

The Wave: Welcome Edition

Wheaton Swim Club

Season Information: Welcome!

Welcome to the 2009 Long Course (Spring/Summer) Season of the Wheaton Swim Club. The coaches are all looking forward to the upcoming season! We hope this newsletter gives you a little more insight into the program, the season, and your coaching staff! Please contact us if you have any questions!

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

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

For the older swimmers, it is also important to plan on attending as many "doubles" workouts as possible. In addition to our regular training, this summer we will be focusing on starts, turns, and sprints to an even greater extent than before. We will also have the opportunity to train Long Course at Wheaton College most mornings, while the National and Senior groups have the opportunity to train Long Course at Wheaton Northside



We hope you are all ready for the Spring and Summer Season!

Park's 50 Meter Long Course Pool on a regular basis. To get the most out of the season, it is important to attend the "regular" practices, as well as the specific start, turn, dryland, and sprint workouts.

Special points of interest:

- Spring Session 1 begins April 14th!
- Team Banquet will be held April 25!
- The team will host the 4th annual Father's Day Team Challenge June 19-21 at UIC!
- The coaches are working on a new team social outing for this summer!

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Bob's Byline

By Bob Strube

I hope everyone has been enjoying their break from the pool. This break has given me time to rest and relax and get some spring things done around the house. Drawing is a hobby of mine, which I rarely have the time, so I took advantage of the break and was even able to get this in along with White Sox Opening Day. Thankfully not in the snow as originally scheduled! I am energized and very excited and anxious to get back to the pool and training – and I know everyone else is!!

During the Long Course season

there are two things which I would like to dedicate more attention - one is our dryland program. After talking to coaches at the camp I attend in January, as well as the National meets, I have come to the conclusion that this is an area we can improve. In the past I feel our swimmers looked at this as "optional". Dryland is **not** optional; it is a part of practice, just as the warm-up, stroke technique, kicking and sets.

Our dryland program is designed with safety first, using body weight as the resistance covering the major muscle group and focusing on core strength.

The program was created by myself, along with Marc Gamble from College of DuPage, who has a degree in Exercise Science from Auburn University, and is a certified athletic trainer. We will add exercises throughout the season for variety and to challenge the athletes. Every member of the National group will be expected to participate in the dryland portion of the practice.

The second item would be for the swimmers to decide early in the season which championship meet they will attend and what

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Chris's Corner—Junior National Team Season Preview

By Chris Delgado



Some Junior National group swimmers hanging out at "B" Conference

The Junior National Team consists of experienced swimmers who have reached the highest levels of competition the state has to offer. The Junior National group is for the swimmer who has decided to make swimming a large part of their lives and who are willing to make sacrifices to attend practices and competitions. The group is similar to the advanced classes offered at school and makes no excuse for its challenging expectations. Swimmers in the Jr. National group are expected to train at the highest level, attend more practices than the average swimmer at their age and to put forth effort and to dedicate themselves to a season plan with end of the season goals. The group moves at an accelerated pace and the pace is set every season by the top half of the training group. The Jr. National group is an elite group who competes against swimmers who represent the elite groups of swimmers within other teams – to be successful at this level a swimmer has to be committed to each practice, each week, every month for the

entire season.

During April the group will focus on stroke technique only! Each stroke will be broken down into its smallest pieces and rebuilt so that every swimmer has the information they will need to improve their technique during the season. These practices will not only cover the techniques but the explanation as to why these skills much be mastered before each swimmer can reach their full potential.

May is the month when we gradually transition our practices from what is essentially a stroke clinic into a training team with great technique. We will introduce freestyle and I.M. sets while balancing conditioning with perfect technique.

June is when we begin our double work out training. If I were asked to pick the months when our swimmers learn and accomplish the most during the entire year I would choose June and July. The double practice schedule allows me to cover every detail of competitive swimming. Each day we will work on stroke technique, condi-

tioning, sprint work, starts or turns, kicking, challenge sets, event strategy and more. This is not something we can accomplish in the fall and winter. During the fall and winter we have only 2 hours of practice a day and the most committed swimmer can only averages about 4 practices a week while they balance home work and school activities.

