

The Wave

THE WAVE: The Official Newsletter of the Wheaton Swim Club

SPECIAL EDITION: Taper and Championship Meet Information!

Items of Interest in This Issue:

- Taper Schedule
- Taper Philosophies
- Championship Meet Descriptions, Dates, Times, and Entry Deadlines
- Relay Information
- Team Apparel Information
- Dates to Remember
- Commonly Asked Questions

Inside this Issue (among other things):

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All About Tapering and Championships Meets

The Championship Season is the exciting conclusion to our swim season. This portion of our season can also be confusing for our members. In an effort to relieve the confusion and stress for our swimmers and their families the coaching staff has arranged a three-step system to best inform and assist all of our members.

Step One – Championship packet

1. This Information Packet includes a meet information packet for each meet listed above. These meet information packets will include every detail from events to rules for each meet.
 2. Time standards (“cuts” or “qualifying times”) for each meet. The Conference meets do not require a swimmer to make a certain time.
 3. Description of each Championship swim meet with tips from the coaching staff.
 4. A list of each swimmer who is participating in the above meet and the meet that they will taper and focus on.
 5. Description of the coaches Relay philosophy and information on relays at these meets.
 6. Most common questions answer sheet.
- Taper practice schedule and calendar for all groups.

Step Two – The Team Website

www.wheatonswimming.com

The website is the quickest and most efficient way of reaching all of our members. Please check the website often for updates. The website will include swimmer relay selections, meet changes, entries, event scratch procedure, taper schedule, estimated time that a swimmer is scheduled to compete based upon meet scratches, and more! Any changes will be available on the home page of our website.

1. The meet page of our website includes all meet entries; meet information packets and other information that will help you navigate through the upcoming competitions.
2. The website includes a meet tip section that will help those less experienced athletes.
3. The website will include any deadlines for entry, event scratch or travel plans for our meets.
4. The special Sectional page will include up to the

minute Sectional Meet information and travel schedules.

Step Three - The Coaches

The entire coaching staff will be available to answer all questions about the championship meet schedule and Spring / Summer Registration after every practice. The end of the season is complicated and frantic at times. Please allow the coaching staff to help you through the championship season. The staff can also communicate as always through e-mail and office telephone. Swimmer, Parent and Coach communication is important at all times but especially necessary during this portion of our season.

1. Many aspects of swimming are “layered questions and answers.” The staff would have to write a book to cover every option and situation that may arise during the months of February and March. Please take the time to contact your coach in person so that each swimmer is aware, informed and comfortable with their upcoming meets. The coaching staff will be available after practice for as long as it takes to make sure our members are informed and at ease with everything swim team related.
2. Miscommunication is the number one cause of stress on any competitive team. If you have a concern or feel that a mistake has been made please contact the coaching staff immediately. Mistakes will be corrected and proper information can cure most problems. The staff can only solve the problems that they are aware of, if you feel that an error has been made please give us the opportunity to fix the error as soon as you are aware of it. Most of the stressful situations that have come up in our coaching careers could have been avoided if a parent or swimmer approached the coach first instead of searching elsewhere for a solution.
3. Swimming is a team sport as well as an individual endeavor. The coaching staff will take both aspects into account while creating meet lineups. Problems will arise if a swimmer or parent assumes that they will be on a certain relay or in a certain event. Trying to predict the future or assuming without information is a precursor to disappointment.
4. If you cannot participate in one of the above meets please let the coaching staff know in writing. This will allow a team member to participate that would not have the opportunity otherwise. If one relay swimmer does not show up to a meet the relay is disqualified before competition and the other 3 swimmers can be penalize and scratched from individual events for that meet. The championship meets have very strict rules that must be understood and followed exactly as they are written.



The Team Bulletin Board at Wheaton College.

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

Fun Facts

13,119 swimmers in Illinois
109 swim clubs in Illinois

Only 2% of swimmers
qualify for Age Group State

Only 3% of swimmers
qualify for Sr. Champs

Only 5% of swimmers
qualify for Regional Champs



National Team Taper by Bob Strube

It's the end of the season and we are steaming toward the championships. Depending on the championship meet the swimmer has qualified for, they either have a short time left to train before they start their taper, or they have already begun to rest.

