

THE WAVE

THE OFFICIAL NEWSLETTER OF THE WHEATON SWIM CLUB

OCTOBER 4, 2005

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SPECIAL POINTS OF INTEREST:

- Group wrap-ups from all the groups
- Exciting New Team Apparel
- Wheaton Swim Club to Host State Championships!
- High School Swimming and College Swimming Updates

BOB'S BYLINE—NATIONAL & SENIOR GROUPS

I would like to welcome all new and returning swimmers to the Wheaton Swim Club! The 2005-2006 Season opened just a few weeks ago and I can already tell this is going to be an exciting year. It's amazing the difference one year has made.

Being a new team last year, we had many swimmers in the program for the first time. They were learning the stroke drills and the techniques we use. They were struggling to keep up or even finish the sets. Now these same swimmers are demonstrating the drills and not only are they keeping up in the swim sets – but they are up front and leading the way.

Our veteran swimmers are doing an excellent job leading by example and it's impressive how the athletes who have been with us for just one year and our younger swimmers are becoming leaders themselves.

The Wheaton Swim Club has grown by almost 100 swimmers from last year. Having so many new swimmers on the team, much of our success will be determined by the leadership and guidance which last years swimmers can provide. I am ecstatic by what I have seen so far!

It is important for our experienced swimmers to demonstrate how to

train, but it is equally important that the veteran swimmer quickly become friends with the new swimmers and make them feel welcome and part of the team. It is much more productive and enjoyable to train when you are working with a group of friends.

Our training so far has progressed very well. We started the season off slowly – mainly working on stroke technique and drills. Beginning the season this way gives the swimmer a strong technical base. We spend a lot of time on explaining the strokes so that not only can the swimmers perform them properly, but they also know why we use these techniques. We have covered all the strokes and turns and are working on starts.

The swimmers have been working hard on technique and have made changes and adjustment to their strokes. When a swimmer makes a stroke change it is very common that they will swim slower until they get use to the change.

As the season progresses, we will continue to work on technique and will gradually focus more on training. Gradually building into the hard training helps prevent injuries and allows the body to adjust to the progressing workload. I believe it is

also easier on the swimmers mentally to slowly work their way into the training as apposed to being thrown right into the grueling workouts. For the new swimmer who may be thinking that practices are too easy, be patient, I can guarantee we will work hard.

There are many aspects to our program, and as the season progresses and so does the swimmer, they will better understand our training philosophy. I am very excited about our upcoming season. After seeing so much progress and success in the past year, I am enthusiastic about the many possibilities for this upcoming season.

Once again, welcome to the Wheaton Swim Club!



CHRIS'S CORNER— NATIONAL 12 & UNDER GROUP

The 12 and Under National Team is off to a great start. We have had the opportunity to review techniques for all of the strokes, starts, turns and strategy for most events. This group will notice a gradual increase in training during the next couple of weeks. This increase will include the addition of kicking and specific training towards

specific events.

As the training becomes more intense the swimmers need to remember to bring a water bottle to every practice. Dehydration can effect your training and in severe cases can also be dangerous. Please make sure you are preparing correctly before practice by fueling your body with a snack and hydrat-

ing all day long. Swimmers will consistently swim 4 miles a practice and will need to take care of their bodies all season long to prevent illness. Treat your body like a racing car and give it the high octane fuel it needs to run at top speed.

Continued on Page 2...

TEAM ROSTER & RESOURCE BOOK FINALIZED

The coaches have put together a book for you all to use and refer to throughout the season. We hope you find it helpful and use it often. Included in this book are time standards, team records, team roster, contacts, and much more!

The Roster and Resource Book has been sent to the printer and should be

available in the team office for families to pick up by about Oct 10. Each family will be asked to sign off upon receipt of their copy to ensure that each family receives one, and that only Team Members have access to this information.

INCLUDED IN TEAM ROSTER:

- Important Dates
- Team Contacts
- Helpful Contacts
- Helpful Links
- Team Roster
- Team Records
- Time Standards
- More!



