

# The Wave: Welcome Edition

Volume 2, Issue 1

Sept 1, 2005

## Special points of interest:

- When is our first practice?
- What kind of meets do we go to?
- What do New Swimmers need to know?
- What Championship Meet will I attend?
- What is Taper?

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## Welcome to the Wheaton Swim Club!

The coaching staff would like to take this opportunity to thank all of our NEW and RETURNING members for choosing the Wheaton Swim Club. We are honored that you have chosen to be a part of this team, and are looking forward to the upcoming season.

The staff believes that good communication is the key to success in any organization. We encourage you all to contact us with any questions you may have to help your swimmer make a



smooth transition into the upcoming season. We use the following (among others) lines of communication to better serve you:

- Team Website: [www.wheatonswimming.com](http://www.wheatonswimming.com)
- Team Email: [coaches@wheatonswimming.com](mailto:coaches@wheatonswimming.com)
- Team Phone: 630-752-5770
- Team Newsletter
- Face to Face Meetings with coaches before and after practice.
- Daily Handouts and Announcements.

We are looking forward to hearing from you.

### New Parent Meeting and Orientation

We will have 2 meetings for parents and swimmers who

are joining the Wheaton Swim Club for the first time. This will be a brief practice followed by a question and answer session with group coaches.

New Swimmers in National, Pre-National, Senior, and 12 & U National will meet Wed, Aug 31 at the Wheaton College Pool from 6-7:00 p.m.

New Swimmers in Gold, Silver, Bronze, Orange, and Blue will meet Fri, Sept 9 at the Wheaton College Pool from 5-6:00 p.m.

### First Practice and Practice Schedule.

The first practice of the season for Gold, Silver, Bronze, and Blue will be a 30 minute swim practice, followed by a brief parents meeting.

Please see the start-up dates for each group on the next page.

## Summer Accomplishments

Congratulations to all Wheaton swimmers who participated in meets this summer. Many swimmers competed in National and State-level meets after the regular season was done.

Special congratulations to all Wheaton Swimmers who set new **team records** (103 of them in all!)

The following swimmers were either State Champs or Zones Champs: Connie Hsu (**2 state records!**), Stephanie Hasenberg, Josh Hasenberg, Julie Albright, Tori Bertchy, and Julianna Heger,

Congrats to Wheaton swimmer Taylor Zafir who achieved her first **Olympic Trials** cut in the

400 IM, finishing 2nd at Junior Nationals, and who established a new state record in the 200 IM.

**Full results are posted on our team website.**



Wheaton Swimmers at the Ozzi Water Park this summer.

Wheaton Swim Club helped host the first annual Ozzi Fest swim meet!

## First Practice

### Reminder

#### National

September 6

#### 12 and Under National

September 6

#### Pre National

September 12

#### Senior

September 20

#### Gold

September 23

#### Silver

September 23

#### Bronze, Blue and

#### Orange

September 20

## Team Caps, Suits, and Apparel

At competitions, all swimmers who wear caps in meets must wear team caps. Team suits are also available and encouraged. Team caps are available from

the coaching staff. All other apparel is available at Kiefer Swim Shop in Naperville. Kiefer is located at 1567 N Aurora Rd or can be reached at

630.579.9020. Their website is: [www.kiefer.com](http://www.kiefer.com) and their store hours are M-Th 10-8:00; F 10-6:00; Sat 10-5:00; Sun 11-4:00.

## Meet Essentials

- Wheaton Swim Club Cap
- 2 or 3 towels
- Goggles
- Sports Drink, Water, Snacks
- Change of clothes / Warm clothes

## First Practice of the Year!

Remember that the first practice will be the most well attended practice of the season, because everyone comes to the first practice. Please see the date of the first practice for you group to the left. Remember that we always start off slowly, building into our normal routine. The short course season is very important because it is longer and we have more time to work on things like technique and starts

## Swim Meet Information

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.

Swim meets can be the most exciting part of our sport. They can also be the most confusing. We hope that through good communication, your experience at all our meets will be fun and rewarding! Please read the descriptions of all our meets in the pages that follow!



## What Kinds of Meets do We Go To?

### Dual / Novice Swim Meets

Swim Club will host several Novice level dual meets during the season. These meets are for those swimmers who have little or no experience with USA swimming competitions.