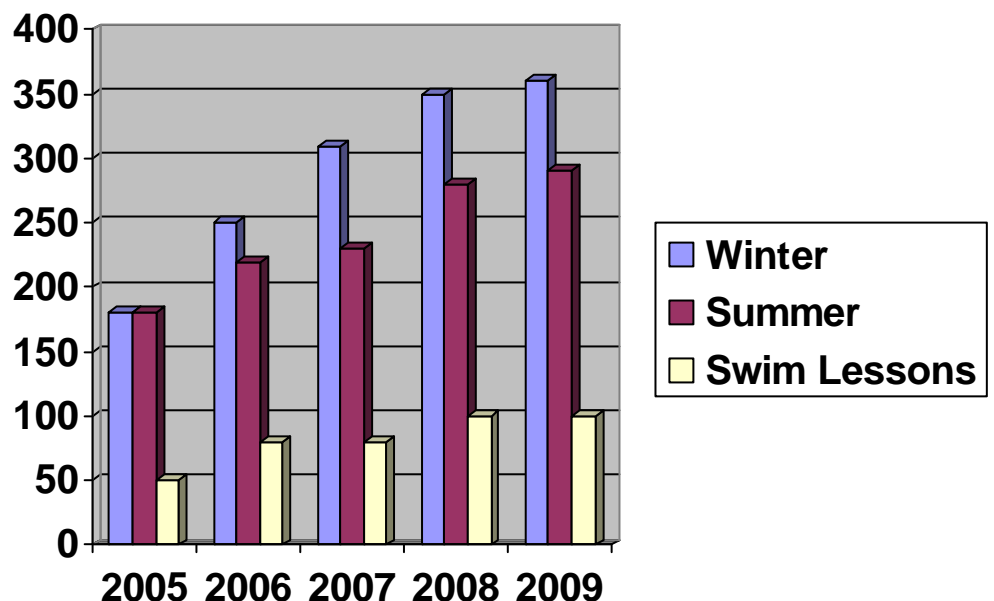
July - The first two weeks of July is when we offer most intense training of the entire year. Swimmers will be challenged and asked to perform life time best practices and are expected to come to practice with a competitive attitude. The last two weeks of July will be our rest or Taper portion of our season as we prepare for our State meet competition. Junior National swimmers who qualify for the State meet are expected to compete at this competition. The groups design and focus is to be successful at the end of the season and with out the goal of a last "big" meet the motivation to practice at the highest level is often lost.

By The Numbers: *My How We've Grown!*

Since the 2004-05 Winter Season, the Wheaton Swim Club has steadily grown in numbers. Note that the figures below for the 2009 summer and swim lessons are estimations based on current registrations. Swim Lessons numbers include diving lessons, group swim lessons, and private lessons.



A team meeting at Age Group State



The Gold Group Grapevine

By Jacob Ayers

The Gold Group made incredible strides this past season. We began last winter taking a great deal of time working on lane and practice etiquette, practice and meet habits, and season goals. For many swimmers in the gold group, this was the first season thinking about the sport in these terms. I am very confident that, building on this winter and the upcoming spring/summer season, the current Gold Group members will be able to transition very

well to the upper levels of our team in the future.

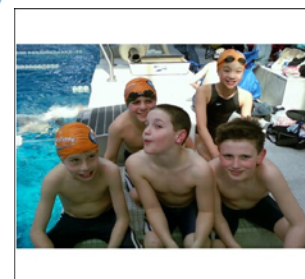
We worked on stroke drills almost every day in the gold group. Probably the biggest improvement I saw in terms of technique was in our turns and streamlines. Our flip turns, open turns, and I.M. turns have come a long way!

We also added quite a bit more training than we have in the past. This was a testament to the group's work ethic. Each year I challenge the group to make about

five 100's freestyle on the 1:30 interval. I am happy to report that about 12 swimmers were able to achieve that goal this season.

