

2007-08 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. Also note that we will ease the swimmers back into shape at the beginning of the season according to the schedule on page 2.

Group	First Practice	Regular Times
National Team (and National High School)	Sept 4	M 5:45-7:45 p.m. (Wheaton College) T 5:30-7:30 p.m. (College of DuPage) W 5:45-7:45 p.m. (Wheaton College) Th 5:30-7:30 p.m. (College of DuPage) F 5:30-7:30 p.m. (alt COD / Wheaton) Sat tba at Wheaton (2 hrs)
Junior National	Sept 6	M 5:30-7:30 p.m. (Wheaton College) T 5:30-7:30 p.m. (College of DuPage) W 5:30-7:30 p.m. (Wheaton College) Th 5:30-7:30 p.m. (College of DuPage) F 5:30-7:30 p.m. COD or 6-7:30 W Coll Sat tba at Wheaton (2 hrs)
Senior (and Senior High School)	Sept 18	M no practice T 4-5:30 p.m. (College of DuPage) <i>shared</i> W 4-5:30 p.m. (College of DuPage) <i>shared</i> Th 4-5:30 p.m. (College of DuPage) <i>shared</i> F 4-5:30 p.m. (College of DuPage) <i>shared</i> Sat tba at Wheaton (1.5 hr)
Pre-National	Sept 12	M 5:45-7:30 p.m. (Wheaton) T 6-7:30 p.m. (Wheaton) W 5:45-7:30 p.m. (Wheaton) Th 6-7:30 p.m. (Wheaton) F 6-7:30 p.m. (Wheaton) Sat tba at Wheaton (1.75 hrs)
Gold	Sept 24 (first practice is 30 min swim, followed by parent's meeting)	M 4:00 - 5:30 (College of DuPage) <i>shared</i> T 6-7:30 p.m. (Wheaton) W no practice Th 6-7:30 p.m. (Wheaton) F 6-7:30 p.m. (Wheaton) Sat tba at Wheaton (1.5 hrs)
Silver	Sept 20 (first practice is 30 min swim, followed by parent's meeting)	M no practice T 6:15-7:30 p.m. (Wheaton) W 4-5:30 p.m. (COD) <i>shared</i> Th 6:15-7:30 p.m. (Wheaton) F 6-7:30 p.m. (Wheaton) Sat tba at Wheaton (1 hr)
Bronze	Sept 18 (first practice will begin with a parent's meeting on deck)	M 4:30-5:30 p.m. (College of DuPage) <i>shared</i> T 6:45-7:30 p.m. (College of DuPage) W no practice Th 6:45-7:30 p.m. (College of DuPage) F clinic 5:15-6:30 p.m. (COD) <i>specific dates</i> Sat tba at Wheaton (1 hr)
Blue	Sept 18 (first practice will begin with a parent's meeting on deck)	M no practice T 6-6:45 p.m. (College of DuPage) W no practice Th 6-6:45 p.m. (College of DuPage) F 4:30-5:30 p.m. (College of DuPage) <i>shared</i> Sat tba at Wheaton (1 hr)
Orange (Competitive Lessons)	Sept 18 (first practice will begin with a parent's meeting on deck)	T,Th 5:30-6:00 p.m. (College of DuPage) Note: Orange Groups Meet for 4 six-week sessions. A maximum of 12 swimmers will be accepted per session, and groups will be filled on a first come first serve basis. If interest is shown, a second group of Orange may be added.

2007-08 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 and will last the amount of time indicated below.

Group	First Practice	Week 1	Week 2	Week 3
National	Sept 4	1.5 hours	2 hours	Full practice
12 & U Nat	Sept 6	1.5 hours	Full practice	Full practice
Senior	Sept 18	Full practice	Full practice	Full practice
Pre-Nat	Sept 12	MWF only 1.5 hours	MWF only 1.5 hours	Full practice
Gold	Sept 24	Full practice	Full practice	Full practice
Silver	Sept 19	W, F 1.25 hours	Full practice	Full practice
Bronze	Sept 18	Full practice	Full practice	Full practice
Blue	Sept 18	Full practice	Full practice	Full practice
Orange	Sept 18	Full practice	Full practice	Full practice

Dryland

The national team will include a dryland program which will begin once practices are at their full length. Coach Bob Strube will have full information on the team's dryland program.

High School Girls

Any High School girl whose high school does not sponsor an IHSA team may start practicing mid August for a nominal fee. Interested persons should contact the coaching staff as soon as possible for information. High School Girls who do participate on an IHSA Swimming Team in the fall join back to the team at the conclusion of their IHSA Competition in either the National or Senior groups.

High School Boys

Any High School boy whose high school does not sponsor an IHSA team may participate throughout the winter season with Wheaton Swim Club. High School boys who do participate on an IHSA team swim with the Wheaton Swim Club until their IHSA Season begins and then return to the team in February at the conclusion of their IHSA Competition.