JAKE'S JOURNAL—PRE-NATIONAL GROUP & MORE

Pre-National Group

I would like to welcome all the swimmers who are participating in the Pre-National Group this year. The swimmers in this group are already leaps and bounds ahead of where they were one year ago. The new swimmers to this group are also fitting in very nicely. I am especially excited about the great mix of swimmers we

have this year, which includes many boys and girls of a variety of ages. The older swimmers are doing a great job of being examples for the younger swimmers, and the younger swimmers are doing a great job of following that example. Remember, a team can only go as far as its leadership takes it!

Pre-National swimmers are now going through an exten-

sive review of all strokes, turns, and starts, but are also coupling this with a bit more training. Remember that to swim fast, you need to do great training, but with great technique.

Team Communications

All team members should try to be in the habit of checking the team website every day. (cont'd on page 5...)

“Opportunities are usually disguised as hard work, so most people don't recognize them.”

-Ann Landers

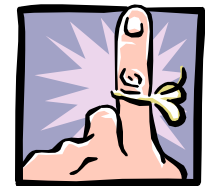
CHRIS'S CORNER (CONT'D)

I would like to invite more swimmers from my group to attend our Saturday morning workouts. Saturday practice is a great way to begin your weekend and is an opportunity for the coaching staff to review what we worked on during the week. Many of our athletes miss a day or two due to other activities or sports so this is a great

time to catch up on some of the skills you may have missed during the week. I often notice that we have had some of our best practice performances on Saturdays. I believe this has something to do with the practice taking place in the morning without being preceded by a challenging school day. I am sure the donuts that the

coaches supply after practice help a little with the motivation as well.

I hope everyone is enjoying our program, school and all of the other activities that are available in this area. Please give me a call if you have any questions.



Remember! All meet details, entries and results can be found on the team website!

GOLD GROUP WRAP-UP

By Sarah Maggio

Welcome to all the new swimmers and Welcome Back to all the returning swimmers. We have a great Gold group this year and they have already shown me hard work and determination over the past week. We are

currently working on freestyle and backstroke drills and then we will move on to breaststroke and last but not least butterfly. We will continue to emphasize drills for the first 6 weeks of practice working on all the components of the strokes, including starts and turns. We will slowly add endur-

ance work along with continuing our drills throughout the season. I am looking forward to a very exciting year with all my swimmers. Our first swim meet is fast approaching and I will be going over the important parts of a swim meet with the swimmers this week at practice.

SILVER GROUP UPDATE

By Rich Depew and Jacki Hodgdon

The silver group is really working on a lot of freestyle drills. We have been working on a simple progression of several drills building up to "perfect, perfect" freestyle. During the coming weeks we will

be adding backstroke, breast and saving butterfly, my favorite, for last. Your kids have showed a lot of enthusiasm and a real willingness to learn a new ways to swim. We are seeing a lot of kids make some good connections with what we are trying to accomplish with body position and

arm movements. In the coming weeks we will also be adding additional training sets to improve conditioning while keeping the emphasis on "perfect, perfect" swimming. Please feel free to ask the coaches any questions after practice.

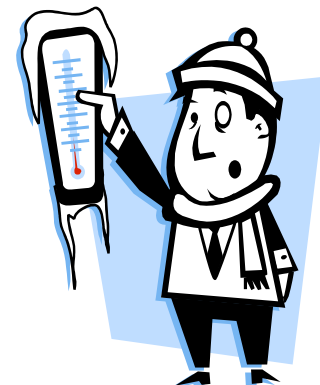
BLUE, ORANGE, AND BRONZE NEWS!

By Terry Depew, Mary Szweda, and Amanda Wells

We are off to a great start with all groups. We are currently working on streamline, body position, breathing and freestyle arms. In backstroke we are also working on

streamline, keeping our chins up and rolling of the shoulders. The swimmers are moving right along and working hard. The blue and bronze group also did a 5 minute kick counting their lengths. In about four weeks we will do it again so they can see how much they improve. The bronze group is also working on flip turns. The

coaches appreciate the enthusiasm of the swimmers and we are excited each day on their improvement. The way they are moving along we will be starting to learn breast stroke and butterfly soon along with starts and turns for all groups. Parents please feel free to ask the coaches questions after practice.



With winter on the way, there is always a chance for bad Weather.

Although our swimming facilities tend to stay open during most weather, there is always a chance of closures during bad snow storms.

