

Parents and Swimmers,

October 6, 2009

### **Labrador & Great Dane Practice on Wednesday, October 7**

Practice on Wednesday, October 7 for the Labrador and Great Dane practice groups on Wednesday, October 7 at DeKalb High School will be at the YMCA from 7:00 – 8:30 PM due to the DeKalb / Sycamore High School Swim Team (co-op) having a home meet on this date.

### **Kiefer – Team Suits**

A representative from Kiefer Swim Shop will be on-site Thursday, October 8 from 5:30 - 7:30 p.m. at the YMCA Bickner Aquatic Center. They will have team suits for swimmers to try on to ensure you order the correct size. Also available will be samples of our team logo wear and other swimming supplies that you may need. Our winter DCST families receive a discount on most items purchased on October 8<sup>th</sup> and also for purchases at the Kiefer store.

You can either place an order for items on October 8<sup>th</sup> or fax your order to the Naperville store or call the store to place an order. The order form is located our website for you to view, print, and bring with you. If you won't be present on the 8<sup>th</sup> and would like to place an order that night, place your order and payment in the Schultz family folder.

### **One – On – Ones**

Swimmers wanting a little extra coaching help in certain areas can sign up for individual one-on-one coaching sessions. To sign-up for one of these sessions, place a note in Coach Beth Marchewka's file folder with the day and time which works best for your schedule, and Coach Marchewka will place a confirmation note in your file folder with the coach, date and time of your one-on-one session. Please list any specific skills or strokes each swimmer would like to work on during the half hour session. If you do not specify a certain skill or stroke, the coaching staff will work with the swimmer on the skill they believe to need the most improvement. A list of available days and times for these sessions are listed in the parent handbook.

### **Special Start and Turn Practice – Friday, October 9**

Instead of 1-on-1 sessions this Friday, the DCST coaching staff will be available to work with swimmers on starts and turns. Swimmers will work with coaches in small groups. Coaches will be available from 7:00 – 8:00 PM. There is no sign-up. Anyone who wants to participate can just stay after their normal practice times. Swimmers can work on more than one skill.

### **FAST USS Meet – Bull Dog and National Team Members Only**

The entry deadline for the FAST USS Meet has passed. A copy of the entries and the meet packet is available on-line. This meet was only available for the Bull Dog and National Team swimmers.

### **No Practice – Friday, October 23<sup>rd</sup>**

There will be no practice on Friday, October 23<sup>rd</sup>. On this date, the YMCA will be having their annual Halloween Party for the community.

### **DCST at ILVY (LaSalle – Peru)**

Our first meet of the season will be dual meet on Saturday, October 24 at Illinois Valley (La Salle – Peru). Everyone is encouraged to attend this meet. **In order to attend this meet,**

**you must register for the meet on-line by Wednesday, October 21<sup>st</sup>.** DCST will be offering a bus to and from this meet. The bus is available for both swimmers and parents. The bus is an optional item for this meet. There is a \$5 per person charge for the bus. Families wishing to sign-up for the bus must go to our website and select “Job Sign-Up” on-line on the “Events & Meets” page. If you have more than one family member planning on riding the bus, then you will need to click multiple boxes on the “Job – Sign Up” list. The bus will be stopping at McDonald’s after the meet; therefore, parents not traveling with their children should send them with some money.

This meet will be a part of the YMCA of the USA’s Virtual Invitational Swim Meet. YMCA swim teams from all across the country will hold local meets between the dates of October 17 – 25. Results from these meets will be sent to the YMCA of the USA and entered into the national meet. Swimmers will then be ranked against other swimmers from across the country. Awards will then be given to the top 10 teams in each age group (men and women), top 30 teams overall (men, women, combined) and certificates to the top 20 swimmers for each event, and participation certificates for all swimmers. The goal of this meet is to have the world’s largest invitational swim meet. For more information on the YMCA’s Virtual Invitational Swim Meet, go to:

[www.ymcacompetitiveswim.org/ymca/moreinfo/2009VirtualMeet.pdf](http://www.ymcacompetitiveswim.org/ymca/moreinfo/2009VirtualMeet.pdf).

#### DCST at ILVY Itinerary

7:40 AM	Load Bus at Kishwaukee YMCA
7:50 AM	Bus Leaves Kishwaukee YMCA
9:25 AM	Warm-ups for all practice groups
10:05 AM	Meet Starts
1:30 PM	Meet Concludes
3:30 PM	Bus Returns to YMCA after stopping at McDonald’s

Directions to ILVY (Note – Please use these directions. If you type the address into most GPS units and or on-line driving direction website, you will get incorrect directions.)

Take I-39/51 South toward Bloomington / Normal  
Take the US-6 exit, EXIT 57, toward Ottawa / La Salle-Peru  
Turn right onto N. Joliet Street  
Turn left on 11<sup>th</sup> Street  
Turn left on Walnut Street  
The YMCA will be on your left  
The address of the YMCA is 300 Walnut St, Peru, IL

#### McHenry County & Streator at DCST

Our second meet of the season will be triangular meet on Saturday, October 31<sup>st</sup>. We will be competing against McHenry County and Streator at the Kishwaukee YMCA. Everyone is encouraged to attend this meet. **In order to attend this meet, you must register for the meet on-line by Wednesday, October 28<sup>th</sup>. Note – Due to this date being Halloween, the meet will be earlier than our normal home meets.**

#### McHenry County & Streator at DCST Itinerary

7:45 AM Warm-up for National, Bull Dog, Great Dane & Lab Practice

	Groups
8:25 AM	Warm-ups for Terrier, Golden Retriever, Greyhound, Husky and St. Bernard Practice Groups
9:45 AM	Meet Starts
12:45 PM	Meet Concludes