I would like to encourage all Gold group swimmers to attend as many meets as possible this season. This is the best way to see how far you have come from one year ago. It also will give you more confidence for next winter's short course season!

See you all at the pool!



Gold, Silver and JNat swimmers at Age Group State

The Silver Squad Scoop

By Kristi Hyosaka

The silver group had a very successful short course season. We began the season focusing primarily on stroke technique. During practice we spent time on correct streamlines as well as pull-outs. Everyday we worked on a different stroke in order to improve on all strokes. The swimmers learned how to use a pace clock and by the end of the season were excellent at

completing workouts with the clock. The silver group had many swimmers participate in meets.

As the season progressed, many swimmers achieved best times, three 8 and under boys set a new team record and four 9-10 boys qualified for age group state.

During the summer season I hope to continue to improve stroke technique as well as

turns. We will continue to work on a different stroke at each practice. I hope to continue to use the pace clock during workouts. One of the things I would like for swimmers in the silver group to do is participate in more meets. Meets are a great way to see how far a swimmer has come and what still needs to be improved. I look forward to a great season.

Blue, Bronze and Orange Update

By Meghan Ayers

All of the Orange, Blue and Bronze coaches are looking forward to the Spring season after a strong Winter. This past season, many Blue and Bronze swimmers competed in their first swim meets, improving their times and becoming more experienced swimmers.

The Orange, Blue and Bronze swimmers spent the majority of the Winter mastering all the strokes, starts and turns and we look forward to carrying those skills into this season.

The beginning of the season will start with a review of practice etiquette and drills. Swimmers will be reminded of proper streamlin-

ing, lane use and stroke drills. After a couple of weeks of review, each group will gradually work into more advanced stroke drills. As the season progresses, we will do a bit more swimming each day as the swimmers master their skills and are prepared for a bit more conditioning!



Many Blue and Bronze swimmers competed in their first meets this year.



Swimmers enjoying the fun at the "A" Conference Meet

A Little More About Your Coaching Staff

Many of you get to know your group coaches very well throughout the season. But we wanted to give everyone a little more insight to the rest of the staff!

Many of them are teachers or coaches of other area teams, such as park district, high school, and college teams!

We are very proud of the current coaching staff. Not only are they great coaches, but they are all involved in the community as well.

Here is a unique view into each coach on staff, including a little about what they have been doing in their "free" time between seasons!

Bob Strube

Groups Coached: National, Senior

Other Teams/ Interests: College of DuPage Swim Team

What are you up to in between seasons? This break has given me time to rest and relax and get some spring things done around the house. Drawing is a hobby of mine, which I rarely have the time, so I took advantage of the break and was even able to get this in along with White Sox Opening Day. Thankfully not in the snow as originally scheduled! I am energized and very excited and anxious to get back to the pool and training – and I know everyone else is!!



Chris Delgado

Groups Coached: Junior National

Other Teams/ Interests: College of DuPage Swim Team

What are you up to in between seasons? We moved at the end of the last summer so I spent much of my break fixing, painting and improving things around our new home. My daughters came home for spring break and we tried to do all of the things they miss while at school. My wife and I also enjoyed a vacation to St. Augustine FL where we spent most of the time sitting on the beach and reading.



Jacob and Meghan Ayers

Groups Coached: Jacob—Gold; Meghan—Blue, Bronze, Orange

Other Teams/ Interests: Jacob—Wheaton Co-op HS Team head coach (boys and girls); Meghan—private lessons coordinator for WHTN

What are you up to in between seasons? We took a trip to Charleston, South Carolina for a wedding.

Many of you may know Meghan attended the College of Charleston, so it was a great time to catch up with her friends, and for Jacob to get to see the college and the town! In addition to planning the upcoming season, we also have been enjoying being able to work around the house a some, and give our dog Seamus a little extra attention!



