

# The Wave

**THE WAVE: The Official Newsletter of the Wheaton Swim Club**

**WELCOME TO THE TEAM!**

## Wheaton's Summer Season Up and Rolling!

### Items of Interest in This Issue:

- Regular Season Meets
- Championship Meets
- Season Information
- Registration Information
- Team Calendars
- Team Accomplishments
- Converted Times

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Welcome to the Summer Season of the Wheaton Swim Club. We are pleased that you are a part of the team, and we are looking forward to a fun and exciting season. This newsletter should serve as a helpful tool to get you started on some of the team activities this summer. Remember that the coaching staff is always available to answer your questions, as outlined below.

It may seem strange, but most of this Newsletter is devoted to explaining the Meets we will attend this summer. Summer meets come up very quickly, and are gone before you know it. It is extremely important to understand the meets early in the season so swimmers do not miss out on opportunities.

### Communication

Please contact us by phone, email, mail, or in person at any time. We will try to answer your questions within 24 hours. Remember that coaches are busy with many swimmers during practice, so before or after practice is a better time to ask questions.

The team website will also have almost all of our team information posted continuously. The team website should really be your first line of defense for team questions.

### Meets

The team will attend a variety of regular season and championship meets. The dual meets are really intended for younger and less experienced swimmers, while the Open or ISI meets are intended for all swimmers.

Championship Meets are offered to every swimmer, although some Championship Meets have qualifying time standards. We hope that you plan on attending all meets for which you qualify.

Please communicate directly and as soon as possible with any questions you have about meet sign-up. Most problems can be resolved if you contact us soon enough.

Finally, note that an updated meet sign-up sheet is included in this packet. Please take some time to review the changes which have been made to accommodate our conference schedule.

As always, we look forward to hearing from you and getting another great season underway!

Sincerely,

Your coaches












Bob, Chris, Jake, Bryan, Sarah, Marcy

### Team Accomplishments

Find out what Wheaton Swimmers achieved during the winter season! Page 7!  
Many more accomplishments are on line!

## THE WAVE

## Regular Season Meet Summary

Meet	Date and Location	Description
 Dual Meet	ACAD Dual Meet May 14th, 2005 Wheaton College	Dual Meet primarily intended for younger or less experienced swimmers of all ages. Primarily short events offered.
 Team Meet	St Charles Open ISI Meet May 21-22, 2005 St Charles East HS	Team meet offered to all swimmers. All events are offered. Sat and Sun only. All swimmers are encouraged to attend. Indoors!
 Team Meet	PAC Open ISI Meet May 27-29, 2005 Stevenson HS	Team meet offered to all swimmers. All events are offered. Fri., Sat, and Sun. All swimmers are encouraged to attend. Indoors!
 Team Meet	Arlington Open ISI Meet June 4-5, 2005 UIC Chicago	Team meet offered to all swimmers. All events are offered. Sat and Sun only. All swimmers are encouraged to attend. Indoors!
 Wheaton Miracle Mile	Wheaton Miracle Mile June 10th Wheaton College	Wheaton swimmers only! A great chance to get a Mile time, a new JO or sectional cut, or try the Mile for the first time! For 11 & Over Swimmers only unless it doesn't fill. First come first Serve until the meet fills!
 Team Meet	TOPS Open ISI Meet June 17-19, 2005 Ridgeland Pool, Oak Park	Most exciting meet of the summer! Outdoors at a great facility! We hope the whole team will help celebrate Father's Day together this weekend! Outdoors!
 Wheaton 500	Wheaton 500 June 21, 2005 College of DuPage	Similar to the Miracle Mile, but for 12 & Under. A great chance to get a 500 time, a new JO cut, or try the 500 for the first time!
 Prairie State Games	Prairie State Games June 24-26, 2005 College of DuPage	The WHTN coaches will be helping to run this meet! Many fun activities surround the Games! Registration done online at <a href="http://prairiestategames.org">prairiestategames.org</a> . Hope to see you there!
 Dual Meet	EST Dual Meet July 6, 2005 York HS	Dual Meet primarily intended for younger or less experienced swimmers of all ages. Primarily short events offered.
 Team Meet	Open ISI Meet July 8-10, 2005 Location TBA	Our main regular season meet of the summer! Best opportunity to get JO or Sectional Cuts! Will be at likely be at U of C, Hinsdale, or Palatine, depending on openings!
 Last Chance Meet	Last Chance Meet July 23-24, 2005 St Charles East HS	Last chance meet for JO's, or one more meet for swimmers who do not qualify for other (travel) championship meets!