Tapering is the gradual reduction of hard work and the adding of more and more rest as you get closer to the big meet. The swimmers are in top physical condition due to the hard training throughout the year. Although they are in excellent shape, their bodies are also fatigued because of the workload. Resting properly (TAPERING) allows the swimmer to keep their outstanding physical condition; while at the same time enables the body to recover – resulting in the ultimate performance at the championships.

During the taper, we are backing off on the amount of hard work we are doing, but we will still be doing hard work. If the swimmer backs off on the intensity of the hard work during the taper, they will find themselves out of shape when they get to the meet. Remember, we are cutting back on the amount of hard work we are doing – NOT the intensity.

When we start to taper the first thing we do is stop the dryland training. During dryland training you break your body down and your body rebuilds itself stronger to handle the workload. While we are tapering we no longer want to break the body down – we want it to recover and in the relative short amount of time we taper, the body will not lose any of its strength. It will be rested and stronger!

During taper it is important that we rest at practice, it is equally important that you rest away from practice. We are doing everything possible in the pool so that your body is ready for the championships, not so you can have more energy to ride your bike or to be quicker on the tennis or basketball courts. You need to cut back and not add to your activities. You also need to get more sleep. That's when your body recovers the most.

Make sure you stay on top of your schoolwork so you can get your homework done. Keep your grades up and still get to bed

early. If you are not willing to rest away from the pool and to get extra sleep, then there is no reason to rest in the pool – because it takes all **three – REST IN THE POOL – REST AWAY FROM THE POOL – AND EXTRA SLEEP** – in order for the taper to be successful.

We will be doing less hard training while we are tapering, but we will also be taking more time to rest and doing more easy swimming between and after the hard swims so practices, especially in the beginning, will last the full time.

Practice will be two hours on Monday and Wednesday because we will not be doing the dryland. As we get towards the end of the taper, we will get out earlier. However, we have a certain amount we need to accomplish each practice and we will stay until we are finished.

The night before the championship meet, I want the swimmer to "SHAVE DOWN". The reason the swimmer shaves their body is not because removing the hair creates less resistance. Shaving removes hair and excess skin – allowing the swimmer to feel the water better and create a unique sensation as the swimmer enters the water.

Some parents are worried that their swimmers hair will grow back dark and thick if they shave. Genetics dictates how thick and dark your hair will be – this will not change from shaving. I know guys who have shaved down countless times for meets and have less hair than guys who never shaved. Just think if shaving made your hair grow back dark and thick – there would not be a bald man on the planet! All they would have to do is shave their head and the hair would grow back nice and thick. I wish it wasn't a myth – I would have shaved my head a long time ago!

This is an exciting time of the year. The swimmers have done a **tremendous** job with their training and I'm sure they will do the same with the taper. **I'm looking forward to going to the championships, swimming fast and have a lot of fun!!**

Most Commonly Asked Questions about our Championship Season

How do I know what meets my swimmer is qualified for?

The team website has a list of swimmers with the meets that they have qualified for on our home and meet page. The staff is available at practice to answer this and other questions. Time standards (cut times) are also available on the meet page of our website.

How do I know if my swimmer is on a relay?

Please refer to the full page of relay information inside this packet.

Can I keep practicing after my last swim meet?

Everyone is encouraged to practice for the entire season. The extra practice and experience gained at the end of the season will help you extend and reach your goals for the next season. By all means keep attending practice.

What is taper and how does it work?

Please read the taper section of this Newsletter. On pages 2 the coaches describe the basic aspects of our team taper. A practice schedule is included at the end of this packet.

What should I eat during the championship season?

Nutrition like politics is a personal and individual choice. Swimmers should try to eliminate caffeine and sugar and always stay hydrated during taper time. If you have specific concerns about energy levels or health we recommend speaking with your doctor or a nutritionist.

What is the difference between A and B conference?

The **A Conference** is a meet that we enter our teams most competitive line up and compete against other club teams in our area. A swimmer is limited to 5 events. Two of these 5 events 2 must be relay events. Each team is limited to 3 individual swimmers in each event. Ex. (The Wheaton Swim Club can only enter 3 swimmers in the 11-12 girls 50 freestyle). These limitations are very challenging for the coaches when creating a line up.

The **B Conference** is a meet for every swimmer on the team who does not swim in the A conference meet. Swimmers may choose their favorite events for this meet. Swimmers who swim less than 3 individual events at "A" Conference may also swim at "B" Conference, so long as they do not swim more than 3 individual events between the 2 meet.

