

## REVISED 2009-10 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](http://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
<b>National Team</b> (and National High School)  Coach: Bob Strube	Tues, Sept 8	M 5:45-7:45 p.m. (Wheaton College) LC T 5:30-7:30 p.m. (College of DuPage) W 5:45-7:45 p.m. (Wheaton College) LC Th 5:30-7:30 p.m. (College of DuPage) F 5:30-7:30 p.m. (alt COD / Wheaton) Sat tba at Wheaton College (2 hrs) Dryland 3 days per week tba after practice
<b>Junior National</b>  Coach: Chris DelGaldo	Sept 14	M 5:30-7:30 p.m. (Wheaton College) LC T 6:00-8:00 p.m. (Wheaton College) W 5:30-7:30 p.m. (Wheaton College) LC Th 6:00-8:00 p.m. (Wheaton College) F 6:00-7:45 p.m. (Wheaton College) Sat tba at Wheaton College (2 hrs)
<b>Senior</b> (and Senior High School) Coach: Bob Strube	Sept 22	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 College (1.5 hr)
<b>Gold</b>  Coach: Jacob Ayers	Sept 19 (first practice will include parents meeting)	M 4:00 - 5:30 (College of DuPage) <i>shared</i> T 6:15-7:45 p.m. (Wheaton College) W no practice Th 6:15-7:45 p.m. (Wheaton College) F 6:00-7:30 p.m. (Wheaton College) Sat tba at Wheaton College (1.5 hrs)
<b>Silver</b>  Coach: Kristi Hyosaka, Jason Maddux, Sydney Campbell	Sept 18 (parent's meeting will be held Sept 19)	M no practice T 6:15-7:30 p.m. (COD) W 4-5:30 p.m. (COD) <i>shared</i> Th 6:15-7:30 p.m. (COD) F 6-7:30 p.m. (Wheaton College) Sat tba at Wheaton College (1.25 hr)
<b>Bronze</b>  Coach: Meghan Ayers, Lauren Futris, Patty Bartelt	Sept 22 (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 6:30-7:30 p.m. (College of DuPage) W no practice Th 6:30-7:30 p.m. (College of DuPage) F clinic 5:15-6:30 p.m. (COD) <i>specific dates</i> Sat tba at Wheaton (1 hr)
<b>Blue</b> Coach: Meghan Ayers, Lauren Futris, Patty Bartelt	Sept 22 (first practice will begin with a parent's meeting on deck)	M no practice T 5:45-6:30 p.m. (College of DuPage) W no practice Th 5:45-6:30 p.m. (College of DuPage) F 4:30-5:30 p.m. (College of DuPage) <i>shared</i> Sat tba at Wheaton (1 hr)
<b>Orange</b> (Competitive Lessons) Coach: Meghan Ayers, Lauren Futris, Patty Bartelt	Sept 22 (first practice will begin with a parent's meeting on deck)  Session 1: Sept 22 – Oct 29 Session 2: Nov 4 – Dec 10 Session 3: Dec 15 – Jan 21 Session 4: Jan 26 – Mar 4	T,Th 5:15-5:45 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.

### **2009-10 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.

<b>Group</b>	<b>First Practice</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
National	Tues, Sept 8	1.5 hours (see online calendar)	2 hours (see online calendar)	Full practice
Junior National	Mon, Sept 14	MWF only (see online calendar)	MWThFS only (see online calendar)	Full practice
Senior	Tues, Sept 22	Full practice	Full practice	Full practice
Gold	Sat, Sept 19	M,T, F, S (see online calendar)	Full practice	Full practice
Silver	Fri, Sept 18	F, S only (see online calendar)	Full practice	Full practice
Bronze	Tues, Sept 22	Full practice	Full practice	Full practice
Blue	Tues, Sept 22	Full practice	Full practice	Full practice
Orange	Tues, Sept 22	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.