

# SEASON CALENDAR

*Swim Team. Swim Lessons. Diving Lessons. Employment Opportunities.*

## Welcome to the 2008-09 Fall / Winter Season!

We would like to welcome the many new and returning families to the upcoming season! As a staff, we try to provide you with as much information about the sport, our team, and our philosophies as possible up front. Especially for new families, the season can seem confusing at first. Please do not hesitate to contact any member of the staff with questions you have—even after reading this newsletter and perusing the website you still may have more questions!

The planning calendar in the following pages outlines our practice and competitive season. It should be noted that our beginning groups—especially the **BLUE** and **BRONZE** groups—are welcome and encouraged to participate in meets. However, the training schedule you follow will probably not look much like the one outlined below. These groups spend the majority of their season working on and refining stroke technique—including all 4 competitive strokes, plus starts and turns. As the swimmers are ready, a bit more conditioning will be gradually added in. (The “orange” group focuses on stroke instruction 100% of the time.)

Again, please do not hesitate to contact us with any questions you have!

# SEASON FLOWCHART

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## SEPTEMBER

The first three weeks of practice the coaching staff will run an in-house stroke clinic for our groups. Each stroke, turn and start will be broken down and rebuilt during this month. The staff will teach and review stroke drills, demonstrate technique and give detailed instruction in an effort to lay the groundwork for a successful season. Every team swims laps but the swimmers who swim those laps with the best technique always have an advantage.

"Fundamental preparation is always effective. Work on those parts of your game that are fundamentally weak." **Kareem Abdul-Jabbar**



## OCTOBER

The team will begin its conditioning phase during the month of October. During this time swimmers are expected to use the techniques taught and reviewed in October while gradually getting back into competitive shape. The swimmers will focus more on freestyle and IM during this month. The team will also have its first offered competition during October, including an intra-squad meet for the blue, bronze, and silver groups. This meet is an opportunity to re-enforce good habits and recently learned skills. The October meets are scheduled so that our swimmers can be reintroduced to competition and so they can "try out" the good habits they have been practicing in September. Please do not expect to have life time best performances during October competitions, especially swimmers in our higher groups.

Get those flu shots and make sure you are washing your hands and getting the proper amount of sleep. The cold and flu season is coming and we all know how that can de-rail the perfect season.

"What keeps me going is goals." **Muhammad Ali**

## NOVEMBER

The beginning of the holiday season. This is an important time to make sure that you are keeping up with all of your school, sports and family responsibilities. This will make it possible for you to consistently attend practice. If a swimmer gets off track it is very often during the month of November. November is the month when homework becomes more challenging and life has a way of getting away from you.

Very often a swimmer will get bogged down with responsibility during November and miss a practice here or there. This would be fine if... the same swimmer did not miss 6 practices due to holiday travel in December and of course if he or she can find a way to avoid catching a bad cold or flu in January that can cause a week of missed training followed by a week of getting back up to speed. As you can see it is never a missed practice to attend the big game or the family vacation or even the unfortunate illness that can ruin a season. It is the combination of these things that can effectively end what could have been a successful season.

If you only went to 60% of your classes during a semester what grade would you expect to receive? It is no different in swimming. You cannot re-enforce proper technique and condition properly if you are not consistently at practice. If you had 60% at school the chances are likely that you would be held back a grade.

"Mentally, the only players who survive are the ones able to manage all their responsibilities." **-Tom Brady**

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## DECEMBER

As far as training goes this is the most important month of our season. The time the kids are out of school allows our team to offer extended practices, long course training, and even double practice schedule for National level groups. The Christmas training time is the foundation to a successful season. The extra time gives the coaches an opportunity to train our swimmers for a successful championship season. Most college swim teams travel to vacation destinations to hold team training trips. These trips include two and sometimes three training sessions a day and it is surely the most intense training a team can do all season. It is our goal to provide our National level swimmers with this same opportunity. If you are in a National level group and already have a vacation planned please speak with your coach so we can set up training opportunities for you with the nearest club team to your destination. Great Christmas training is a main ingredient to a fantastic end to the season.

In December we also host our annual Wheaton Team Challenge. This is a swim meet hosted by our team at Neuqua Valley High School, which is attended by some of the premier teams in our state. Not only is it a great chance to race, but is a major fundraiser for our team. We ask that all families volunteer for at least 2 of the 5 sessions offered in the meet.

"I want to be able to look back and say, 'I've done everything I can, and I was successful.' I don't want to look back and say I should have done this or that. I'd like to change things for the younger generation of swimmers coming along." **Michael Phelps**

## JANUARY

Pack your bags! During January the Wheaton Swim Club travels out of state to compete. The first travel meet is at the **University of Notre Dame**. This meet is the official end to our Holiday training sessions. Swimmers should be as tired as they can be at this point of the season, and this meet isn't going to make that feeling go away. Each swimmer will be entered in the maximum number of events each day (6 including relays) and are expected to compete in all of the events. This meet will most likely be one of the last chances for many swimmers to compete in "off" events as the rest of the season includes last chance and championship type meets. Notre Dame is a short drive and the team will once again have its annual Notre Dame Pizza party which is one of the most highly attended social events of our season. **INDY** as it is called is our second travel meet of the month. This meet is for A or BB level swimmers only. You can find the qualification standards and detailed information in the meet section of our webpage. The INDY pool is one of the premier pools in the country and has hosted the majority of our USA Olympic Trial swim meets. This meet includes swimmers from all over the country and has included Olympic medalists in its past. This meet is often a regular season highlight for most swimmers on the team. \*Hotels fill up quickly so please make your reservation quickly!

