

The Wave

THE WAVE: The Official Newsletter of the Wheaton Swim Club

Items of Interest in This Issue:

- Our Team's Practice Philosophy, Information, and Updates
- College Swimming: everything you want to know about swimming in college (the first of a multi-part story)
- How to Stay Informed: The Six Lines of Communication
- Swimming Lessons and Competitive Lessons Information
- Home Meet Information

Inside this Issue (among other things):

- Gold Group Wrap **2**
- Swim Lessons Info **3**
- Fundraising Info **3**
- Team Activities **5**
- Swimming in College **6**
- Silver Group Wrap **7**
- I Was Always Wondering... **8**

Bob's Byline

We are halfway through the season and the holidays are just around the corner. I couldn't be happier with the team and the progress the swimmers have made. It seems like only yesterday it was 70 degrees, the season was just starting and the practices consisted of mainly stroke drills and lectures on technique.

As weeks have gone by we slowly increased the intensity of the workload to where we are now during some impressive training. I hope the swimmers are as excited as I am with their accomplishments in practice.

We spent a lot of time in the beginning of the season on stroke work. As we went through the strokes I explained why we use the technique and drills for each one. I believe a swimmer will make more of an effort to make a stroke change if they know the reason for the technique. I believe the time spent on stroke work in the begin-

ning of the season was well worth it. I've seen vast improvement in the swimmers mechanics at practice and at the meets. Our practices focus more on training now, but we will continue to review technique during the workouts.

I have been very impressed with the way our swimmers have been practicing. Just like the drills, I explain to the swimmers why we do the sets and what we are trying to accomplish. Every set is designed to work on an event and to help the swimmer learn how to swim the race. The sets are not just a hodgepodge of swims and kicks to fill the practice time. Again, I believe if the athlete knows why they are doing a set - they are going to be more willing to do it right.

Our concentration on technique and hard work is already paying off. The team's performance at the York meet was OUTSTANDING. Not only with the number of time drops,

Chris's Corner

I would like to thank everyone for choosing the Wheaton Swim Club as their team of choice. The coaching staff is privileged to have your families as members. I am in the unique position to work with swimmers in all groups and I am having a blast getting to know and work with everyone.

Bronze Group. As the head coach of the bronze group I can tell you that I have never seen a group improve in such a short period of time. The Bronze group is mastering the Individual Medley and has learned how to use the pace clock

during the past couple of weeks. It was my pleasure to promote Bob Patschke, Alden Marton, Patrick Potts and Loriale Georgitis to the Silver Group where I am sure they are already tearing up the pool at practice.

New Bronze Members. I would also like to welcome those swimmers promoted from the competitive lesson group from session two. Please help welcome Julia Bergman, Blake Bond, Kendall Bond, Kevin Carney, William Gieser, Elisa Levine, Lauren Liebman, Bridget Phipott, Kelly Potts, Nell Rosenthal,



Bob Strube receives his award for National Coach of the Year

but the amount of the drops. I was so proud of the team - and the swimmers should be very proud of themselves!!

The York meet was an exciting meet, but for me what was more exciting was the practices following that meet. The swimmers were training very well throughout the season and the weeks leading up to the York meet. But following the success of the meet the teams' attitude seemed to be "If training hard helped me swim fast, what will happen if I train even harder!" (cont'd on page 4!)

and Julia Uchlyama to our team. I am looking forward to you first swim meet.

Competitive Lessons. The Competitive Lesson Group is reloading for session #3 with 8 swimmers already signed up for the group. The group will take a maximum of 15 swimmers for the session. If you or someone you know is interested in participating in competitive lessons please contact us at coaches@wheatonswimming.com.

Tips for Bronze Swimmers (cont'd on page 4!)



The Team Bulletin Board at Wheaton College.

The bulletin board has loads of information. Also check the team website daily for updates!

THE WAVE

The Six Lines of Communication

Staying up with team events and communicating with the coaches are probably the two things which will make your swim team experience the most enjoyable and the least confusing! Here are six ways we make information available to team members:

- Web Site www.wheatonswimming.com
- Telephone 630-752-5770
- Bulletin Board at Wheaton College
- Meeting with coaches after practice
- Team Newsletter: *The Wave*
- Email: coaches@wheatonswimming.com

Swim Meet Essentials

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

“You can’t tell someone to go out and lead. You become a leader by doing. So if you want to be a leader, go do it.”

