

WHEATON SWIM  
CLUB

STATE  
MEET  
FACTS:

—91 Teams Entered

—1100 swimmers entered

—Wheaton has 43 swimmers, 20 relays, and 167 swims!

—Wheaton's finish in 2005: 8th!

**Top Places to Eat Near UIC**

Al's #1 Beef

Jamba Juice

Subway

Pompei

Francesca's

The Rosebud

Coldstone's

Morgan's on Maxwell Street

All of these restaurants are within walking distance or a short drive from UIC!

# Age Group State Info!

MEET DATES: MARCH 17-19

UIC, CHICAGO

## Wheaton State Team: Here Comes the Wave

After great Conference, Regional, and Sectional Meets, we are excited for our last Championship Meet of the season, the Illinois State Age Group Championships!

The coaches are trying to provide as much information as possible to help prepare swimmers for the meet, but the best preparation comes from the athletes! We hope you are all excited for great team, individual, and relay performances!

### TEAM APPAREL & SPIRIT

Team apparel is a great start to great team spirit. Please wear as much Wheaton Apparel as you can, including Championship T-shirts, team caps (the coaches will have extra), team warm-ups, etc. Parents, you can help the team by wearing Orange and

Blue also. Our Sectional Team parents were vocal and visible, and definitely helped our swimmers perform faster!

Swimmers: the coaches will have



*Team spirit and fun are a key to a great championship meet!*

a few surprises for you to wear which will be handed out on Wednesday! The more orange the better because it stands out!

### SHOW UP EARLY!

At this meet more than any other, being on time is extremely important. Being early for warm-ups ensures adequate lane space for our team (we have 43 swimmers!) which helps ensure better swims. Due to the rules enforced at Championship Meets, the coaches have in the past had to scratch swimmers & relays who were late for warm-ups. Exact warm-up times are included in this packet. Plan on being behind the warm-up lanes 20 MINUTES before each session. Don't forget about rush hour traffic in the morning!

### HAVE FUN; SWIM HARD

The most important thing to remember is to have fun and race hard! You have all worked hard; now enjoy the fun!

## Event Information

### 10 & Under Swimmers

All 10 & Under events are Timed Finals (you will swim once) on Friday and Saturday. Relays are the first event each day.

### 11-12 Swimmers.

**500 Freestyle:** The 500 free is a Timed Final event with the fastest 8 seeds after scratches swimming at night. All other 500's are in the morning.

**Relays:** The fastest 8 seeded relays swim at night. The rest of the relays swim first thing in the morning Saturday and Sunday.

**All other 11-12 events** are Prelims/ Finals with the fastest 16 swimmers returning at night for finals.

### 13-14 swimmers

**500 Freestyle & 400 IM:** The 500 free and 400 IM are Timed Final event with the fastest 8 seeds after scratches swimming at night. All other 500's and 400 IM's are in the morning.

**1650 free:** The mile is timed final after prelims on Sunday. The heats will alternate women / men and run fast to slow.

**Relays:** The fastest 8 seeded relays swim at night. The rest of the relays

swim first thing in the morning each day.

All other 13-14 events are Prelims/ Finals with the fastest 16 swimmers returning at night for finals.

### All Swimmers

**DO NOT LEAVE** without double checking if you should return for finals. Sometimes scratches occur and alternates will be called upon to swim!

### Awards

The top 8 individuals and top 3 relays will receive awards on the podium. The top 16 in each score team points.

# Relay Information

Wheaton Swim Club has 20 relays entered for this meet. This is one of the largest relay entries in the state!

Make sure you know which relays you are on, which day those relays are on, and which sessions those relays will swim in. We will announce some relays on Wednesday and the rest as the meet goes along.

Please be sure to be on time (and early!) for all relay swims so the coaches can check in our team relays!

Remember that for 11-12 and 13-14 relays, the top 8 seeded relays will swim at night.

The top 3 relays will receive awards on the podium and the top 16 relays will score team point. Relay events count for double points, so come ready to

race fast if you are on a Wheaton Relay! Below are current Wheaton entries and their seeds:

**10 & Under Girls Relays**

- 200 medley relay "A" (3rd)
- 200 medley relay "B" (27th)
- 200 free relay "A" (2nd)

**11-12 Girls Relays**

- 400 medley relay "A" (2nd) **P.M.**
- 400 medley relay "B" (13th) **A.M.**
- 400 free relay "A" (4th) **P.M.**
- 400 free relay "B" (23rd) **A.M.**

**13-14 Girls Relays**

- 800 free relay "A" (3rd) **P.M.**
- 800 free relay "B" (12th) **A.M.**

- 400 medley relay "A" (5th) **P.M.**
- 400 medley relay "B" (13th) **A.M.**
- 400 free relay "A" (2nd) **P.M.**
- 400 free relay "B" (26th) **A.M.**

**10 & Under Boys Relays**

- 200 medley relay "A" (18th)
- 200 free relay "A" (21st)

**11-12 Boys Relays**

- 400 medley relay "A" (18th) **A.M.**
- 400 free relay "A" (16th) **A.M.**

**13-14 Boys Relays**

- 800 free relay "A" (5th) **P.M.**
- 400 medley relay "A" (7th) **P.M.**
- 400 free relay "A" (10th) **A.M.**



The top 3 relays and Top 8 Individuals receive awards at Age Group State



Session information for the entire meet! →

Note that the 1650 will occur 30 minutes after prelims. See Bob for arrival times!