During January we also hold our annual Swim-A-Thon which is a great opportunity to swim some laps, help the team out, get some doughnuts, and maybe even earn some prizes!

"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things." - **Joe Namath**

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## FEBRUARY

Championship Season! For a preview please refer to our [Championship Season Newsletter](#) as well as the [Taper Times edition](#). You can find both in the newsletter section of our website. The Wheaton Swim Club offers a championship meet to cap the season for all ages and levels. Please become familiar with the options and do not hesitate to discuss the end of the season with your coaches. This is the time of our season where communication becomes paramount.

The championship season kicks off with the Chicagoland Swim Conference meets, which offer "A" and "B" division meets. At the "A" meet, the team will create the most competitive line-up possible, placing 3 swimmers and 1 relay in each event. At the "B" we may enter an unlimited number of swimmers in each event!

\*\*Believe it or not, January and February are the time to start thinking about spring and summer swimming! We will open our online registration for spring / summer in late January for our **Returning Members** and then open any remaining spot to **New Members** beginning in February!

"I'm not out there sweating for three hours every day just to find out what it feels like to sweat." - **Michael Jordan**

## MARCH

State, Sectionals and Nationals! The coaches will design workouts that include a systematic reduction in yardage leading up to a swimmers final competition. This reduction is called "tapering" which is resting in and out of the pool. During taper, a swimmer must increase sleep and avoid activities that are unusual or that can cause body fatigue. Successful tapering is a team effort and is something that can only be accomplished if a swimmer is taking care of themselves in and out of the pool. Good luck!

"I've always believed that if you put in the work, the results will come." - **Michael Jordan**



## APRIL

April includes a time to celebrate our team and individual accomplishments—the **TEAM BANQUET!** We invite all team members, plus families and friends to join us at our annual breakfast buffet and banquet. We will also be getting back into the "swim" of things with our spring / summer season. The month of April will feel a lot like September as far as swim practice goes. But remember—the summer season is only 4 months long compared to 7 months of the fall / winter season!

**Wheaton Swim Club**

# SEPTEMBER 2008

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Practices begin this month! See website for details!	10	11	12	13
14	15	16	17	18	19 Amended practice schedule see website Silver medal first practice	20
21	22	23	24	25	26 Amended practice schedule see website	27
28	29	30				

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# OCTOBER 2008

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10 Amended practice schedule see website	11
12	13	14	15	16	17	18 Intra-Squad Meet for blue, bronze, and silver groups
19	20	21	22	23	24 Amended practice schedule see website	25 St Charles Meet
26 St Charles Meet	27	28	29	30	31	

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# NOVEMBER 2008

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Team Bowling party
2	3	4	5	6	7 FOX Meet	8 FOX Meet
9 FOX Meet	10	11	12	13	14 Amended practice schedule see website	15 HS Sectionals
16	17	18	19	20	21	22 Hinsdale Meet HS State
23	24	25	26	27 Thanksgiving	28	29
30						

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# DECEMBER 2008

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Sr Nats start	5 Amended practice schedule see website	6
7 ST Charles 8&U Meet	8	9	10	11 Junior Nat Meet starts	12 Home WHTN Meet	13 Home WHTN Meet
14 Home WHTN Meet	15	16	17	18	19	20
21	22 Christmas break schedule see website	23 Christmas break schedule see website	24 Christmas break schedule see website	25 Christmas	26 Christmas break schedule see website	27 Christmas break schedule see website
28	29 Christmas break schedule see website	30 Christmas break schedule see website	31 Christmas break schedule see website			

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# JANUARY 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day	2 Christmas break schedule see website	3 Team Swim-A-Thon (preliminary date only)
4	5	6	7	8	9 Notre Dame Meet	10 Notre Dame Meet Pizza Party
11 Notre Dame Meet	12	13	14	15	16 JETS Meet Amended practice schedule	17 JETS Meet
18 JETS Meet	19	20	21	22	23 Indy Meet (qualifiers)	24 Indy Meet (qualifiers)
25 Indy Meet (qualifiers)	26 <b>Online Registration Opens for 2009 Summer Season!</b>	27	28	29	30 Amended practice schedule	31 Novice Meet tba!

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Amended practice schedule see website	7
8	9	10	11	12	13 Delta Meet	14 Delta Meet
15 Delta Meet	16	17	18	19	20 Amended practice schedule see website	21 HS Sectionals
22 "A" Conference? (tba)	23 "B" Conference? (tba)	24	25	26	27 HS State ISI Regionals	28 HS State ISI Regionals

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# MARCH 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ISI Regionals	2	3	4	5 Sr Champs	6 Sr Champs	7 Sr Champs
8 Sr Champs	9	10	11	12 Speedo Sectionals?	13 Age Group State Speedo Sectionals?	14 Age Group State Speedo Sectionals?
15 Age Group State Speedo Sectionals?	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				Note: Team Banquet will be held in April— dates tba!

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