If there are school closures and you feel it is too dangerous to drive, please check the team website and we will have up to the minute Updates online. (Don't worry about us; we can update the site from home!)

"Punctuality is the Politeness of Kings."

-Louis XVIII, King of France

TEAM T-SHIRTS ARE COMING!

Team T-shirts have been ordered for every member of the team. The coaches are excited about this year's shirt and are anticipating their arrival.

We have been told by our design company that they will arrive at practice by Friday, October 21: just in time for the Naperville Meet!



What will this year's team shirt look like??

Check the website shortly, as we will conduct a we poll about the t-shirt soon!

WHEATON TO HOST 2006 STATE CHAMPIONSHIPS!

The coaching staff is pleased to announce that Illinois Swimming, Inc has selected our team to be the host of the 2006 Summer Age Group State Championships.

This is an exciting opportunity for our swimmers, families, friends, and coaches.

The meet will be held July 28–30, 2006. The team will be hosting the meet at the University of Illinois at Chicago (UIC).

This is also a tremendous opportunity for team families and businesses to engage in some great advertising opportunities. Up to 1200 swimmers attend this meet from the Chicagoland area

and the rest of the State of Illinois! If you own or have connections to a local business, consider sponsoring or advertising at this meet!

We will also need the help of many of our team members to volunteer to help run the meet. Even if you do not have a swimmer competing in the meet, please consider how you can help out, either before, during, or after the meet. We will need everything from timers to computer experts, and from chefs to awards presenters!

We will soon set up a special website devoted solely to the 2006 Age Group State Championship Meet, which will

provide all information on sponsorships, volunteers, meet details, and more!

Age Group State Championships Quick Facts:

Dates:

July 28-30, 2006

Location:

UIC Chicago

Number of Teams:

60-80

Number of Coaches:

150-200

Number of Swimmers:

900–1200

Wheaton's Recent Finishes:

8th, 9th

MARK YOUR CALENDARS!!

“Motivation is what gets you started. Habit is what keeps you going”.

Jim Ryun

TEAM PARKAS AND HATS AVAILABLE

Team Parkas

Team parkas are now available at Kiefer Swim Shop. Swimmers can custom order parkas by contacting Kiefer by phone or in person. The standard cost is \$108 which is a navy Speedo parka with orange lettering on the back spelling Wheaton Swim Club (includes 4" lettering on the

back). Parkas take 3-5 weeks to order, so please keep this in mind if ordering for Christmas Gifts!

Team Hats & Ear Warmers

Team hats and ear warmers for boys and girls are here! Lily Lin has organized this fundraiser with the help of

many other parents. We have a wide variety of hats so everyone will look stylish this winter!

The money from this fundraiser will go to the Team Scholarship Fund, which helps families in need participate in our program!



COLLEGE SWIMMING UPDATE

The staff has received many e-mail updates from our swimmers who have begun their first year at College.

Matt Hernandez is off to a great season at UIC and is focusing on distance events.

Will Schaffer is off to fast start at Princeton and was part of one of the best Ivy League recruiting classes in the past several years.

Danielle Herrmann is already swimming very fast at Kansas turning in a 103.49 in the 100 breast stroke at the Universities Inter-squad swim

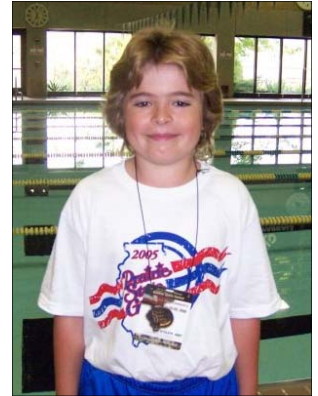
meet. **Rob Donish** has informed us that he had 40 instant friends on his first day of school and believes swimming in College at Stevens Point was one of his the best decisions that he has ever made.

Keith Conrad is enjoying Calvin and has already scheduled time to train with our club when he arrives home for his Fall Break. **Angela Tomazin** is fully emerged at Illinois Wesleyan and is enjoying a leadership role during her freshman season. **Emily Hoefler** is hitting the weights

hard at Iowa, and by report is looking very strong as she begins to flex her new muscles during the Big Ten swimming season.

