

2008-09 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 / Coach	First Practice	Regular Times
National Team (and National High School) Coach: Bob Strube	Tues, Sept 9	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 (2 hrs) Dryland 3 days per week tba after practice
Junior National Coach: Chris Delgado	Mon, Sept 15	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 6-7:45 W Coll Sat tba at Wheaton (2 hrs)
Senior Team (and Senior High School) Coach: Bob Strube	Tues, Sept 23	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)
Gold Medal Coach: Jacob Ayers	Tues, Sept 16	M 4:00 - 5:30 (College of DuPage) <i>shared</i> T 6:15-7:45 p.m. (Wheaton) W no practice Th 6:15-7:45 p.m. (Wheaton) F 6:00-7:30 p.m. (Wheaton) Sat tba at Wheaton (1.5 hrs)
Silver Medal Coach: Kristi Hyosaka, Sydney Campbell	Fri, Sept 19 (first practice is 30 min swim, followed by parent's meeting)	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 6:15-7:30 p.m. (Wheaton) Sat tba at Wheaton (1.25 hr)
Bronze Medal Coach: Meghan Ayers, Sydney Campbell, Liz Henessey, additional coach tba	Sept 23 (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 Ribbon Coach: Meghan Ayers, Sydney Campbell, Liz Henessey, additional coach tba	Sept 23 (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 Team (Competitive Lessons) Coach: Meghan Ayers, Sydney Campbell, Liz Henessey, additional coach tba	Sept 23 (first practice will begin with a parent's meeting on deck) Session 1: Sept 23 -Oct 30 Session 2: Nov 4 - Dec 11 Session 3: Dec 16 - Jan 22 Session 4: Jan 27 - March 5	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.

2008-09 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 Team	Tues, Sept 9	1.5 hours	2 hours	Full practice
Junior National	Mon, Sept 15	MWFS only: 2 hrs	MWS only: 2 hrs	Full practice
Senior Team	Tues, Sept 23	Full practice	Full practice	Full practice
Gold Medal	Tues, Sept 16	TWThS only full pract times	Full practice	Full practice
Silver Medal	Fri, Sept 19	F, S only full pract	Full practice	Full practice
Bronze Medal	Tues, Sept 23	Full practice	Full practice	Full practice
Blue Ribbon	Tues, Sept 23	Full practice	Full practice	Full practice
Orange Team	Tues, Sept 23	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.