

Preliminary 2011-12 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 also send out mass emails and texts if there are last minute changes. For driving directions to all facilities, please see our website or ask a coach for printed directions. 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 Tues, Sept 6 Last practice Thurs, Mar 1 (or last championship meet, which ever comes second) Notes HS Girls Nov 21-Mar 1: (see p 2) HS Boys Sept 6-Nov 20 and Feb 13-Mar 1.	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 Thur, Sept 15 Last practice Thurs March 1 (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 Tues, Sept 20 Last practice Thurs March 1 Notes HS Girls Nov 21-Mar 1: (see p 2) HS Boys Sept 21-Nov 20 and Feb 13-Mar 1.	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 Sat, Sept 17 Last practice Thurs March 1 (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 Sat, Sept 17 Last practice Thurs March 1 (parent's meeting will be held Sept 17)	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 Tues, Sept 20 Last practice Thurs March 1 (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 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 Tues, Sept 20 Last practice Thurs March 1 (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 45 min at Wheaton College (times vary)
Orange (Competitive Lessons) Coach: Meghan Ayers, Jenny Woo, Patty Bartelt	Sept 20 (first practice will begin with a parent's meeting on deck) Session 1: Sept 20 – Oct 27 Session 2: Nov 1 – Dec 8 Session 3: Dec 13 – Jan 19 Session 4: Jan 24 – Mar 1	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.

2011-12 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 6	1.5 hours (see online calendar)	2 hours (see online calendar)	Full practice
Junior National	Thurs, Sept 15	1.5 hrs (see online calendar)	1.75 hrs (see online calendar)	1.75 hrs (see online calendar)
Senior	Tues, Sept 20	Full practice	Full practice	Full practice
Gold	Sat, Sept 17	1 hr (see online calendar)	1.25 hrs (see online calendar)	Full practice
Silver	Sat, Sept 17	1 hr (see online calendar)	Full practice	Full practice
Bronze	Tues, Sept 20	Full practice	Full practice	Full practice
Blue	Tues, Sept 20	Full practice	Full practice	Full practice
Orange	Tues, Sept 20	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.