

Wheaton Swim Club Group Descriptions

Spring / Summer (Long Course) 2006

The team's groups are designed as a stepping-stone process; each group prepares swimmers to train and compete at the next level. The same technique and philosophies are taught and reinforced at all levels.

Remember that group assignments are always a work in progress. Some swimmers may develop quickly within the first few weeks of practice and need to move to an advanced group. Please see our Registration page for group assignments and practice schedules and contact a coach with any questions.

Orange (Competitive Lessons)

For swimmers who have already participated in a local swim lessons program, and who would like to explore the possibility of joining the swim team, we offer a Competitive Lessons program. This program is offered in four Six Week sessions throughout the year. The focus of the group will be to introduce all aspects of competitive swimming, including all four strokes, racing dives, and competitive turns. This program is designed for the swimmer who has progressed through swim lessons and is ready for the next step of learning. The group meets twice a week.

- **Practice Site** : College of DuPage
- **Group Coaches**: Terry Depew / Mary Cooper

Blue

The Blue group is the team's first level of competitive swimming. It is intended for swimmers between the ages of 6 and 10 years old, who are new to competitive swimming but are interested in competing in Novice Level competitions. Swimmers in this group will begin to learn the basics of all aspects of competitive swimming throughout the season, and should be able to swim one length of the pool using the freestyle or backstroke techniques. 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 and work well with others in a group setting. One day a week will be dedicated to a one hour "starts and turns" practice. The group meets three times a week in the spring and four to five times a week in the summer.

- **Practice site**: College of DuPage and Wheaton College
- **Group Coaches**: Terry Depew, Mary Szweda

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 throughout the season, and should be able to demonstrate one length of the pool of 3 of the 4 competitive strokes. 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 and work well with others in a group setting. One day a week will be dedicated to a one hour "starts and turns" practice. The group meets four to five times a week.

- **Practice site**: College of DuPage and Wheaton College
- **Group Coaches**: Terry Depew, Mary Szweda

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 throughout 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. One day a week will be dedicated to a one hour "starts and turns" practice. The group meets five to six times a week.

- **Practice Sites**: Wheaton College, College of DuPage
- **Group Coach**: Meg Heger

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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. The group meets five to six times a week in the spring and six to seven times per week in the summer.

- **Practice sites:** Wheaton College and College of DuPage
- **Coach:** Sarah Maggio

Pre-National

The Pre-National group is designed to provide a smooth transition for those swimmers in the gold training group as they move onto the Junior National team. New members who are interested in this group should be 13 & Under and have several years of USA or YMCA experience. This group will continue to focus on technique while increasing yardage. The group meets six to seven times a week in the spring and nine times per week in the summer.

- **Practice sites:** Wheaton College and College of DuPage
- **Group Coach:** Jacob Ayers

Junior National (previously known as "12 & Under National")

This group is for the exceptional 14 & Under swimmer who swim as their main sport and who are mature enough to handle a large portion of the National team's training. Swimmers must qualify by participating in Wheaton Swim Club's winter 12 & Under National group or similar USA or YMCA program. The majority of this group will compete at the Junior Olympic (Age Group State) level with goals of making the USA Sectional meet as older swimmers. Only those swimmers who show an unusual balance of maturity and commitment will be considered for this group throughout the year. This group meets six times per week in the spring and eleven times per week in the summer.

- **Practice sites:** Wheaton College, College of DuPage
- **Group Coach:** Chris del Galdo

National Team

Any athlete who competed with the Wheaton Swim Club National Team in the past, or new members with similar experience in other USA or YMCA programs. 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 once a day during the school year, and two times a day during the summer and other holidays in preparation for the Illinois Swimming Championships, USA Sectionals, Jr. Nationals and Senior Nationals. This group includes Jr and Senior National qualifiers, over 15 High School state qualifiers, over 25 Sectional qualifiers, and over 40 Senior State qualifiers. Participation in this group will be determined by the coaching staff and based upon swimmers' past season attendance and practice performance.

- **Practice Sites:** College of DuPage, Wheaton College, and Carol Stream
- **Group Coach:** Bob Strube

Senior Team

This group is designed for the "renaissance athlete" who participates in many sports or activities, wants to maintain conditioning or stroke work for their high school swimming season or summer club team, or for the triathlete who is interested in improving technique and conditioning for the swimming leg of their race. This group is also intended for the 13 & Over swimmer who does not qualify for the National Team but is intent on improving their practice skills in an effort to move into the national team. This group meets four times per week in the spring and six times per week in the summer.

- **Practice Sites:** College of DuPage and Wheaton College
- **Group Coach:** Bob Strube