years old and have several years of USA or YMCA experience. This group is only for those swimmers who intend to train with the Wheaton Swim Club National team in the fall. The group will introduce dryland training; will have several double session workouts; and will train with the National team at times during the season.

Spring practice sites: Wheaton College, College of Dupage
Summer practice site: Wheaton College

Gold

The Gold group is intended for swimmers between the ages of 8 and 12 who have several seasons of competitive swimming experience. The Gold group will focus on stroke technique and race strategy with the addition of a consistent conditioning program. In this group swimmers begin to truly master practice habits such as understanding group dynamics, lane etiquette, pace clock reading, and much more. Swimmers in this group will also learn the basics of weekly and season training cycles which they will apply to the rest of their careers.

Spring practice sites: Wheaton College, College of DuPage
Summer practice site: Wheaton College

Silver

The Silver group is intended for the swimmer between the ages of 7 and 10 years old. Swimmers in these groups will have the basics aspects of competitive swimming reinforced to them though out the season. As the group is ready, more and more aerobic conditioning will be added to practices to prepare them for the Gold group. Swimmers in these groups should have previous swim team experience, and should be able to demonstrate one length of each of the four strokes. One day a week will be dedicated to a one hour "starts and turns" practice.

Spring practice sites: Wheaton College, College of DuPage
Summer practice site: Wheaton College

Bronze

The Bronze group is intended for swimmers between the ages of 6 and 10 years old. Swimmers in this group will have the basics of all aspects of competitive swimming reinforced to them though out the season. Conditioning will be added as the group progresses. Swimmers in this group have little previous swim team experience, came through a lessons program, or swam on some other type of team (summer league etc) on a limited basis. Swimmers in this group should be confident in the water, work well with others in a group setting, and be able to swim one length of the pool using the freestyle or backstroke techniques. One day a week will be dedicated to a one hour "starts and turns" practice.

Spring practice site: College of DuPage and Wheaton College
Summer practice site: Wheaton College

Pre Season Competitive Swim Camp

This group is designed for those swimmers who plan on competing with a park district or country club team. This group will focus on stroke technique while slowly condition our athletes to be prepared for the summer swim team season. This group is not designed for swimmers who have trained with a swim club during the fall or winter.