## Tips and Hints for the Meet

**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 en-

ergy 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 your self 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 **CONT'D ON P. 3**

	Age Groups	Session Type	Arrival	Warm-up	Meet Start
Friday a.m.	11-12, 13-14	Prelims	6:30 a.m.	7:00 a.m.	8:30 a.m.
Friday midday	10 & U	Timed Finals	12:30 p.m.	1:00 p.m.	2:00 p.m.
Friday p.m.	11-12, 13-14	Finals	4:10 p.m.	4:30 p.m.	5:30 p.m.
Saturday a.m.	11-12, 13-14	Prelims	6:30 a.m.	7:00 a.m.	8:30 a.m.
Saturday midday	10 & U	Timed Finals	12:30 p.m.	1:00 p.m.	2:00 p.m.
Saturday p.m.	11-12, 13-14	Finals	4:10 p.m.	4:30 p.m.	5:30 p.m.
Sunday a.m.	11-12, 13-14	Prelims	6:30 a.m.	7:00 a.m.	8:30 a.m.
Sunday midday	13-14	1650	See left	See left	See left
Sunday p.m.	11-12, 13-14	Finals	4:10 p.m.	4:30 p.m.	5:30 p.m.

# I was Always Wondering: Early Warm-up

The Wheaton Swim Club prides itself in having a reason a purpose for everything. Our meet warm up is designed to work with our seasonal training and our end of the year taper. Our swimmers train and compete intensely and therefore need to perform a proper warm up before the competition and before and after events if they would like to be successful for an entire weekend of racing.

The swim meet includes 91 teams and 1100 swimmers. UIC has only 8 lanes and a limited Warm up / warm down area which can cause a cramped situation during team warm ups. A team that is behind a lane with prepared swimmers (caps and goggles on) can often fill a lane which will allow the coaches to run the Wheaton Swim Club warm up with out distraction.

Teams and Swimmers who are late to warm ups often cannot find space to warm up correctly and unfortunately start the meet unprepared and stressed.

Age Group Championship Swimmers should arrive :30 min before the posted warm up time. Swimmers must report directly to pool deck to save a lane for our team. Swimmers who are not on deck :30 minutes before the Warm Up Session cannot be checked into relays.

## **Prelim / Final Warm ups...**

**Q. If I make finals do I have to warm up again?**

A. Yes, You will warm up with a full warm up for both prelim events and final events.

**Q. My event is at the end of a session. Can I come late?**

A. Swimmers are expected to be on time for the team warm up. If you swim late in a session please contact the coaches and the can make special arrangements for the swimmer if necessary.

## **WHAT ARE THE BENEFITS OF A WARM UP?**

Performance may be improved as an appropriate warm up will result in an:

- Increased speed of contraction and relaxation of warmed muscles
- Dynamic exercises reduce muscle stiffness
- Greater economy of movement because of lowered viscous resistance within warmed muscles
- Facilitated oxygen utilization by warmed muscles because hemoglobin releases oxygen more readily at higher muscle temperatures
- Facilitated nerve transmission and muscle metabolism at higher temperatures; a specific warm up can facilitate motor unit recruitment required in subsequent all out activity

Increased blood flow through active tissues as local vascular beds

dilate, increasing metabolism and muscle temperatures

## **The Warm-Up**

A warm-up period is the first part of every training session or preparation for competition. The warm-up starts slowly and systematically and gradually involves all muscles and body parts that prepare the athlete for training and competition. In addition to preparing the athlete mentally, warming up also has several physiological benefits.

- Raises body temperature
- Increases metabolic rate
- Increases heart and respiratory rate
- Prepares the muscles and nervous system for exercise

The warm-up is tailored for the activity to follow. Warm-ups consist of active motion leading up to more vigorous motion to elevate heart, respiratory and metabolic rates. The total warm-up period takes at least 25 minutes and immediately precedes the training or competition.

## **Bottom Line: Reasons to be Early for warm-ups**

- Save lane space for our team
- Prepare for great performances
- Avoid ISI Penalties
- Catch up with coaches on meet updates

## Tips Continued

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.