These meets will intentionally run slowly and provide an experience that will not only be fun but will include the basics that each swimmer must know before competing in one of our larger swim meets. Swimmers who attend our Novice level meets will feel prepared and confident during their first large meet. This added experience will allow each swimmer the ability to enjoy the larger competitions. The coaching staff strongly recommends that

all swimmers who are new to year around swimming choose to participate in these meets.

### Regular Season Meets

Most of the meets on our schedule are called "ISI Meets." These are meets that may be either in town or out of town, and will range from 200 to even 800 swimmers. There is no limit on how many swimmers from our team may swim per event; swimmers will race in heats against other swimmers in their age group.

ISI Meets may last from one to three days. However, each swimmer will only swim in one sessions per day, which usually lasts 4 hours or less. All ISI Meets

are made available to all team members, but we will only enter you if you want to swim, and turn in a "Meet Sign-up Sheet."

### Championship Season

The Wheaton Swim Club provides a championship meet for each swimmer. Because we attend so many different post-season meets, it is important to communicate with your coach. We will be putting together a Championship Meet Packet for everyone. You will be entered in every meet for which you have qualifying times unless you tell the staff you cannot attend for some reason. Time standards are posted on our team website and on the ISI website at [www.ilswim.org](http://www.ilswim.org).



Connie and Tori accepting awards for the 100 fly at Age Group Champs.

*"I feel it's easier to win if you aren't afraid to take a chance once in a while and if the other team knows you aren't afraid."*  
**Danny White**  
 (NFL Quarterback)

## Questions about ISI Meets

### **How does a meet entry work?**

Each swimmer will need to print a Meet Sign-up Sheet, or get one from the coaches. Select the meets that you would like to participate in and return the sheet to the coaches. You may also select to swim only certain days of a specific meet if you like. Next to each meet you will notice an **ENTRY DEADLINE DATE**. This date is very important. This is the date when we will sort through everyone's entries and make the team's Entry. After this date we will be sending the team's entry to the meet host, and we will most likely not be able to make any additions or subtractions to the

entry.

### **What if I find out I can't make it to an ISI meet?**

There is no penalty if you are suddenly ill or unable to make it to a meet. Please let the coaching staff know, however, that you will not attend, so we will know not to expect you. Note that once we have sent your meet entry, we cannot refund your entry fee.

### **How will I know what events I am swimming?**

The coaching staff will make a meet entry for each swimmer based on several factors: what events does a swimmer enjoy the most; what does a swim-

mer need to work on the most; what are the team's needs; and many other factors. The coaching staff tries to create the lineup which is best for each swimmer. We believe that all swimmers need to be exposed to a variety of events throughout their swimming careers. In the case of an injury or other question about participation in an event, please contact the coaching staff. We do the entries about 6 weeks ahead of time. Sometimes we will enter swimmers in an event they have never done before, with the anticipation that they will be able to do it when the meet occurs. The entries for each swimmer will be posted on our team website after the Entry Deadline Date.



Katie, Keith and Kristin at USA Sectionals.

## Tips of the Trade for New Swimmers



**“Practice does not make the athlete. It is the quality and intensity of practice that makes the athlete, not just repeated practicing.”**

**Ray Meyer, Former DePaul College Basketball coach.**



*Swim meets can be both exciting and confusing. Our team enters many different types of meets as well, so it is important to stay up to speed on the information the team puts out. We will post information on the team bulletin board (at Wheaton College), on the team website, and through handouts & announcements at practice. Don't hesitate to call or email with any questions you may have.*

### Be Early

Because swim meets can be confusing, it is best to arrive about 15-20 minutes before warm-ups begin. This will give you time to check in, find the team area, change into your suit, and get behind the blocks for warm-ups.

### Positive Check-in

The first thing to do when you get to a meet is to positive check in. This is a sign-in sheet, usually located near the building entrance or on the pool deck. If you don't sign in, you won't be put into the meet. All swimmers must sign in for all events in which they were entered by the coaches. Positive check in usually closes about 30 minutes before the actual start of the meet. If you miss the check-in, you will not be put into the meet.

