

Updated 2010-11 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	Practice Dates		Regular Times
National Team (and National High School) Coach: Bob Strube	First Practice Last practice Notes (see p 2)	Tues, Sept 8 Thurs, Mar 3 (or last championship meet, which ever comes second) HS Girls Nov 22-Mar 3: HS Boys Sept 8-Nov 21 and Feb 14-Mar 3.	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) Th 5:30-7:30 p.m. (College of DuPage) F 5:30-7:30 p.m. (alt COD / Wheaton) Sat 2 hrs at Wheaton College (times vary) Dryland 3 days per week tba after practice
Junior National Coach: Chris DelGaldo	First Practice Last practice	Thur, Sept 16 Thurs March 3 (unless continuing on to State)	M 5:45-7:45 p.m. (Wheaton College) LC T 6:00-8:00 p.m. (Wheaton College) W 5:45-7:45 p.m. (Wheaton College) Th 6:00-8:00 p.m. (Wheaton College) F 6:00-7:30 p.m. (Wheaton College) Sat 2 hrs at Wheaton College (times vary)
Senior (and Senior High School) Coach: Bob Strube	First Practice Last practice Notes (see p 2)	Tues, Sept 21 Thurs March 3 HS Girls Nov 22-Mar 3: HS Boys Sept 21-Nov 21 and Feb 14-Mar 3.	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 1.5 hrs at Wheaton College (times vary)
Gold Coach: Jacob Ayers, Tim Keeley, Rob Donisch, and (on Mondays) Bob Strube	First Practice Last practice	Sat, Sept 18 Thurs March 3 (unless continuing on to State)	M 4:00 - 5:30 (College of DuPage) <i>shared</i> T 6:15-7:45 p.m. (Wheaton College) W 6:00-7:30 on alternate weeks (Wheaton Coll) Th 6:15-7:45 p.m. (Wheaton College) F 6:00-7:30 p.m. (Wheaton College) Sat 1.5 hrs at Wheaton College (times vary)
Silver Coach: Jason Maddux, Lauren Futris, Rob Donisch	First Practice Last practice (parent's meeting will be held Sept 18)	Sat, Sept 18 Thurs March 3	M no practice T 6:15-7:30 p.m. (COD) W 4-5:30 p.m. (COD)* Th 6:15-7:30 p.m. (COD) F 6-7:30 p.m. (Wheaton College) Sat 1.25 hrs at Wheaton College (time vary) *Note on Wed, Silver will swim at WColl 6-715 every other week (see team calendar)
Bronze Coach: Meghan Ayers, Patty Bartelt, Jenny Woo	First Practice Last practice (first practice will begin with a parent's meeting on deck)	Tues, Sept 21 Thurs March 3	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 5:30-6:30 p.m. (COD) <i>specific dates only; see calendar online</i> Sat 1 hr at Wheaton College (times vary)
Blue Coach: Meghan Ayers, Jenny Woo, Patty Bartelt	First Practice Last practice (first practice will begin with a parent's meeting on deck)	Tues, Sept 21 Thurs March 3	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 45 min at Wheaton College (times vary)
Orange (Competitive Lessons) Coach: Meghan Ayers, Jen ny Woo, Patty Bartelt	Sept 21 (first practice will begin with a parent's meeting on deck) Session 1: Sept 21 – Oct 28 Session 2: Nov 2 – Dec 9 Session 3: Dec 14 – Jan 20 Session 4: Jan 25 – Mar 3		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.

2010-11 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. Always check the online Team Calendar (www.wheatonswimming.com/Calendar) for exact times and practice changes.

Group	First Practice	Week 1	Week 2	Week 3
National	Tues, Sept 8	1.5 hours (see online calendar)	2 hours (see online calendar)	Full practice
Junior National	Thurs, Sept 16	1.5 hrs (see online calendar)	1.75 hrs (see online calendar)	1.75 hrs
Senior	Tues, Sept 21	Full practice	Full practice	Full practice
Gold	Sat, Sept 18	1 hr (see online calendar)	1.25 hrs (see online calendar)	Full practice
Silver	Fri, Sept 19	F, S only (see online calendar)	Full practice	Full practice
Bronze	Tues, Sept 21	Full practice	Full practice	Full practice
Blue	Tues, Sept 21	Full practice	Full practice	Full practice
Orange	Tues, Sept 21	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 participate throughout the fall and / or winter season with Wheaton Swim Club. 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 in either the National or Senior groups.