Just one of many historic buildings in Charleston, SC

Patty Bartelt

Groups Coached: Blue, Bronze, Orange

Other Teams/ Interests: St Charles Country Club

What are you up to in between seasons? Coach Patty has been hitting the weights pretty hard and is toying with the thought of preparing for a power lifting competition. She has also been training adults for the Chicago Triathlon in her down-time from working with children. ! As for her family - car shopping with daughter number one and prom dress shopping with daughter number two. Got her first sunburn of the season sitting in the bleachers at her son's baseball games. The most fun of all though has been swimming with her grandson - what else!



About 60 swimmers travelled to Indianapolis in January!

Sydney Campbell

Groups Coached: Silver

What are you up to in between seasons? Coach Sydney spent the offseason doing accounting work for a company called AES in Downers Grove and attending her classes at Northern IL University's business school. In her free time, Sydney attended a Nickelback concert and began her training for the 2009 Chicago half-marathon in August.



Lauren Futris

Groups Coached: Blue, Bronze, Orange

Other Teams/ Interests: Glen Ellyn Gators Swim Team

What are you up to in between seasons? Lauren has enjoyed her time off spending her spring break holiday vacationing in Puerto Vallarta, Mexico with fellow coach, Kristi. She enjoyed horseback riding, waterfalls, boating, and of course, the sun. Additionally, she has spent her time winding down her last few months of student teaching and is looking forward to her graduation from Illinois State University in May.



Kristi Hyosaka

Groups Coached: Silver

Other Teams/ Interests: Glen Ellyn Gators Park District Swim Team

What are you up to in between seasons? During spring break Kristi took a trip to Puerto Vallarta, Mexico with fellow coach Lauren. Here she enjoyed shopping, snorkeling, relaxing and of course swimming. Kristi is spending time teaching, catching up with friends and planning for the summer season.

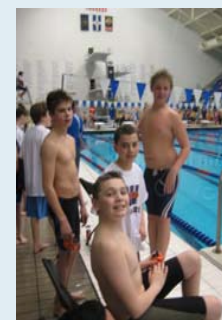


Jason Maddux

Groups Coached: Silver, Blue, Bronze

Other Teams/ Interests: Wheaton Co-op HS Team, Glen Ellyn Gators

What are you up to in between seasons? During Jason's three week sabbatical from coaching he traveled with his sister to San Diego, California. While in San Diego he spent his days sprawled out on the beach, consumed numerous Double-Doubles from IN-N-Out, and proved that even guys from the Midwest can surf. The rest of his time has been spent taking classes at North Central College.



More fun at the Indy Meet!



More fun at "A" Conference

Bob's Byline (Cont'd)

their plans will be if they qualify for a higher-level meet. The sooner these decisions are made, the sooner we can focus on these goals. This way when a swimmer qualifies for a meet, we will have a plan in place.

The swimmers who attended the Spring Junior National

meet did an outstanding job! However, if everyone who qualified for the meet would have planned for the meet and attended the event, we would have been a FORCE as a team! It would have been an opportunity to show the nation that the Wheaton Swim Club is an elite team - at an elite meet.

Again, I'm very excited about the upcoming season. I am looking forward to continuing our outstanding training and improving where we can. If we could accomplish these two goals, we will have an **exciting** Long Course season.

Summer Meet Information

Regular Meets (Open or Invite) are available to all swimmers of all ages unless otherwise indicated. All swimmers will be entered in all **Championship Meets** for which they qualify unless arrangements are made with the coaching staff. Because some meets may conflict or overlap, it is extremely important to communicate with the coaches and to watch the website during championship season. To sign up for a meet, use the Meet Sign-up **feature** on our team website. Always visit the Meet Info page online to get full details about each meet before signing up.