### Warm-up

All swimmers will do a team warm-up. We do a very organized and specific warm-up which is designed to properly prepare swimmers for competition. Our warm-up is also designed to familiarize the swimmers with the facility and minimize any safety risks. For these reasons, coaches may scratch swimmers from the meet if they miss all or part of warm-ups.

### Team Area

Generally, the swimmers sit together at meet in areas designed for sleeping bags, coolers, etc. At some meets swimmers can stay on the deck as well. Each meet is different, so just look for familiar faces. Parents generally sit in the bleachers overlooking the pool deck. Swimmers are welcome to sit in the stands at most meets.

### Food & Drinks: Caps & Clothes.

Most meets have concessions, but many swimmers like to bring their favorite drinks (Gatorade, water) snacks (fruit, bagels) or small meals (pasta, etc). NEVER bring anything in a glass bottle to a swim meet! Wear warm clothes in between events. Bring your team cap to race in. You may swim in any racing suit you like (preferably plain blue or black, or one of the Team Suits available at Kiefer.

### Heat Sheets & Lane Assignments

After positive check-in closes, the host team will make a Heat Sheet for the meet, which will tell swimmers their heat and lane assignments for each event. These will be posted in various places around the facility for swimmers to see. It is ultimately the swimmers' responsibility to be in the right place at the right time. At many meets, if you miss an event, you may be scratched from the next event.

### Bull pen

Many teams use a Bullpen for 8 & Under swimmers. In a bullpen, volunteer parents help organize swimmers into their heat and lanes to ensure that they don't miss an event. Announcements will be made for swimmers to report to the bullpen prior to each event.

Each swimmer should report back to their coach after each event.

## Tips of the Trade for New Swimmers (Cont'd)

### Talk to your coach

Each swimmer should report back to their coach after each event. The coaches will discuss stroke technique, race strategy, splits, etc with each swimmer. This is an important part of the learning process of swimming, so please report to your coach regardless of how you feel about your race.

### Swim all your races

The coaching staff believes in the philosophy of "everybody swims, everybody wins." We enter swimmers in as many events as are offered to encourage the full development of each swimmer. This adds both to the individual's long-term success, and the team's success. Many times, a swimmer will surprise themselves in an event they previously did not consider one of their "best events."

### Relays

If our team enters relay events, we will decide on the day of the meet who will swim on those relays. We will not know who will be present at each meet until warm-ups, and therefore will not be able to assign relay swimmers until that point. Generally we will gather all the swimmers together immediately after warm-ups to do this. Do not leave a meet without double-checking with a

coach to find out if you are on a relay! Sometimes we may make last second changes.

### Parents

The parent's most important role at a meet is to be an encourager to your swimmer. Many times parents from all teams will also be asked to help volunteer as timers. Please be willing to do this occasionally. If everyone helps a few times, then it will save a few people from having to volunteer all the time. Remember that spectators are not allowed on the pool deck at any time, unless acting in an official capacity as a volunteer. If you have a question for a coach, please send a message via your swimmer. Please do not approach an Official or Referee at any time for any reason.

### Have Fun

The most important thing to remember is that swimming is supposed to be fun. Everyone has good meets and not-so-good meets. So relax and enjoy spending time with your friends, coaches, and parents! Especially in the early meets, the coaching staff is more concerned with stroke technique and race strategy than your Times. Focusing on these things early on will produce better swims at the end of the season!



13-14 girls having a great time at the Ozzi Fest.

***The first 2 things  
a swimmer should  
do when they  
arrive at a meet!***

- 1. Event check in***
- 2. Report behind  
the block for team  
warm up.***

## Meet Sheets are Coming!

Meet Sign-up sheets will be available online and in the office very soon! Remember that your group coach will be doing the entries for you and your group. All changes to meet sheets must be done in writing before the Meet Entry Deadline for each meet has passed!





Wheaton Swim Club Girls Win a relay at the Age Group Championships this past summer.

*“The medals aren’t the important thing. The glory is nice but it doesn’t last. It’s all about performing well and feeling deeply about it.”*

**Daley Thompson**  
(2x Olympic Gold Medalist)



Connie Hsu and Tori Bertschy at the summer Zone Meet.