## SWIMMING LINKS

[ilswim.org](http://ilswim.org)

For news about Illinois swimmers

[usaswimming.org](http://usaswimming.org)

For news about swimming nationwide

## SUMMER LESSONS

The team will be providing swim lessons, diving lessons, and adult lesson this summer. Please see our lessons website at [wheatonswimlessons.com](http://wheatonswimlessons.com) for more details!

I will not be able to attend a Championship Meet. What should I do?

Answer - communicate.

Please let the staff know in writing if you will not be able to attend a meet.

You will not be penalized if you cannot make a meet.

However, we would like to give your teammates the chance to compete if you are unable to.

Out of respect for your teammates and coaches, please let us know as early as possible of any conflicts you may have.

## Championship Meets and their Descriptions

### Chicago Land Conference Series—Summer

The conference is made up of 12 teams in the Chicago land area. The teams are split up into 2 smaller divisions called the Gold and Silver. The Wheaton Swim Club is in what is called the Silver division which is made up of the teams that finished 7th and lower last season. The team that wins the Silver division will move up into the Gold division next season. Swimmers aged 14 & Under compete in the A conference meet and will include our most competitive meet lineup. The B conference will include all of the swimmers on our team who do not swim in the A conference meet, even 15 & over swimmers. The Senior Conference Meet is offered to 15 & Older swimmers and includes distance events.

**\* EXCEPTION TO THE RULE – SWIMMERS WHO CAN SPLIT A AND B CONFERENCE. FOR EXAMPLE... SWIMMER JACOB AYERS IS SWIMMING ONLY THE 50 FLY AT THE A CONFERENCE. JACOB CAN SWIM TWO INDIVIDUAL EVENTS IN THE B CONFERENCE. THOSE SWIMMERS WITHOUT A FULL SCHEDULE IN THE A CONFERENCE WILL BE ADDED INTO B CONFERENCE EVENTS SO THAT THEY HAVE THE ABILITY TO SWIM A FULL LINE UP.**

### ISI MEET SERIES

These meets include specific qualifying time standards that can be found on the meet page of our website. These meets entries include proof of time and specific scratch and no show policies. The swimmer and team are penalized with participation withdrawal and financially if these specific rules are not followed. The coaches will enter and scratch the swimmers into or out of the meet. The coaching staff strongly suggests that all swimmers read through the scratch rules and entry rules to avoid any meet day confusion (will be posted soon online).

### **Senior State (also called Senior Champs)**

The meet is July 15-17 and includes both prelim and final sessions. This meet is for those 13 and older swimmers who have achieved Senior State qualifying times which are available on our website. The meet is an end of the season championship meet for many and a chance to qualify for sectional for others. This years Senior State meet is held at Northwestern University and will include all of the USA clubs in the state. Swimmers who have qualified for Sectional already should speak with Bob individually to attain your Senior State schedule.

### **Sectional Meet**

This meet is on July 21-24, in Minneapolis Minnesota. This meet is for all 12 and older swimmers who have achieved qualifying standard times which are available on our website. This meet is our only team travel meet in the summer which includes airfare, hotel and transportation costs. The team website has a special sectional page dedicated to this meet. This meet includes the most elite level of swimmers from our Zone and is one of the fastest age group meets in the country. Swimmers at this meet have the opportunity to qualify for Senior Nationals. If you have any question regarding this meet please contact Bob or Chris immediately. The team will stay in the same hotel and follow the same itinerary as the winter meet.

### **Age Group State**

The last meet in the ISI series is the Age Group State Meet. This meet has been called the Junior Olympic meet in the past. The meet is on July 29-31 and is a prelim final meet for 11&12 and 13&14 year old swimmers. 10 and under swimmers will compete as a timed final

Continued on next page...

## Championship Meets Continued

event (once a day) from 12:00 noon until 4:00 pm. on Friday and Saturday. A list of time standards, swimmers who have qualified, warm up times and event order will be posted on our meet page of our website, along with hotel and travel information. This meet includes specific entry and scratch procedures. Please read through the rules (available soon) and communicate with your coach before attending this meet. Swimmers should be available from morning to evening on from Friday through Sunday on this weekend.