How the championships are meets different from our regular season meets?

Other than crazy excitement and exciting races with every swimmer giving their best effort the meets are basically the same. Age group State, Senior Championship and Sectional meets are prelim final meets and include some specific scratch rules however the basics rules and regulations are the same. If you have qualified for a meet that you have never attended please speak with your coach a head of time to eliminate any stress or confusion.

I believe I have found an error on my swimmers meet entries.

The sooner the staff is informed of an error the more likely we will be able to fix it. The staff will not be able to correct errors made to the Regional, Age Group State, Senior State or Sectional entry after the entries are submitted. Please preview the entry page of our website before the meet deadlines.



Championship Meet Apparel

*Every swimmer will receive a Championship T-Shirt on Feb 10th.
Special Thanks to the Jezuit Family and the basket raffle committee for raising the money for these shirts!*

Team Pride

Remember to wear team caps, suits and clothes at all meets!



Team Caps are available from the coaching staff.

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





The Team Bulletin Board at Wheaton College.

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



Team Warm-ups are available at Kiefer Swim Shop.

All Sectional Team members will need to order one directly from Kiefer, with "SECTIONAL TEAM" embroidered on the back. (Swimmers from last year do not need to order a new one).

Any team member is welcome to purchase one of these warm-ups with Wheaton Swim Club embroidered on it.

Ask for Tim at the Naperville Kiefer shop.



What Meet will I Swim In?

Some swimmers will swim in more than one championship meet. EVERY swimmer will have the chance to swim in at least one Championship Meet.

All meet entries and qualifiers are posted on the team website.

Please contact a coach if you have questions.

Will I swim in "A" Conference?

The team will make its most competitive line-up. This meet is very limited, with a limited number of people able to swim per event. The goal of the meet is to score as many points as possible. This is the only meet of this kind during the year.

Will I swim in "B" Conference?

Anyone who does not swim 3 individual events at "A" Conference may swim at "B" Conference. Swimmers will be allowed to choose their events for this meet. Swimmers may not swim any event that they swam at "A" Conference, and they may not swim more than 3 individual events total between "A" and "B" Conference.

Will I swim in ISI Regionals?

Swimmers with qualifying times will be entered in this meet. Swimmers with Age Group State or Senior Champs cuts are

not eligible in those events. If you have more than 6 JO or Sr Champs cuts please contact the coaching staff about your entry into this meet.

Will I swim in Senior Champs?

Swimmers with qualifying times will be entered into this meet. If you have more than 3 Speedo Sectional cuts please contact the coaching staff about your participation in this meet.

Will I swim in USA Sectionals?

Swimmers with qualifying times will be entered into this meet. Note: time trial events will be offered between sessions each day. Swimmers with less than 4 cuts may swim time trials on days when they do not compete.

Will I swim in Age Group State?

Individual Events:

Swimmers with qualifying times will be entered into this meet. It is expected that all swimmers with cuts attend this meet.

Relay Events:

Some swimmers who have not yet qualified individually for Age Group State may be invited to participate on Wheaton Swim Club re-

lays. These swimmers will be notified as soon as possible as to their participation.

What if I have too many cuts?

Every meet has a maximum number of events that can be swum by a swimmer. The coaches will ask each swimmer which events they would like to swim and which events they would like to scratch if they qualify for more than this maximum number. In some cases this decision will be made right before a meet.

Max # of events per meet (individual events):

Sectionals—4

Age Group State—6

Regionals—6

Sr Champs—6

Conferences—3 events between the 2 meets



Championship Apparel:

The coaches are very excited about the end of the season meets and hope you are too. Take pride in being a member of the Wheaton Swim Club. Everyone has the opportunity to compete in a championship meet, and everyone will receive championship meet apparel.

Each swimmer on the team will receive a new "Team of Champions" shirt which is fashioned after a Wheaties box! These shirts will be available beginning Feb 10th (at the St Charles Meet) and will be handed out

at practice the following week.

Each swimmer also should wear Wheaton Swim Club caps at all meet. Extra caps are available from the coaches

We know that you all take pride in the Wheaton Swim Club, and ask that you wear as much Wheaton apparel as possible at Championship Meets.

