

Wheaton Swim Club Practice Information

The team will practice according to the regular practice schedule as printed below. Note that any irregularities will be posted on the team website at www.wheatonswimming.com. We will also send flyers home with swimmers if any last-minute changes arise. For driving directions to all facilities, please see our website or ask a coach for printed directions.

Group	First Practice	Regular Times	Location
National Team	Sept 6	M, W 5:30-7:30 p.m. T, Th 5:30-7:30 p.m. Fri 4:30-7:00 p.m. Sat tba 2 hours a.m. Dryland tba 2-3x per week	Wheaton College COD Carol Stream Wheaton College Tba
12 & U	Sept 6	M, W 5:30-7:30 p.m. T, Th 5:30-7:30 p.m. Fri 6:00-7:30 p.m. Sat tba 2 hours a.m.	Wheaton College COD Wheaton College Wheaton College
Pre-Nat	Sept 12	M, W 5:45-7:30 p.m. T, Th, F 6-7:30 p.m. Sat tba 1.75 hours a.m.	Wheaton College Wheaton College Wheaton College
Gold	Sept 23 (first practice is 30 min swim, followed by parent's meeting)	M 5:30-7:00 p.m. T, Th, F 6:00-7:30 p.m. Sat tba 1.5 hours a.m.	Wheaton College Wheaton College Wheaton College
Silver	Sept 23 (first practice is 30 min swim, followed by parent's meeting)	M 4:00-5:30 p.m. T, Th 6:15-7:30 p.m. Fri 6:00-7:30 p.m.	COD Wheaton College Wheaton College
Bronze	Sept 20 (first practice is 30 min swim, followed by parent's meeting)	T, Th 6:45-7:30 p.m. W 4:15-5:15 p.m. Fri 6:00-6:45 p.m.	COD COD Wheaton College
Blue	Sept 20 (first practice is 30 min swim, followed by parent's meeting)	T, Th 6:00-6:45 p.m. Fri 6:00-6:45 p.m.	COD Wheaton College
Orange (Competitive Lessons)	Sept 20 (parent / coach meeting 30 min before first practice)	T, Th 5:30-6:00 p.m.	COD
Senior	Sept 20	T, Th, F 4:00-5:30 Sat tba 1.5 hours a.m.	COD Wheaton College

Season Start-up Information

The coaches will start the season off at a slow pace and ease the swimmers back into shape, according to the practice schedule below. Practices will begin at the usual time, unless indicated below

Group	First Practice	Week 1	Week 2	Week 3
National	Sept 6	1.5 hours	2 hours	Full practice
12 & U Nat	Sept 6	1.5 hours	Full practice	Full practice
Pre-Nat	Sept 12	MWF only 1.5 hours	MWF only 1.5 hours	Full practice
Gold	Sept 23	Full practice	Full practice	Full practice
Silver	Sept 23	Full practice	Full practice	Full practice
Bronze	Sept 20	Full practice	Full practice	Full practice
Blue	Sept 20			
Orange	Sept 20	Full practice	Full practice	Full practice
Senior	Sept 20	Full practice	Full practice	Full practice

High School Girls

Any High School girl whose high school does not sponsor an IHSA team may start practicing Aug 15 for a nominal fee. Interested persons should contact the coaching staff as soon as possible for information.