### **SPECIAL MEETS—PRAIRIE STATE GAMES**

The Prairie State Games are a unique opportunity to participate in one of the State’s largest Sporting events. The Members of the coaching staff of the Wheaton Swim Club are pleased that we will be helping to run the swimming portion of the 22nd Annual Illinois Prairie State Games, which will be held at the College of DuPage, June 24-26. This is a major State-wide event, which will be filled with fanfare and fun, including many celebrities, a B-52 flyover, fireworks, and much more! As such, we are offering this meet as an addition to our meet schedule, and hope that many of you will want to participate. We will also need some parent volunteers to help run the meet. The meet is a sanctioned ISI meet held in Yards. Registration for this event is done on the Prairie State Games Website at [www.prairiestategames.org](http://www.prairiestategames.org) (not by the coaches), but the coaching staff can answer any questions about it that you may have and even help you register. Hope to see you all there



*“You improve at practice. Meets are where you go to show what you’ve been working on all year.”*

*Bob Strube*

## Championship Meet Summary

Meet	Meet Date	Entry Deadline	Scratch Deadline	Qualifying Times
<b><u>B Conference</u></b> at West Chicago HS	July 12	July 4	July 4	None—All ages
<b><u>Senior Conference</u></b> at Barrington HS	July 13	July 4	July 4	15 & Over only
<b><u>A Conference</u></b> at York HS	July 19	July 4	July 4	Team’s most competitive lineup—14 & Under
<b><u>Senior State</u></b> at Northwestern	July 15-17	tba	tba	Illinois “Sr Champs” Cuts
<b><u>Sectional Champs</u></b> at Univ. of MN	July 21-24	tba	Done at the meet	USA Sectional Cuts
<b><u>Age Group State</u></b> at Quincy, IL	July 29-31	tba	tba	Illinois “Age Group” Cuts
<b><u>Senior Nationals</u></b> at Irvine, CA	Aug 3-7	tba	tba	USA “Senior National” Cuts
<b><u>Zone Championships</u></b> at Univ. North Dakota, Grand Forks	Aug 4-7	tba	tba	USA “Zones” Cuts
<b><u>Junior Nationals</u></b> at Irvine, CA	Aug 8-13	tba	tba	USA “Junior National” Cuts

# April 2005

## APRIL BIRTHDAYS

Albright, Josh  
 Creswell, Julia M  
 Doran, Daniel J  
 Hoefler, Emily A  
 Honsa, Bryant J  
 Huesing, Emily A  
 Johnson, Katie  
 Liu, Brenda J  
 Potts, Patrick M  
 Schaffer, Will  
 Tomazin, Angela T  
 Wei, Helen  
 Yuan, Jesse

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 April Fool's Day	2
3	4 First Practice MLB Opening Day	5	6	7	8	9
10	11	12	13 Meet Sheets Due	14	15	16 Team Banquet
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Season Information: Long Course vs. Short Course

Why is the summer season called “LONG COURSE?” In reality, the summer season actually is not very long, but goes by very quickly. The answer has to do with the length of the competition pool. In the summer, many of our meets will be swum in 50-meter (Long Course or Olympic-sized) pools as opposed to 25-yard (short course) pools, which are used in the winter.

Because the summer is so short (only about 15 weeks for most swimmers) it is important to attend as many practices as possible to get the most out of your season. It is also important to plan out the meets you attend very early on in the season.

For the older swimmers, it is also important to plan on attending as many “doubles” workouts as possible. In addition to our regular training, this summer we will be focusing on starts, turns, and sprints to an even greater extent than be-

fore. We will also have the opportunity to train Long Course at Wheaton College each afternoon. To get the most out of the season, it is important to attend the “regular” practices, as well as the specific start, turn, dryland, and sprint workouts.

## Winter (Short Course) Registration Details

### Week of July 11-15

Returning Swimmers from the Summer season may register for Short Course in the team office at your convenience. Note that we have about 190 summer swimmers registered, and anticipate only a handful of openings in each group in the fall.

### July 26

New Swimmer Registration #1. Times tba. Returning swimmers who recommend a friend to the team will receive a team car decal

### Aug 24 or 31

Meeting for all team members and parents. Times and location tba. New Swimmers may join at this point if space is still available.