It does not matter which shirt you wear each day, as long as you wear it with pride and, most importantly, have fun!



Championship Shirt Front



Championship Shirt Back



Championship Meets can be both fun and confusing. Please communicate with your coaches to make sure you have the best information!

Sectional Team Logo Unveiled: Sweet Home Chicago

We are excited that the Sectional meet will be held at UIC in Chicago this year. A "home" meet gives the team the opportunity to have fans, friends, team mates, and family members come cheer.

This will help the swimmers perform and give younger swimmers a chance to see how the

National Team's hard work pays off. We especially hope that many 14 & Under swimmers will come down to the meet together and cheer!

The sectional team's new caps and shirts have recently arrived. They are both in the theme of "Sweet Home Chicago" and we cannot wait to hand them out!



Sectional Shirt Front



Sectional Shirt Back

Sectional Team Caps!

Sectional Team caps and shirts will be handed out at the Sectional Team Pasta Party!



New Team Sponsors!

Please support the businesses that support the Wheaton Swim Club.

Interesting in sponsoring the team? Contact the coaching staff!



SWIMMING LINKS

ilswim.org

For news about Illinois swimmers

usaswimming.org

For news about swimming nationwide

"Other people may not have had high expectations for me...but I had high expectations for myself"

-Shannon Miller
Olympic Gymnast

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.

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. Last year we were the Bronze Conference Champions, which means we have moved in to the Silver division. The team that wins the Silver division will move up into the Gold division next season. 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 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.**

"A Conference" Meet Facts - The meet is on February 19th at York HS. The meet is hosted by Elmhurst Swim team. 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. Warm-up times and meet start times will be announced on the team website shortly. All age groups swim together at this meet.

B Conference Meet Facts - The meet is on Monday (Presidents' Day) February 20th (also at York HS). 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. Warm-up times and meet start times will be announced on the team website shortly. 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. A list of Wheaton Swim Club qualifiers is now available on 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.

Illinois Regional Meet - (Formerly called A State)

The meet is on February 24th, 25th, 26th at Barrington High School. 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.

Illinois Senior State (also called Senior Champs)

The meet is March 3rd, 4th, 5th at UIC 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 a UIC in Chicago

Championship Meets Continued

and will include all of the USA clubs in the state. Swimmers who have qualified for Sectionals already should speak with Bob individually to attain your Senior State schedule. The order of events and a list of qualifiers are now posted on the detail section of our meet page on the website.

Sectional Meet

This meet is on March 9th, 10th, 11th, 12th at UIC in Chicago. This meet is for all 11 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 winter which includes 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 in Federal Way, WA. 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 on March 17th, 18th, 19th at UIC in Chicago 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 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 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. **Special Note:** Our team will be hosting the 2006 Summer Age Group State Meet at UIC July 28-30, 2006!



New Scoreboard at Wheaton College!

Man is this thing cool! Get your first glimpse of the new jumbo-tron in action at the DVC Swimming Championships, Feb 4 at the College (hosted by Wheaton Co-op). Wheaton Swim Club is donating water to the meet!

Important Dates To Remember

Meet	Meet Date	Entry Deadline	Scratch Deadline	Qualifying Times	Warm-up / Session Info
<u>A Conference</u> at York HS	Feb 19	Feb 13	Feb 13	Team's most competitive lineup	All Ages Warm-ups: 7:30a Meet Starts: 9:00a
<u>B Conference</u> at York HS	Feb 20	Feb 13	Feb 13	None	All Ages Warm-ups: 4:00 p.m. Meet Starts: 5:00 p.m.
<u>Regional Champs</u> at Barrington HS	Feb 24-26	Feb 14 6:00 p.m.	None—positive check in!!	Illinois "A" Cuts	Fri (all ages) 5:00 pm 12&U Sat&Sun 7:00a 13&O Sat&Sun 12:00p
<u>Senior State</u> at UIC	March 3-5	Feb 21 6:00 p.m.	March 2 1:00 p.m.	Illinois "Sr Champs" Cuts	Prelims 7:30 a.m. Finals 4:00 p.m. (Sun Finals 3:00 p.m.)
<u>Sectional Champs</u> at UIC	March 9-12	March 6 1:00 p.m.	Done at the meet	USA Sectional Cuts	Prelims 7:30 a.m. Finals 5:00 p.m. (Finals Sun 4:00 p)
<u>Age Group State</u> at UIC	March 17-19	March 7 6:00 p.m.	March 16 1:00 p.m.	Illinois "Age Group" Cuts	11&O Prelims 7:00a 11&O Finals 4:00p 10&U Fri & Sat Only Warm-ups at 1:00