We look forward to seeing everyone at practice over the Fall, Thanksgiving and Christmas breaks. We will all be cheering for you to succeed both in the pool and most importantly in the classroom.

Other Alums: please contact to let us know how things are going. We will include your updates in the next newsletter!



Congratulations to Theo Laleian for being named the unofficial Mr. Prairie State this past summer!

SILICONE CAP UPDATE

The team's first silicone cap order has been submitted to Kiefer and the caps should be available by mid-October.

A second order is now being accepted for Silicone Caps. The deadline for the second order is November 7th, and

the caps should arrive by the end of November.

Silicone Caps will only be ordered for those swimmers who turn in an order form and payment.

Regular Team Latex caps are available in the team office.

Please remember that all swimmers who wear caps in swim meets must wear a team cap.

JAKE'S JOURNAL (CONT'D)

for all swimmers posted on a regular basis. We will also communicate through daily handouts at practice, the bulletin board, announcements, and more. However the best way to stay up to date is to check online as often as possible.

You also will find a lot of fun and useful information on the

team website, such as online Polls, college swimming information, team photos, meet information, and much more.

Remember that good communication is the key to any successful organization. It is always better to get more information than you need than to be strung along and left in the dark. Many times

a simple answer may help with a complex problem. The coaching staff makes every effort to both provide its members with information, and to be available to you to answer any question you may have. Please do not hesitate at any time to phone, email, or stop by!



Good luck to the Whitesox in the Playoffs!

"I'm trying to do the best I can. I'm not concerned about tomorrow, but what goes on today."
-Mark Spitz, 9-Time Olympic Gold Medalist

TEAM BOWLING PARTY / HALLOWEEN PARTY

The team will host its first social event of the year on October 29, 2005. This will be immediately following the Dual Meet against the Academy Bullets Swim Team (otherwise known as ACAD).

All swimmers and families are welcome, even if you do not participate in the meet.

The Second Annual Wheaton Swim Club Bowling Party will take place at FOX Bowl on

Butterfield Road in Wheaton at 3:30 p.m.

You must sign up ahead of time with the coaches. We have also invited the ACAD swimmers to come bowl with us!

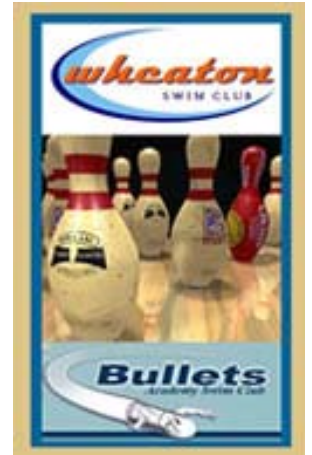
The cost is \$15 per person, which includes unlimited pizza and pop, plus 2 games of bowling and your bowling shoes.

Last year this was a great way to get to know new team mates, or just catch up with your swimming friends.

To sign up, please email Chris at:

chris@wheatonswimming.com. Please include in the "subject line" your name and the number of bowlers who will be attending.

Hope to see everyone there!!



OCTOBER BIRTHDAYS:

- Adrianna Berry
- Amy Bonistalli
- Tyler Cole
- Stephanie Collins
- Andie Daun
- Grace Farley
- Anna Gorman
- Marie Gorman
- Wendy Guraziu
- Allison Hunt
- Daniel Large
- Dan Long
- Annamarie Marino
- Taylor Marton
- Billy Milford
- Nick Pulgine
- Sarah Schaffer
- Purva Shah
- Sean Smith
- Julianna Spear
- Andrew Spelling
- Megan Vesevick

OCTOBER 2005

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8 PAC Meet
9 PAC Meet	10	11	12	13	14	15
16	17	18	19	20	21 NAPV Meet	22 NAPV Meet
23 NAPV Meet	24	25	26	27	28	29 Dual Meet & Team Party
30	31					

GIRLS HIGH SCHOOL SWIMMING UPDATE

The High School Girls IHSA season is peaking at the moment as the girls prepare for the Conference, Sectional and State competitions. The Wheaton Swim Club has many members currently competing for their High Schools in the Chicago land area and would like to wish them good luck.