## Championship Meets Questions

### What meets will I swim in?

The Wheaton Swim Club provides a championship meet for each swimmer in February or March. Because we attend so many different post-season meets, it is important to communicate with your coach. We will be putting together a Championship Meet Packet for everyone. You will be entered in every meet for which you have qualifying times unless you tell the staff you cannot attend for some reason. Time standards are posted on our team website and on the ISI website at [www.ilswim.org](http://www.ilswim.org).

**Will I be on a relay?** Championships relays are formulated using swimmers’ fastest times. You do not need to have individual cut to swim on a relay. We will post tentative relay line ups several days before each meet. Relays can change right up until the last minute. The Championship season is almost here. One great part about our team is that everyone

has the opportunity to participate in at least one Championship Meet. We feel that everyone is a part of our Championship Team!

### When is my last practice?

Swimmers are encouraged to continue swimming beyond the last meet of their season. Practices will be offered through mid-March for all groups. Please do NOT stop coming to practice after your last meet without talking to your coach: even if you do not have State Qualifying times, you may qualify to be on a team relay!

### I will be 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.

### Do I need a special swim suit or clothing?

Kiefer will have available Wheaton Swim Club Team warm-ups, and also special Sectional Team Warm-ups, which all Sectional team members must purchase. Please call Kiefer directly for more info on warm-ups. For swim suits, either choose our team suit, or a black or blue High Performance suit of your choice. Choose a suit that is comfortable and does not distract you from your swimming. Remember: it is your **HARD WORK** that makes you swim fast, not a magic swim suit!

**REMEMBER:** there is no such thing as a bad question about Championship Meets! A good question asked ahead of time will often reduce stress on the swimmers.

## What is Taper?

Taper is the systematic and scientific process of preparing your body to swim fast at your Championship Meet. This involves many aspects including swimming, nutrition, sleep, and much more. Swimmers will continue to work on all aspects of swimming during taper.

### Taper Schedule

Older swimmers will begin taper approximately 2 to 3 weeks before the swimmers last championship meet. Gold and Silver swimmers will begin taper 1 to 2 weeks before the swimmers last championship meet. The Blue / Bronze / Orange groups will not taper. The groups will however work on more meet specific race technique during this time.

### Taper Truths and Myths

#### Taper Truths

1. *Taper begins the first day of practice.* A

taper is only as successful as the swimmers effort during the season. A taper takes the hard work from the season and focuses it toward one meet. Without consistent hard work a taper is ineffective.

2. *Tapering starts at home.* Swimmers should try to get extra sleep during the time they are tapering. The extra rest will help your body recover better which will give you a chance to give your best effort at the end of the season.

3. *The coaching staff will use the taper time to work on relay starts and other specific racing strategy.* Swimmers need to be present during these practices so that they have the opportunity to work on relay starts with their relay teammates. Swimmers will continue to swim at intense levels during our taper. The rest will come from the reduction of yardage during this time.

#### Taper Myths

1. *Tapering is a coaching magic trick that makes everyone swim fast at the end of the season.* Tapering is based on consistent hard work. Without consistent hard work there is no such thing as a taper.

2. *Tapering means we wear goofy clothes in the water.* This is not a part of Wheaton Swim Club. This is a time of the year we want to focus on feeling fast, not changing how we feel in the water. Taper is not about gimmicks. This is a scientific approach to rest a swimmer using the data the coaches collect during the season.

3. *Tapering means we get out early.* At times the groups will finish a workout early but this is not very common until the week before the meet. The team has a certain amount of work to finish and will take the necessary time to conclude the workout. The practice time may vary during a taper so please communicate with your coach during this time.

## Championship Meets and Their Descriptions

### **Chicago Land Conference Series**

The conference is made up of 24 teams in the Chicago land area. The teams are split up into 3 smaller divisions called the Gold, Silver, and Bronze conference meets. The Wheaton Swim Club is in what is called the Silver division. The team that wins the Bronze division will move up into the Silver division next season, etc. All ages 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.

**\*Exception to the rule—**swimmers can split A and B Conference. For example, if a swimmer is only in the 50 fly at A Conference, they can swim 2 individual events at B Conference to total 3 events.

**"A Conference" Meet Facts -** The meet allows swimmers to swim in a maximum of 3 events plus relays. Swimmers can qualify for Regional, Age Group State, Senior State and Sectionals at this competition. Each team is limited to 3 swimmers per event. The order of events will be posted on the detail section of our meet page on the website. All age groups swim together at this meet.