February 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Boys High School Conferences
5	6 Nat Conf & Regional Taper Starts	7	8	9	10 Sr Champs Taper Starts/St Charles Meet	11 St Charles Meet
12 St Charles Meet	13	14	15 Amended Practice Schedule: no Wheaton College	16 Sectional Taper Starts	17	18
19 "A" Conference	20 "B" Conference	21	22	23 Age Group State Taper Starts (25th) ↻	24 Regional Championships	25 Regional Championships
26 Regional Champs	27 Summer Registration*	*Registration for the summer season for returning swimmers and siblings will take place this entire week. Returning swimmers may register at their convenience in the team office.				

TAPER DATES

Bronze, Silver, and Gold, Pre-National

Taper will have normal practice times but will focus more on starts, turns, and drills during the last week before Conference. Any swimmers in Gold, Silver, or Bronze who qualify for Age Group State or Regionals will taper for those meets (see a coach for more info).

National Team, 12 & U National

These groups could have swimmers tapering for up to 5 different meets. Once your taper starts, swimmers are done with dryland for the season. Please check with a coach for your individual practice schedule.

(cont'd on next page)

Team Relay Information

Relays are very often the most exciting portion of a swim meet. Unfortunately they are also the cause of some of the most stressful and unfortunate aspects of competitive swimming. Relays are not the most important part of a swim meet. They are just included as a different way for kids to compete. Most swimmers would rather qualify for an individual event than swim on a relay at most of these meets. The coaching staff will consider the following information when choosing relays.

Best Time
Attendance
Practice accomplishments
Taper attitude
Relay Starts
Gut feeling

The coaching staff will first put the names through our Team Manager computer program which will give us the fastest relays based upon best times. In many cases this is the first and last step. If necessary our second step is to consider attendance, training, attention to the relay start technique and the coaches gut feeling as to decide what truly will be the fastest relay. Relays may be decided or changed during a meet. If swimmer A is faster than swimmer B in the 100 free it is only fair to put the fastest swimmer on that day into the relay. The key is to assume nothing and prepare for everything. The staff will put together a list of swimmers who will be on relays on the website however the relay you are on

and the position and stroke may change. In many of our championship meets the team may enter several relays (a, b, c...).

Swimmers who have not qualified for an individual event are eligible and will be considered for relays at Age Group State and Sectionals. Please communicate with your coach and check the relay assignments for each meet before ending your season.

Relay Entries for Each Meet

- **Chicago land Conference Meet Relays** – The team can enter 1 medley relay and 1 free relay per age group. The relays will be available about 4 days before the meet.
- **Regional Relays** - Relay Events Not offered at the Meet.
- **Senior State Relays** - Relay swimmer assignments will be available on the team website.
- **Age Group State Relays** – 13-14 year old 800 free relay final selection and order will be available on line the week before competition. The 11-12 relays will be decided the week before the meet but the coaches reserve the right to make last minute changes in relay position, relay you are on (a, b, c) or stroke.
- **Sectional Relays** – Relays are decided at the meet. If a relay only swimmer is asked to travel with the team that swimmer is guaranteed a relay position at the meet. "Relay Only" swimmers may also compete during the Sectional meet sanctioned time trials.

TAPER DATES CONT'D

A typical taper will have normal practice times the first week, with 30 minute reductions each week after that.

Approximate Taper start Dates

(color coded on the calendar - see a coach for exact dates)

- Conference Taper - Feb 6
- Regional Taper - Feb 6
- Sr Champs Taper - Feb 10
- Sectional Taper - Feb 16
- Age Group State Taper - Feb 24



March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Registration Continues	1 Registration Continues	2 Registration Continues	3 Senior State	4 Senior State
5	6	7	8	9 USA Sectionals	10 USA Sectionals	11 USA Sectionals
12 USA Sectionals	13	14 New Swimmers Registration	15	16	17 Age Group State	18 Age Group State
19 Age Group State	20	21 Jr Nationals in Orlando	22 New Swimmer Registration	23	24	25
26	27	28	29	30	Sr Nationals in Seattle, WA	Sr Nationals in Seattle, WA

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 the time.