Below you will find a list of high school meets and dates if you are interested in cheering your teammates or your future school on to victory. You will also find a list of Wheaton Swim Club Members, the school they attend and the conference in which they compete. For more information on Wheaton Swim Club High School Swimmers please contact Jacob Ayers.

High School Conference Meets
 DuPage Valley Conference Swim Meet – October 29th at Naperville Central. Events begin at 11am.
 Upstate 8 Conference Swim Meet – October 29th at Bartlett High School. Events begin at 11am.
 West Suburban Conference Swim Meet – October 29th at Tba.

West Suburban Silver Conference Swim Meet – October 29th at Proviso. Events begin at 11am.

High School Sectional Meets
 Sectional Meet assignments and information can be found at www.ihsa.org website. The DuPage Valley Schools have been assigned to the Neuqua Valley Sectional on November 12th with events beginning at 1:00 pm.

Girls High School State
 Qualifiers will compete at Evanston High School on Nov 18th and 19th with Friday's preliminary events beginning at 4:00 pm. Finals are contested on Saturday with events beginning at 1:00 pm. For ticket information and details please contact www.IHSA.ORG

WHEATON SWIM CLUB HIGH SCHOOL ATHLETES

Wheaton Warrenville South High School: Sarah Wynn, Lauren Zafir, Taylor Zafir, Lena Dansdill, Taylor Marton, Kaitlyn Barnes, Trish Moore, Alex Long, Emily Huesing, Kim Ruehlmann, Samantha Sowa, Christina Tomazin, Megan Vesevick, Kate Williams, Kate Wanner, Beth

Henning
Wheaton North High School: Caitlin Conrad, Carly Blake, Kelsey Simpson, Katie Bullman, Ashley Schultz, Amy McCrary
 Juliana Spear, Gillian Wood, Anika Tharnstrom, Emily Carter
Naperville North High School: Kristin Lynch, Amy Bonistalli, Stephanie Missak, Jill Lacosse, Natalie Large, Karrisa Van Hooser, Adrianna Berry, Jessie Roberts
Bartlett High School: Stephanie Hasenberg
Downers Grove North: Elaine Wilkinson
Downers Grove South: Katerine Skoropka
Lisle High School: Maureen Getty, Jamie Modaff
Lemont High School: Vanessa Thompson
Lake Park High School: Lindsey Collins, Dan Witteveen (head coach and WHTN parent!)

Remember: High School Boys season starts November 21. Will you be prepared??



All High School State Swimming Info can be found at www.ihsa.org for both boys and girls!

NOVEMBER BIRTHDAYS:

- Rachel Barr
- Taylor Budzikowski
- Lindsey Collins
- Samantha Deichstetter
- Angela Dunne
- Josh Hasenberg
- Stephanie Hasenberg
- Juliana Heger
- Connie Hsu
- Ellie Ivancich
- Jacqueline Kerth
- Hera Miao
- Jamie Modaff
- Meghan Ross
- Samantha Sowa
- Daniel Sun
- Sophie Sun
- Julia Szukala
- Elaine Wilkinson
- Emily Wilkinson

NOVEMBER 2005

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 St Charles	5 St Charles
6 St Charles Meet	7	8	9	10	11	12 High School Sectionals
13	14	15	16	17	18 HS State / Hinsdale	19 HS State / Hinsdale Meet
20 Hinsdale Meet	21	22	23	24 Thanksgiving	25	26
27	28	29	30			

COACHING STAFF UPDATE

The team is very excited to announce that we have several new coaches on staff this year. We feel that the experience, enthusiasm, and work ethic of each of our new staff members makes the Wheaton Swim Club staff one of the finest in Illinois and the Country.

Full bios for each of the coaches, including both full time and part time coaches can be found on the team website. The entire staff has over 100 years of combined coaching experience.

New Swim Coaches

We would like to welcome new

coaches Terry Depew (Bronze, Blue, Orange), Rich Depew (Silver), Jacki Hodgdon (Silver, Senior), Mary Szweda (Bronze, Blue, Orange), and Amanda Wells (Orange) to the staff. Each of these coaches has extensive experience in the sport. Additionally, National Team Members Sarah Wynn, Lauren Zafir, Kim Ruehlmann, Beth Henning, Gillian Wood, and Kate Williams will assist with the Orange and Blue Groups.