-Chuck Noll
Former NFL Coach
Winner of 4 Super bowls

Jake’s Journal: Gold Group and Home Meets

Gold Group: It has been a lot of fun getting to know many new swimmers in the gold group and to watch them improve week by week. We started out working on stroke technique and now are moving into more and more training.

The hard work of all the swimmers was very evident in the great results at our first few meets. In practice swimmers are now focusing on knowing their sendoffs and

times, in addition to using great stroke technique. The Gold group has several swimmer who can now make 100’s on the 1:30! Congrats and keep up the good work!

Home Meets. Our team will soon be hosting its first Home Meet. The meet will be held February 4-6 at the College of DuPage.

We will need everyone’s help to run a successful meet. You do not need to be a computer

whiz or experienced athlete to contribute to the success of our meets.

We ask that all parents volunteer to help at two session of each home meet that we run. Sign-up sheets and full information about each of the Positions will be posted on our team website and also sent home via Handouts with the swimmers.

How can I help? In addition to the obvious (cont’d p. 4)



“The child’s philosophy is a true one. He does not despise the bubble because it bursts; he immediately sets to work to blow another one.”

-J.J. Proctor, British Author

Christmas Break Practices & Schedule

Christmas vacation practices are some of the most important practices of the year. While they may be the most challenging, they are also the most rewarding.

Attendance. All swimmers are encouraged to strive for 100% attendance over the break.

National Swimmers who have 100% attendance will have their food and bowling paid for by the Team at our Christmas Party!

Schedule. The full Christmas training schedule is posted on the team website, or you can get a copy from the coaches.

Long Course. This year we have the unique opportunity to train Long Course at Wheaton College each afternoon. What’s this all about? You’ll have to be there to find out!

Morning practices will still be held in short course yards as usual.

Swim Lessons and Competitive Lessons

Semi-private swim lessons and Competitive Lessons are a great way for young swimmers to either gain confidence in the water, or to move into the Swim Team.

Both our Private Lessons and Competitive Lessons groups are designed to give beginners an introduction to swimming in a comfortable environment.

Our competitive lessons are currently very popular, with 15 swimmers moving onto the Swim Team already. We plan to offer even more sessions of lessons in the spring and summer. In these groups, we believe that it is important to have a smaller coach to swimmer ratio than

on the Swim Team. That way, each swimmer gets the attention they need to develop proper habits and techniques early in life.

[An Overview of What We Offer.](#)

Competitive Lessons. This swim program is designed for children ages 4 to 12 who are new to the sport of swimming and are able to swim one length of the 25 yard pool. Swimmers are taught the basics of the four competitive strokes and competition starts and turns, while building their endurance.

Semi Private Lessons.

Smaller Classes: If you haven't heard it before this, one of the things that sets Wheaton Swim School apart are the class sizes. For our Youth 8 years and younger, we only put 2-4 students in a class. This translates into much more time spent with an instructor, more teaching that is tailored to your swimmer, and less time each student spends waiting for instruction.

Get Involved!! Tell a Friend!! For full information about competitive lessons or semi-private lessons, contact the coaching staff today!



Private Swim Lessons or Competitive Swim Lessons are a great place to learn, have fun, and try things out.

Team Caps, Suits, and Apparel

The swimmers looked really sharp at our first three meets. The orange and blue caps, shirts, and sweatshirts helped our team stand among other teams (the fast swimming didn't hurt either!).

Remember that at all com-

petitions, 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 and their store hours are M-Th 10-8:00; F 10-6:00; Sat 10-5:00; Sun 11-4:00.

"You can't just work out. You have to concentrate on what you're doing in workouts. There's a satisfaction when you have a hard set, a rugged workout, and you feel it, and you take it, and you go beyond it. Don't you feel really good after something like that?"

-Tracy Caulkins

Three time Olympic Gold Medalist



Team Caps are available from the coaching staff.

All other apparel is available at Kiefer Swim Shop in Naperville.

Fundraising Information

FUNDRAISING REMINDER: Please remember that each family is asked to fundraise \$150 for the team to aid in covering the team's operational costs. (Families with only Silver and Bronze swimmers are asked to raise \$100). All fundraising must be completed by January 24, 2005.

You can fulfill your fundraising commitment by using Scrips, participating in the Swim-A-Thon, and/or by placing ads in the heat sheets or on our team's

website.

The team will participate in USA Swimming's official Swim-A-Thon on Saturday, January 15 at Wheaton College. Swimmers can pick up Swim-A-Thon forms from the coaching staff at any time to begin getting pledges.