Meet	Date	Location	Signup Deadline	Notes
Regular Meets				
Novice Intrasquad	May 2, 2009	Wheaton College	4/27/09	Bz, Bl, Sil, Sr Only
Patriot HS Invite	May 3, 2009	Stevenson HS	4/27/09	9th grade and over only
St Charles Open	May 9-10, 2009	St Charles East HS	4/14/09	Open to All
PAC Open	May 29-31, 2009	Stevenson HS	4/27/09	Open to All
Miracle Mile	June 13, 2009	Wheaton College	6/9/09	1650 free (11&O)
Wheaton 500	June 13, 2009	Wheaton College	6/9/09	500 free (12&U)
Wheaton Father's Day Team Challenge	June 19-21, 2009	UIC, Chicago	5/8/09	Open to All WHTN Home Meet! Volunteers Needed!
Ozzie Fest Meet	July 10-12, 2009	Stevenson HS	6/8/09	Open to All
St Charles Last Chance Meet	July 25-26, 2009	St Charles East HS	6/22/09	Open to All
Championship Meets				
Senior Nationals	July 7-12, 2009	Indianapolis	tba	Qualifiers
"B" Conference	tba	tba	tba	Open to All
"A" Conference	tba	tba	tba	By Invitation
Senior State Champs	July 16-19, 2009	Univ of Chicago	tba	Qualifiers
USA Sectionals	July 22-26, 2009	Univ of Minnesota	tba	Qualifiers
Age Group State	July 31-Aug 2, 2009	Stevenson HS	tba	Qualifiers (14&U)
US Open	Aug 4-8, 2009	Seattle, WA	tba	Qualifiers
Central Zones	Aug 7-9, 2009	Noblesville, IN	tba	Qualifiers
Junior Nationals	Aug 11-15, 2009	Seattle, WA	tba	Qualifiers



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Long Course Swimming Q&A

Q. Park District/ Country Club Team vs. USA Club/Wheaton Swim Club?

A. Both! Park District team and Country Club teams are valuable and important because of the social environment they provide. Swimmers need to stay in contact with friends and neighbors and we encourage all swimmers to continue with the rec program in their area. These programs are designed for novice swimmers who "practice" for about a month and a half every year. For this reason it is crucial that you continue to practice with your club team so that you can continue to train and compete with those swimmers at your experience level. If you are in 8th grade you would not go to 2nd grade summer school to improve your swimming. Most summer coaches were accomplished swimmers in their past and competed with their club teams in the summer. Your summer team coach will encourage you to do what is best for your swimming career. Remember if your summer team was a committed and dedicated to swimming as you are – you would see them in the winters.

Q. One practice or Doubles practices?

A. Two practices a day are offered for all National level swimmers. Each day one of the two practices will be dedicated to sprinting, kick-

ing and stroke technique while the other workout focus's on the core training. All of these aspects of swimming are necessary to be successful at the highest levels. Many areas in our country have the ability to offer double practices for both the short and long course seasons. Due to weather, pool time constrictions and school start times our state is limited in that it can only offer double practice from June through July – subtract the taper workouts and many of our swimmers only have 4 weeks of double workouts every summer! If your goal is to compete with the best attending the double workouts becomes mandatory and not a choice at all.

Q. Isn't Long Course for the really good kids?

A. Long Course makes kids into the really good kids. This is one of the most misunderstood aspects in club swimming. Swimmers who train Long Course and compete during the Long Course Season have an advantage over those swimmers who do not. You cannot improve or even hope to stay equal to your competitors if you are not at practice. During each summer the gaps in competition will be extended by those swimmers who are doing the added 4 months of practice. It often looks as if the "best" swimmers to summer club swimming when in fact that is the place that they turned themselves into an elite competitor.

The mission of the Wheaton Swim Club and its supporters is to better serve everyone in the community who has an interest in swimming. The Wheaton Swim Club is affiliated with USA Swimming and Illinois Swimming, Inc.

By design, the program meets the basic needs of beginners, and the challenges facing competitive swimmers at all levels. The club provides a feeder system for all Wheaton High Schools and many other local schools. Many Wheaton Swimmers continue swimming at the Collegiate level, and continue to enjoy swimming as a life-long sport.

We offer job opportunities for High School aged swimmers, and youth swimming and diving lessons in the spring and summer. The swimming facilities of Wheaton College, Wheaton Northside Park, and the College of DuPage are utilized for team activities.

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

The Wheaton Swim Club is NOT a Function of Wheaton College or the College of DuPage.



Photo Courtesy of GSL Photo