

## 2009 Spring / Summer Practice Information



The team will practice according to the regular practice schedule as printed on page 2 and 3. Note that any irregularities will be posted on the team website at <http://www.wheatonswimming.com/Calendar>. We will also send flyers home or send email updates if any last-minute changes arise. For driving directions to all facilities, please see our website or ask a coach for printed directions.

The spring and summer schedules are purposefully designed with our members' needs in mind. Our long course season is divided into three sessions, which differ in order to accommodate your busy schedules at each particular time of year.

- **Spring 1 Session:** Begins with a gradual increase in practice time and yardage. The main focus is on stroke technique and getting back into shape. This session helps lay the ground work as swimmers prepare for the Competition phase of the season. At least one swim meet will be offered during this session. **Spring 1 dates: April 14 – May 3.**
- **Spring 2 Session:** During this time we will lengthen practice times and the number of practices per week as we move into more intense training. We will have our first "Long Course" meet during this time (swum in Olympic sized pool). Stroke technique continues to be emphasized as we increase our practice intensity. Weekend practices may involve long course training for some groups. **Spring 2 dates: May 4-June 7.**
- **Summer Session:** After school is out we begin our most intense training phase of the season. We also add practices and flexible schedules to enable swimmers of all ages to take advantage of our program while still participating in many other summer activities, such as park district swimming, tennis, etc. We have purposefully staggered our practices in order to allow you to continue enjoying your other activities. **Summer dates: June 8-July 30.**

**Saturday Practice Information:** We will offer Saturday practices throughout the season. Practices will usually begin at either 8:00 a.m. or 10:00 a.m. National and Junior National practices will be 2 hours. Senior and Gold practices will be 1.5 hours. Silver practices will be 1.25 hours. Blue and Bronze practices will be 45 minutes to 1 hour, usually focusing on Racing Starts or Racing Turns. The finalized Saturday practice schedule will be posted once the team's meet schedule is finalized. We will offer Friday and Saturday practices on many meet weekends for those swimmers not participating in meets.

**Start-up Information:** Please see the sheet below for full information about the beginning of the season. The coaches will gradually ease the swimmers back into shape. The first three weeks will involve a modified practice schedule, which can be found on page 2. After that time we will use the regular practice schedule found on page 3.

**Parent's Meeting.** We will conduct a question and answer session for any new parents in mid April at Wheaton College. This will primarily be your opportunity to meet all of the coaches and to ask any of the questions you are sure to have. Returning parents are welcome to attend and "show the ropes" to new parents.

**Dryland Info:** The National team will participate in dryland activities beginning session 2. This program involves exercises that will improve core strength and cover all the major muscle groups.

**Practice Conflicts:** During the summer season the coaches will be as flexible as possible to accommodate job or activity conflicts. We have many alternative times for swimmers to attend. We feel we offer the best and most flexible pool time for swimmers of all ages.

**Practice Attendance Info:** Other than the national team, there are no practice attendance requirements for any group. Swimmers are encouraged to attend as often as possible; however, we realize that swimmers have many other important activities as well. We offer many practice sessions in order to fit into your busy schedule.

**Spring Session 1 Start-up Information**  
-and-  
**Special Spring Session 2 Update**



<b>Group</b>	<b>First Practice</b>	<b>Time</b>	<b>Location</b>
National Team	Tues, April 14	4:30-6:00 p.m.	College of DuPage
Senior Team	Tues, April 14	6:00-7:30 p.m.	College of DuPage
Junior National	Tues, April 14	5:30-7:00 p.m.	College of DuPage
Gold	Tues, April 14	4:00-5:30 p.m.	Wheaton College
Silver	Tues, April 14	5:15-6:30 p.m.	Wheaton College
Bronze	Tues, April 14	6:30-7:30 p.m.	College of DuPage
Blue	Tues, April 14	5:45-6:30 p.m.	College of DuPage
Orange	Tues, April 14	5:00-5:40 p.m.	College of DuPage

**Season Start-up Information – Session 1 Only**

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.

<b>Group</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
National Team	1.5 hours W 4:30-6 COD T, Th 4:30-6 COD F 5:30-7:00 COD Sat 8-930 WC	1.75 hours or 2 hrs M,W 4:30-6:15 WC T, Th 4-6 at COD F 530-730 COD Sat 8-10	1.75 hours or 2 hrs M,W 4:30-6:30 WC T, Th 4-6 at COD F 530-730 COD Sat 8-10
Junior National	1.5 hours T 5:30-7 COD W 4:30-6 COD Th 430-6 WC F 4-5:30 WC Sat 8-930 WC	1.5 hours or 2 hrs 4:30-6 at Wheaton T, Th 5:30-7:30 at COD F 4-6:00 COD Sat 8-10	Full practice
Senior Team	Full practice Note – Wed 6-730 COD	Full practice	Full practice
Gold	Full practice	Full practice	Full practice
Silver	Full practice	Full practice	Full practice
Bronze	Full practice	Full practice	Full practice
Blue	Full practice	Full practice	Full practice
Orange	Full practice	Full practice	Full practice

**Special Session 2 Update**

Please note that we will have a slightly modified session 2 schedule beginning May 18. We are pleased to announce that we have access (for our National Team) to the Long Course Pool at Wheaton Northside Park a few weeks earlier than school gets out this year. This will allow us a very convenient schedule for all groups, and will also accommodate special events such as graduations and pool renovations at COD during that time period. These changes are now available online on our Team Calendar



## 2009 Spring & Summer Regular Practice Schedule

The summer practice schedule is purposefully designed to allow flexibility within your busy spring and summer schedules. Please contact the coaching staff with any questions you may have.