Many families have taken advantage of the Scrip Program since September and have reached their fundraising requirement. Any amount raised

beyond the family commitment from Scrips will be split with the team 50/50. (Any money collected beyond your requirement from ads or Swim-A-Thon will go 100% to your training fees).

We have been collecting Scrip orders each week, but will now be taking orders on the second Monday of the month. We will continue to take orders after the fundraising deadline and will reimburse families at the conclusion of the season.



SWIMMING LINKS

ilswim.org

For news about Illinois swimmers

usaswimming.org

For news about swimming nationwide

"Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have."

-Norman Vincent Peale
American Writer

I came home from school because I was sick. Should I attend practice?

Answer - No.

Only two things happen when a sick swimmer attends practice and they are both negative.

#1 The sick swimmer gets further run down which causes a stronger illness and a weaker recovery.

#2 The sick swimmer can infect other swimmers with the illness, which causes your teammates harm. Please recover from your illness before re-entering your regular practice schedule.

Bob's Byline (Continued)

The intensity of the practices increased. Swimmers were trying to make send-offs they never made before or trying their best to keep up with someone who was faster than them. It's been an amazing display of hard work and commitment I enjoyed watching.

Obviously everyone has been training hard, but what was also obvious was the swimmers that had the better attendance records had the better meet results. It's important that you

get to practice as often as possible. The holiday season is here and because the swimmers are out of school, this provides us with the opportunity to swim twice a day. It will be a grueling and challenging time of the year, but also the most important time of the year. How you train during the holidays will have a huge impact on how you will perform in the championships at the end of the season. So let's make as many practices as possible – continue to train with intensity and we will set

ourselves up for an incredible championship season!!!!

On a personal note, starting a new team with Chris and Jake – having the coaching staff of Brian, Sarah, and Marcy – Aaron's help with the book-keeping, Jon Lederhouse's insight – the support of the parents and the talented team of swimmers with an outstanding attitude and work ethic – for me Christmas has already arrived!

Chris's Corner (Continued)

Tips for the Second half of the Season for Bronze Group members. I would encourage all Bronze members to attend Friday and Saturday workouts. The group focuses on competitive start skills using a starting block and racing turns during these workouts. This will also give swimmers more opportunities to practice the skills we work on during our Tuesday and Thursday workouts. Please take a look at our holiday practice schedule; we have

added extra practice opportunities as well as some fun team bonding experiences while the kids enjoy their break from school and other activities.

Novice Meet

The Wheaton Swim Club will host a novice swim meet for those swimmers in the Bronze Training group on December 28th (4:00 p.m. warm-ups). This meet will be a low key meet that will help swimmers who have limited swim meet experi-

ence learn the procedures of a swim meet. This meet is designed to run at a slower pace and will be without the crowded and sometimes hectic meet environment that can discourage the swimmer who is new to the sport. The entries are posted on the meet information page on our Club Website. If your swimmer would like to adjust his or her event please e mail the coaches and we will make the change before the meet.

Jake's Journal (Continued)

meet jobs like timing and awards, our team has a few specific needs at Home Swim Meets.

If you would like to help before the meet making phone calls to other volunteers, please contact the coaching staff.

Similarly, if you have expertise in hospitality or concessions, please let us know!

Meet Sponsors. If you or your company would like to sponsor a home meet, simply contact the coaches. We have many advertising possibilities, and any amount you contribute will go towards fulfilling your team fundraising commitment. You can take out an ad in the heat sheet, hang banners at the meet, or put a Cheer for your swimmer in the psyche sheet!

Tips for Swimmers at Home Meets. Swimmers remember that at a home meet everyone helps make things go smoothly. This includes you! By being on time, ready to warm-up, and knowing your events you help the meet run better. Don't forget to wear team apparel to help promote team spirit! At home meets (and all meets) we should set the standard for other teams.

Team Fun: Pizza Party & Christmas Party!

The team held its first annual Halloween party in October, with a great turn out, a few games, many Treats, and a good time had by all. Thanks to the parents who donated treats and goodies (especially the Spooky Eyeball Whoopee Cushions!)

We will be holding two more Team Activi-

ties in the next few weeks, and hope that you all attend.

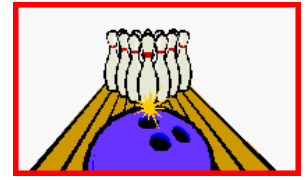


Wisconsin Pizza Party. For those of you traveling to the

Kenosha Meet, we will have a Team Pizza Party on Saturday, January 8 at Infusino's Pizza.