Taper Schedule

National 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 Bronze group will not taper. The group will however work on more meet specific race technique during this time.



Relays can be some of the most exciting events at a meet!



GOOD LUCK HIGH SCHOOL BOYS!

High School Conference,
Sectional, and State
Meets are coming up!
Our boys will appreciate
your support at any
of these meets!

Conference—Feb 4
Sectionals—Feb 18
State—Feb 24, 25

Watch ihsa.org for all
results!

*"There is no substitute for
guts."*

-Bear Bryant

Where will the 2006 Sectional Meet Be?

The meet will again be at the University of Minnesota, July 20-23, 2006. We are planning a fun day for our summer trip, which will again include a trip to the Mall of America and the Fun Park!

Tips for Tapering

Tapering is a fancy word for resting. The best way to repair your body is to introduce extra sleep a couple of weeks before your taper meet. The extra rest will give you an advantage over those who do not change their sleep schedule.

Tapering is not a time to fiddle or change a routine. Tapering is the time to add more sleep, eat well and to focus on the instruction given at each workout. Please do not do anything physically challenging during this time. You can still take out the garbage and do your chores but this is not the time to start your new weight lifting program, learn how to ski or to begin your training for the marathon. Make wise choices during this time.

Taper practice will include extra work on starts, turns, relay exchanges and race strategy. Please attend practice consistently so you are prepared for every aspect of racing during these highly competitive meets.

Communicate with the coaching staff. Taper does not include stress. One cannot get the proper rest if stressed out. Please stay

informed to avoid stress and the negativity that comes with not being prepared for the upcoming event.

Enjoy the event. Walk in and look around and enjoy the moment. Listen to the cheering, music, and the excitement from the crowd. These events will be great memories if you slow down and take the time to relax and enjoy the moment with your teammates. Let the other competitors stress out while you take pride in the fact that you have prepared properly and are ready to give your best effort.

Separate your races into small parts and try to perfect each part. Just like writing a long report or eating a huge steak everything is easier when you break things up into smaller more manageable pieces. This will keep you from having that overwhelmed feeling at race time.

DO NOT SPIN YOUR WHEELS. At the meet you will be tapered, excited, nervous and anxious which is all extra energy if used properly. Use the energy to press against the water and these feelings will benefit your swimming. If you use

this extra boost to move your arms and legs like a maniac you will exhaust yourself mid race which will lead to a negative experience.

Arrive early to the meet. Swimmers who arrive early have the luxury of relaxing before they start the long day of competition. This also allows the coaches to take attendance and form relays. Swimmers who are late use energy stressing out in the car and usually do not relax until they are finished with our team warm ups. Warm ups are a time to focus on swimming and preparation. Please arrive on time so you can relax and the coaches can prepare the team correctly.

Nervous is normal. Anyone who has put the time and effort that you have into anything is nervous at the last competition. People who claim not to be nervous are usually the most nervous. Turn your left turn to your right, look at your coaches and parents and rest assure that we are all nervous. **NERVOUS IS NORMAL!** Accept it and use it.

Check with your coach before leaving a session. Due to scratch procedures there are times when a swimmer may be moved into finals. Please check with your coaches before you leave a championship meet. Very often this will be the last time the coaches will see a swimmer for a while and we would like to tell them how much we appreciate them and look forward to achieving new goals during the next season.





THE WAVE: The Official Newsletter of the Wheaton Swim Club

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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 Taper?

Answer – Tapering is a scientific approach to resting our swimmers systematically before the swimmers last meet of the season.

The coaching staff will decrease the amount of yardage several weeks before a swimmers championship meet. This rest will allow

the swimmers to have their peak performance during the meet that is most important to them.

The formula is based upon the amount and intensity of the practices during our entire season. Swimmers who have attended over 80% of our practices have a stronger chance of improving after a taper then

those swimmers who are more inconsistent with practice attendance.

Please make your best effort to attend as many practice sessions as possible during the month of February.

See more about tapering . . . truths and myths . . . inside this issue on page 9!



Did you know?

USA Speedo Sectionals is a “home” meet this year— held right here in Chicago!

We have developed a Chicago Themed logo for sectionals which will be used on team caps and apparel (and also can be found in this article!).