Note that we have designed a practice schedule which maximizes our pool space and time. As always, swimmers are encouraged to attend as many practices as possible, but the coaches realize that swimmers of all ages are involved in many other activities as well.

	Session 1 April 14-May 3, 2009		Session 2 May 4 – June 7, 2009		Session 3 June 8 – July 30, 2009	
National	MW T, Th F Sat	4:30-6:30 p.m. (W. Coll) 4-6:00 p.m. (COD) 5:30-7:30 p.m. COD 8-10:00 a.m. W. Coll	MW T, Th F Sat MWS	4-6:15 p.m. (W. Coll) 4-6:30 p.m. (COD) 4-6:15 p.m. COD 8-10:00 a.m. (W. Coll) 30 min after practice dryland	MWF T, Th M-F Sat MWF	8-10:00 a.m. (W. Coll) # 5-7:00 a.m.(Wheaton Northside)# 3-5:00 p.m. (W. Coll) 5-7:00 a.m.(Wheaton Northside)# 5-5:30 p.m. dryland
Junior National	MW T, Th F Sat	4:30-6:30 p.m. (W. Coll) 5:30-7:30 p.m. (COD) 4-6:00 p.m. (COD) 8-10:00 a.m. W. Coll	M-F Sat	4:15-6:15 p.m. (W. Coll) 8-10:00 a.m. (W. Coll)	MWF T, Th M-F Sat	9:30-11:30 a.m. (W. Coll) # 8:00-10:00 a.m. (W. Coll) 3-4:30 p.m. (W. Coll) 8-10:00 a.m. (W. Coll)
Senior	M T, Th W F Sat	off 6-7:30 p.m. (COD) 5:30-7 p.m. (W. Coll) 4-5:30 p.m. (COD) 8-9:30 a.m. (W. Coll)	M T, Th W F Sat	off 6:00-7:30 p.m. (COD) 6:15-7:45 p.m. (W. Coll) 6:00-7:30 p.m. (COD) 8:00-9:30 a.m. (W. Coll)	M-F Sat	5-6:30 p.m. (W. Coll) 8-9:30 a.m. (W. Coll)
Gold	M-F Sat	4-5:30 p.m. (W. Coll) 10-11:30 a.m. (W. Coll)	M-F Sat	4:00-5:30 p.m. (W. Coll) 10:00-11:30 a.m. (W. Coll)	MWF T, Th S	10-11:30 a.m. (W. Coll)# 10-11:30 a.m. (W. Coll) 10-11:30 a.m. (W. Coll)
Silver	M T W Th F S	5:30-6:45 p.m. (W. Coll) 5:15-6:30 p.m. (W. Coll) Off 5:15-6:30 p.m. (W. Coll) 4-5:30 p.m. (W. Coll) 10-11:15 a.m. (W. Coll)	M T W Th F Sat	6:15-7:30 p.m. (W. Coll) 6:15-7:30 p.m. (W. Coll) off 6:15-7:30 p.m. (W. Coll) 6:15-7:30 p.m. (W. Coll) 10-11:15 a.m. (W. Coll)	M-F Sat	5-6:15 p.m. (W. Coll) 10-11:15 p.m. (W. Coll)
Bronze	T, Th F Sat	6:30-7:30 p.m. (COD) 6:30-730 (COD) 10:45-11:45 a.m. (W. Coll)	T, Th F Sat	6:30-7:30 p.m. (COD) 6:30-7:30 p.m. (COD) 10:45-11:45 a.m. (W. Coll)	M, W T, Th S	1:30-2:30 p.m. (W. Coll) 3:00-4:00 p.m. (W. Coll) 10:45-11:45 a.m. (W. Coll)
Blue	T, Th F Sat	5:45-6:30 p.m. (COD) 5:30-6:30 (COD) 10:00-10:45 a.m. (W. Coll)	T, Th F Sat	5:45-6:30 (COD) 5:30-6:30 p.m. (COD) 10:00-10:45 a.m. (W. Coll)	M, W T, Th	1:30-2:30 (W. Coll) 3:00-3:45 (W. Coll)
Orange (Pre Season Competitive Swim Camp)	T, Th	5:00-5:40 p.m. (COD)	T, Th	5-5:40 p.m. (COD)	M, W	1:30-2:00 (W. Coll)

**Codes:** W. Coll = Wheaton College, COD= College of DuPage, WN = Wheaton Northside Park, # = Long Course