Holiday Bowling. Our

Christmas / New Year's Team Party will be a Bowling Party at Fox Bowl in Wheaton on December 30. (National Swimmers who have 100% attendance over Christmas Break will have their bowling & food paid for by the Team!)



The team Christmas Party will be at Fox Bowl in Wheaton this year!

FULL DETAILS ON ALL OUR UPCOMING SOCIAL EVENTS ARE POSTED ON OUR TEAM WEBSITE

Team Record Breakers & Fast Times

Team Records! Congratulations to everyone who has broken Team Records so far this year. Over 20 Team Records have been broken already this year!

To encourage more fast swimming, we will be posting photos of all our team record breakers on the Website (on

the Team Info page).

Team Records are also posted next to the bulletin board at Wheaton College.

Because this is the first time the current coaching staff has compiled these records, we encourage you to email us with any corrections!

Just how fast did I go? Wondering about time standards and qualifying for Championship Meets? Most Illinois and National Time Standards are also posted next to the bulletin board at Wheaton College, underneath the Team Records. Swimmers' best times are also posted there!

Wheaton Swim Club will conduct a Swim-A-Thon fundraiser on January 15 at Wheaton College.

Refreshments will be provided after the event.



Championship Meet Season

The Championship Meet Season is probably the most exciting time of the year for swimmers, parents, and coaches. Our team attends many different Championship Meets in order to provide something for everyone. The coaches are very excited to see our swimmers compete at these local, state, and national level meets!

A full CHAMPIONSHIP MEET PACKET will be given out soon to the swimmers. It will cover many of the questions you are sure to have. We will also have a meeting soon for swimmers hoping to go to any National or Sectional Meet. However, do not hesitate to call or email the staff with your questions. Some of the most common questions we usually get are:

- **How do I qualify for these meets?**
- **How will I know what events I will swim?**
- **How are relays decided?**
- **What are the dates, times, and locations of these meets?**
- **What about out-of-town meets? How do I make travel and lodging arrangements?**

All of these questions will be answered in our Packet, and on the team website.

All swimmers will be entered into meets if they qualify, unless prior arrangements are

made with the coaching staff. Because some meets may conflict with others, please stay in touch with your coach! The team will be attending the following Championship Meets:

—“A” Conference

—“B” Conference

—ISI Regional Championships

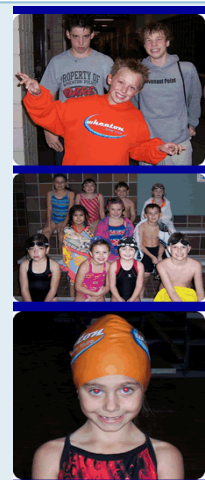
—ISI Age Group State Champs

—ISI Senior State Champs

—Speedo Sectional Meet (Minneapolis, MN)

—Junior Nationals (Orlando, FL)

—Senior Nationals (Indianapolis, IN)



Are you photogenic, too??

If you have great swimming photos from meets, send them to the coaches for the Website or Newsletter!

December 2004

DECEMBER BIRTHDAYS!

- Kevin Carney
- Hannah Duke
- Cristina Favia
- Alissa Golden
- Kailyn Hmura
- Debbie Jezuit
- Chelsea Loos
- Marina Powers
- Mike Sherwood
- Sara Taege
- Sarah Wayne

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Christmas Training Begins ↻	20	21	22	23	24 Christmas Eve	25 Christmas Day
26 Christmas Training Continues ↻	27	28 Novice Meet at COD (4:00)	29	30 Team Christ- mas Party!	31 New Year's Eve	



Wheaton College junior Tyler Dobelbower (featured in this article) swims a mean 200 back.

He credits some of his fast times to having supportive teammates.

The Stats on Tyler: Many Swimmers have best times in College.

Event	College Best	High School Best
100 back	50.6	52.3
200 back	1:48.0	1:52.3
200 IM	1:51.4	1:55.2
400 IM	4:01.6	4:13.2
200 free	1:42.9	1:46.0

Swimming in College: Part I

Swimming in College is something many young swimmers dream about. Only a very select number of competitive swimmers ever have the chance to swim in the Olympics or World Championships. However, College Swimming is an option for just about anyone.