**B Conference Meet Facts -** The meet allows each swimmer to compete in a maximum of 3 events (there are no relays). The teams are not limited when entering events which will make it possible for each swimmer to choose their favorite events for this meet. Swimmers can qualify for Regional, Age Group State, Senior State and Sectionals at this competition.

The order of events will be posted on the detail section of our meet page on the website. All age groups swim together in one session at this meet.

### **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 rule to avoid and meet day confusion.

### **Regional Meet - (Formerly called A State)**

Swimmers of all ages who have achieved "A" time standards in events will compete in this meet. Swimmers with Age group State or Senior State meet times cannot be entered into those events. This meet serves two purposes: a last championship meet and as an opportunity to qualify for Age group State, Senior State or Sectionals. The order of events and other meet information can be found in the detail portion of our meet page on the team website.

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

This meet is for those 13 and older swimmers who have achieved Senior State qualifying times. The meet is an end of the season championship meet for many and a chance to qualify for sectional for others. The Senior State meet 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 for all 12 and older swimmers who have achieved qualifying standard times. This meet is our only team travel meet in the winter which includes airfare, hotel and transportation costs (unless it is held in Chicago). 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, Junior Nationals, US Open, and Olympic Trials. If you have any question regarding this meet please contact Bob or Chris immediately.

### **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 a prelim final meet for 11&12 and 13&14 year old swimmers. 10 and under swimmers will compete as a timed final event (once a day) from about 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 are available on our meet page of our website. This meet includes specific entry and scratch procedures. Please read through the rules 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.



## Good Luck Seniors!

[Danielle Herrmann](#)

**Kansas**

[Emily Hoefler](#)

**Iowa**

[Angela Tomazin](#)

**Illinois Wesleyan**

[Kristen Hohl](#)

**Dennison**

[Keith Conrad](#)

**Calvin**

[Rob Donisch](#)

[University Wisconsin](#)

**Stevens Point**

[Will Schaffer](#)

**Princeton**

[Matt Hernandez](#)

**UIC**

## WHEATON SWIM CLUB

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[www.wheatonswimming.com](http://www.wheatonswimming.com)



Wheaton Swim Club

### Wheaton Swim Club: Expect More!

**This is the first of many newsletters which we will publish this year. It is just one way that we try to inform our members, and make them feel comfortable, informed, and up to speed. If you have any articles or facts you would like us to include, please let us know (for instance, College Swimming recruiting information, etc).**

**The coaching staff is excited and looking forward to working with each swimmer, each family, and each parent to help you navigate the world of competitive swimming!**

### “I was Always Wondering...”

**Why don't the Wheaton Swim Club Coaches run up and down the deck and cheer during swim meets?**

This question has several answers.

1. The coaches believe that all of our swimmers are equal and deserve equal attention. Because it is unrealistic to run the deck cheering for each swimmer we choose to use the time during a race to collect useful information that the swimmer can use during their next race. At most meets, the Wheaton Swim Club will have more than one swimmer in each race, which would force the coaches to make a choice as to whom they will cheer for and whom to chase up and down the deck. It is very important to the staff that we do not give the impression that one swimmer, one event or one race is more important than another.



2. Coaching is a skill that should be accomplished at practice. The meet is a place for the swimmer to stand out and not the coach. Besides, everyone who has ever participated in competitive swimming knows that a swimmer can rarely hear their coach above the crowd noise and that most events do not allow a swimmer the opportunity to look for a coach on the side of the pool.

3. After each race the coaching staff will review each race with their swimmers. The review will include technique suggestions, strategy analysis and a re-

view of each swimmer's race splits. This information will allow a swimmer to make adjustments to their races in an effort to improve at the next meet. It is important to our staff that the swimmers always can find us before or after every race so that we can provide the information that may help them be a more relaxed and successful swimmer.

The coaches are excited and –yes- we do get nervous at times. However we feel like our job is to create a calm and confident learning environment for every swimmer on the team. Information is power, and the coaches take pride in collecting and communicating that information at any Wheaton Swim Club activity. As for the parents, we love to see and hear your enthusiastic cheering for all swimmers at every meet.