New Fitness Coach

Petra Peterson is joining the staff as our team strength coach.

Petra will be working with the National Team to help them all develop into more well-rounded and finely conditioned athletes.

Special Farewell

We would like to take this opportunity to say a special farewell and thank you to Bryan Szweda. Bryan has coached with us for many years and is truly one of the top coaches in the state. This fall Bryan accepted the head coaching position at the Hinsdale Swim Club, where we are sure he will be very successful. Good luck Bryan! Thank You!

OTHER IMPORTANT COACHING NEWS

The Wheaton Swim Club coaches are also involved in many community based aquatics activities. For example, Jake is also the coach of the Wheaton Warrenville South / Wheaton North High School Swim Teams.

This means that a few times per year, Jake will be away from practice or meets while at High School events. We are fortunate to have a great

and flexible staff which can easily cover these practices. Often times Chris, Sarah, or Rich will be able to cover workouts during this time.

What Else Do the Coaches Do? Here is just a short list of some of the community activities which your coaches have been a part of over the years.

- College of DuPage assistant coach

- Wheaton College assistant Coach
- Wheaton College interim aquatics director
- Illinois Swimming Age Group Committee Member
- Illinois Swimming Rules Committee Member
- Park District and Country Club Head Coaches

IM-XTREME SCORES ONLINE

The "IM-XTREME" Challenge is a new national ranking system developed by USA Swimming.

It ranks swimmers in each of the strokes, plus the Individual Medley, and combines their times for an over all score.

Currently, many Wheaton

swimmers are ranked very well on these lists. Notably, Connie Hsu is ranked 2nd in her age group in the country, Taylor Zafir is ranked 4th in the country, and Will Schaffer is 13th.

Check out this new program on the USA Swimming Website at www.usaswimming.org (look under times / time

standards) and then search by your own name or by age group!



The Numbers Game

Match the Number to the Right Question! The correct answers can be found somewhere in this newsletter!

Numbers:

- A. 15,301
- B. 110
- C. 249,060
- D. 2723
- E. 102

Questions:

1. How many clubs are there in USA Swimming?
2. How many years of combined coaching experience do WHTN coaches have?
3. How many swimmers are there in Illinois?
4. How many swim teams are there in Illinois?
5. How many swimmers are there in USA Swimming?

We are on the web!
www.wheatonswimming.com

WHEATON SWIM CLUB

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Wheaton Swim Club

W H E A T O N S W I M C L U B : E X P E C T M O R E

I WAS ALWAYS WONDERING...

Is there really such a thing as a fast pool or slow pool?

Yes! Many variables can determine whether a pool is more likely to produce consistently faster times. Below you will find some of the reasons that one pool may produce faster times than another facility.

- 1. Starting Block Height** – The depth of the pool can determine the height of the racing block. Higher racing platforms cause faster swimming times.
- 2. Pool Depth** – A deeper pool creates less turbulent from moving water that bounces against the bottom. A deeper pool usually allows for a smoother surface. The smoother surface allows for faster times.
- 3. Filtration System** – A

swimming pool gutter that allows water to drop out and not splash back into the racing course can lead to a smoother water surface. The smoother the surface the faster the swimmer's times.

- 4. Touch Pads** – Backstroke times can be effected if a pool has older touch pads, which can move, or cause a swimmer to slip. If you see the pads moving as the athletes turn you can be sure that it will effect their final time.

- 5. Water Temperature** – Unusually Warm or Cold water both can lead to poor racing. Anytime a pool temperature is too warm an athlete can feel drained during a race and if it is too cold a swimmer can lose their breath and tighten up as they enter from the start.

- 6. Air Quality** – A pool area that is stagnant, warm or overly humid can make it hard for a swimmer to breathe during a race. If a spectator is uncomfortable while sitting in the stands you can only imagine how difficult it must be to compete. The air at some pools can be at times too cold which can leave unprepared swimmers with the shivers.

A fast pool is usually a deep pool with gutters that do not cause splash back with a racing course that includes large lane lines, higher blocks and updated touch pads.

You will find that the staff has only included meets within our schedule at pools that meet most if not all of these requirements during our entire season.

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.



University of Minnesota



IUPUI, Indianapolis

What makes a pool “fast”?