Sound surprising? We hope in the next few months to shed new light on College Swimming for both swimmers and parents. From Division I to Division III and NJCAA; from scholarship to social events; from NCAA Champions to Novice Swimmers, we hope to leave no stone unturned. We will feature interviews with current and former College Swimmers and Coaches, and some of our own insights as well!

Swimming is Fun! The

first thing to remember about swimming and swimming in College is that it should be fun. Most swimmers who decide to swim in College already like to swim. However, College swimming has a little something extra when it comes to the Fun Factor.

The first thing most college swimmers say when asked about their careers is that they love College Swimming because they get to spend more time with other swimmers.

Going away to College as a freshman can be both exciting and challenging. Being a part of a Team can help make some of the challenging moments more fun. While each college or university is different, many times athletes will live in the same dorms together and eat in the same cafe-

terias together. Before classes even start, you could have 30-50 new friends who all have at least one thing in common.

Wheaton College junior Tyler Dobelbower agrees. "I really enjoy the community that college swimming provides. Having close friends on the team helps me swim better, too. I'm not just swimming for myself or for a time, but for my teammates."

No matter where you swim in college, you are sure to have fun times with teammates at meets and practices!

College Swimming can be both rewarding and fun.

Some College Swimming Links:

- ncaasports.com
- collegeswimming.com
- ncaa.org
- cciw.org

JANUARY BIRTHDAYS!

- Erin Bagley
- Kendall Bond
- Kara Field
- Jason Hasenberg
- Michelle Howley
- Jake Keck
- Chris Mallon
- Stephanie Missak
- Steven Missak
- Paul O'Neil
- Kelly Potts
- Caleigh Ryan
- Jared Stolt
- Samantha Swiderski
- Jordan Taylor
- Kate Williams



January 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's Day
2 Gold & National Swim Long Course	3	4 Lake Park HS meet at COD	5	6	7 Kenosha Meet	8 Kenosha Meet / Pizza Party
9 Kenosha Meet	10	11	12	13	14	15 Swim-A-Thon!
16	17 Dr Martin Luther King Day	18	19	20	21 Indianapolis Meet	22 Indianapolis Meet
23 Indianapolis Meet	24 All Fundraising Ends	25	26	27	28	29

The Silver Group by Bryan Szweda and Sarah Maggio

We are having a great time coaching the silver group. Probably the most interesting thing about this group of swimmers is that they are experienced swimmers who still have lots of room for improvement. Seeing this improvement each week makes coaching this group especially fun.

Congratulations to the Silver swimmers who already progressed into the Gold Group! Also welcome to the swimmers who have moved up from Bronze!

Each day we work on the aspects of swimming which Silver swimmers will use the rest of their careers, as they move from Silver to Gold, to Nationals, and beyond! This includes working each day on mastering the pace clock, plus working on turns, starts, and stroke technique.

One thing that can make a huge difference to all silver group swimmers is to make sure to attend as many practices as possible. Friday and Saturday practices are especially important.

We have a great group of both boys and girls who are really excited about swimming. If you ask many National team members, they will say that Silver was the age when they first started meeting their life-long swimming friends. So we hope that the Silver swimmers will come to our Team Activities like the Bowling Party and the Pizza Party!



Be proud of your Team!

The team's new banner arrived recently. Look for it at all our upcoming meets!



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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...

Why is it such a big deal if I am late for a swim meet warm up?

Answer – This question has many answers.

1. Each pool is unique. For this reason swimmers must warm up in a pool to ensure they are aware of any differences that could later cause a safety issue. This can also become a competitive disadvantage. If a swimmer does not know his or her racing course it could have a negative effect on their times

2. Each meet has around 600 to 800 competitors. This means that the team with the most swimmers behind a lane before warm up sessions start will have a chance of claiming the lane. Claiming a lane means that the team is able to run a warm up that best suits the team. Once a warm up begins the lanes fill fast which makes it difficult to fit in the swimmers who arrive late.

3. Relays are made up with the swimmers who are on time for warm ups. Relay cards are very often due before the meet begins. For this reason the relays must consist of swim-

mers who are on deck before the warm up session begins.

4. The swimmers train very intensely and will take a long time to warm up to the point at which they can compete at their best. A short warm up can lead to poor performance and a negative swimming experience.

5. Swimming is also a social activity. The swimmers like to see who is at the meet and catch up with their friends before the swimming begins. This will also give the swimmers and parents an opportunity to find an area to share with friends.



Did you know?

Wheaton Swim Club is officially sponsored by Speedo and Kiefer Swim Shop.

Please support the businesses that support our team!