**MAY BIRTHDAYS**

(JUNE AND JULY BIRTHDAYS WILL BE IN THE NEXT NEWSLETTER)

- Casolino, Aly
- Chatten, Ali
- Dibadj, Abigail K
- Duke, Abby
- Georgitsis, Zak
- Henning, Beth
- Hill, DeAndre
- Lacoste, Jill
- Levine, Elisa P
- Maggio, Sarah
- Pietka, Christina M
- Strube, Bob
- Sun, Helen M
- Sun, Carol
- Wayne, Chris
- Zacharias, Lily Grace

# May / June / July 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Home Dual Meet vs ACAD
15	16	17	18	19	20	21 St Charles
22 St Charles ISI	23	24	25	26	27 PAC Meet	28 PAC Meet
29 PAC Meet	30	31	<b>↑ May</b>			
<b>↓ June</b>				1	2	3
4 AA Meet at UIC	5 AA Meet at UIC	6	7	8	9	10 Miracle Mile
11	12	13	14	15	16	17 Oak Park
18 Oak Park	19 Oak Park	20	21 Wheaton 500	22	23	24 Prairie State Games
25 Prairie State Games	26 Prairie State	27	28	29	30	<b>↑ June</b>
<b>↓ July</b>						1
2	3	4 Independence Day	5	6 Dual at York HS	7	8 ISI Meet
9 ISI Meet	10 ISI Meet	11	12 "B" Conference	13 Senior Conference	14	15 Sr Champs
16 Sr Champs	17 Sr Champs	18	19 "A" Conference	20	21 Sectionals	22 Sectionals
23 Sectionals/St Charles	24 Sectionals/St Charles Meet	25	26 Winter Registration #1 for new swimmers	27	28	29 Age Group State
30 Age Group State						

## Winter Registration Details



**Registration for New and Returning Swimmers for 2005-06 takes place in July! Full Registration Details are found on Page 5**



## CONGRATULATIONS

## HIGH SCHOOL SWIMMERS

**Congratulations to the Wheaton boys and girls who participated in High School Sectionals, State, and Conference this year. Full results and news articles are available online!**

*"People who enjoy what they are doing invariably do it well."*

**-Joe Gibbs**  
NFL Coach

### Where will the 2005 Summer Sectional Meet Be?

The meet will again be at the University of Minnesota, July 21-24, 2005. We are planning a fun day for our summer trip, which will include a trip to the Mall of America!

## Trivial Pursuits...

### Sectional results

Congratulations to the Sectional Team which finished **2nd** at the Speedo Sectional Championships. This meet included swimmers in junior high, high school and college from 9 states! Full results are available on the team website.



### JO results

Congratulations to the JO Team which finished 8th at the Illinois State Championships. Special congratulations to Connie Hsu, Taylor Zafir, Stephanie Hasenberg, Kara Field, and Katie Johnson who were State Champions in at least one event! Full results are available on the team website.



### Conference results

Congratulations to all swimmers who competed in the Chicagoland swim conference. Wheaton finished first at this meet! Full results are available on the team website.



### Team outing

This summer the team will have a team outing to Ozzi Waterpark! Watch the team website for details!

### Whitesox or Cubs? Cubs or Whitesox

The coaches will treat the graduating seniors to an MLB Game of their choice this summer (and start a tradition for years to come!). Watch the website for photos!

### Team Banquet and old ribbons

We are looking forward to seeing many of you at our team banquet this weekend to celebrate our great season. Old ribbons from the winter will also be available at the banquet.





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ON THE WORLD WIDE  
WEB AT:  
WHEATONSWIMMING.COM



The mission of the Wheaton Swim Club is to better serve everyone in the community who has an interest in swimming.

The team meets the basic needs of beginners, and the challenges facing competitive swimmers at all levels.

The team is open to swimmers of all abilities from any community, and is filled on a first come first serve basis throughout the year.

For full team information, contact us at anytime by phone, email, or in person.

# I was always wondering...

## What is a converted time?

A converted time is basically a "guess" at what a swimmer could swim. Sometimes converted times are used to enter Long Course (meters) Meets in the summer to help seed swimmers who only have swum the event in Short Course (yards).

The coaching staff does its best to enter each

swimmer as accurately as possible. But remember that all converted times are just guesses.

It is really best for swimmers to think of having two sets of best times—Long Course and Short Course (or Meters and Yards). Don't worry about what your converted time "would have been."

Programs or converters which predict

converted times simply use averages for lots of swimmers. These conversions do not reflect specific strengths of each swimmer, and are therefore simply guesses.

See more about short course and long course in this issue!



## Did you know?

USA Swimming will be reinstating the Jr National Championships in the Summer of 2005!

This is the 18 & Under National Championship Meet held in Irvine, CA, Aug 10-13, 2005.