### **Rockford Early Bird Invitational**

DCST will be attending the Rockford Early Bird Invitational on Sunday, November 1st at the Rockford YMCA. **All swimmers, age 11 years and older, are encouraged to participate in this meet. This meet is only open to swimmers 11 years old and older. There are no events offered for swimmers ages 10 years old and younger. In order to attend this meet, you must register for the meet on-line by Friday, October 16<sup>th</sup>.** Unlike our other meets, swimmers need to select the events they want to swim on-line, in addition, to just signing up for the meet. Everyone should select the three individual events. The coaching staff will determine the relays after all entries have been received. There is a \$2.50 per event entry fee for this meet. After all the entries for this meet have been determined, you will be billed accordingly. Our exact warm-up time will be determined at a later date, but will be between 7:00 – 8:00 AM. The meet starts at 8:30 AM and should conclude around noon.

### **Rockford, Freeport & Dixon at DCST**

DCST will be hosting a quadrangular meet on Saturday, November 14<sup>th</sup>. We will be competing against Rockford, Freeport & Dixon at the Kishwaukee YMCA. Everyone is encouraged to attend this meet. **In order to attend this meet, you must register for the meet on-line by Wednesday, November 11th.**

#### Rockford, Freeport & Dixon at DCST Itinerary

7:45 AM	Warm-ups for National Team practice group
8:00 AM	Warm-ups for Bull Dog practice group
8:30 AM	Warm-ups for Great Dane practice group
9:00 AM	Warm-ups for Lab practice group
9:45 AM	Warm-ups for Terrier, Golden Retriever, Greyhound, Husky and St. Bernard practice groups
11:05 AM	Meet Starts
2:15 PM	Meet Concludes

### **Kenosha USS Meet**

Swimmers interested in attending our first full team USS meet on Friday, November 20 - Sunday, November 22 at Carthage College in Kenosha, WI, need to register on-line by Friday, October 9. Everyone is eligible to sign-up for this meet. All swimmers in the Labrador, Bull Dog and National Team practices groups are highly encouraged to attend this meet.

### **Second Annual DCST Holiday Gala Fund Raiser**

This is a great event for parents who are looking for a night out without the kids. Put on your dancing shoes because there will be music, cocktails, savory hors d'oeuvres and desserts. Make sure to bring your friends and family. The gala will be on Saturday, Nov 28<sup>th</sup> from 7:30pm to 11:30pm at Blumen Gardens in Sycamore. Tickets cost \$40 per person tickets, and

they will be on sale at our home meets prior to the event. Parents may also purchase tickets in from Kim Launer, [klauner@royal-travel.com](mailto:klauner@royal-travel.com) or 815-761-2400.

### **YMCA Membership Cards**

Please remember to show your YMCA membership card at the front desk when you come to swim practice.

### **DCST Incentive Program**

The DCST coaching staff has come up with the following awards and incentive programs:

**Big Dog of the Meet** - After each meet the coaching staff will select one girl and one boy swimmer as big dog of the meet. Big Dogs are determined on one's performance in the meet, team spirit, practice attendance and work ethic. Big Dogs will receive a team cap with Big Dog on the side and a bag tag at the season ending banquet.

**Super Dog** – Swimmers ages 12 years old and younger who over the course of the season achieve the district qualifying time for each event offered in their age group will receive the Super Dog Award. Swimmers ages 13 years old and older whose best times over the course of the season would have placed in the top 12 at districts will receive the Super Dog Award. Super Dog caps will be awarded at the season ending banquet.

**Top Dog** – Swimmers who over the course of the season achieve the area qualifying time for each event offered in their age group will receive the Top Dog Award. Top Dog caps will be awarded at the season ending banquet.

**IM Extreme Challenge** – DCST will award trophies at the season ending banquet for the top female and top male in each practice group for with highest IM Extreme Score for the season as of the Winter Banquet. Since the program does not recognize swimmers 8 years old and younger for the Terrier, Golden Retriever and Greyhound practice groups, we will award trophies for the top female and male in age group based on their times in relation to the District Qualifying Times. The following events are used to determine the IM Extreme points:

9 – 10 year olds: 100 Back, 100 Breast, 100 Fly, 200 Free, 200 IM

11 – 12 year olds: 100 Back, 100 Breast, 100 Fly 500 Free, 200 IM

13 years old and older: 200 Back, 200 Breast, 200 Fly, 500 Free, 200 IM, 400 IM

**Most Improved Award** – DCST will award trophies at the season ending banquet for the top female and top male in each practice group for the most timed dropped in all events combined for the 2007 – 2008 Winter Season.

**Best Time Poster Board** - There will be a poster board with swimmers name and a sticker for each of their career best times achieved over the course of the season.

**District and State Qualifying Poster Board** – There will be a poster board listing all events with the name of each swimmer who has achieved the district and/or state qualifying team for that event.

## Qualifying Times

A list of the 2009 – 2010 Championship Meet Qualifying Times are on the team web page. When viewing my results on line, if you select “YMCA Time Standards for the 2009 Winter Season,” then these time standards will be listed with the swimmer’s times. Furthermore, these time standards and a complete list of the YMCA National time standards are on the website for downloading under the section titled “Documents.”

**District Qualifying Times** – In order to qualify for an event at the District Championship Meet, a swimmer must achieve the qualifying time between September 1<sup>st</sup> and February 28<sup>th</sup>.

**State Qualifying Times** – In order to qualify for an event at the State Championship Meet, a swimmer must achieve the qualifying time at the District Championship Meet.

**National Qualifying Times** – In order to qualify for an event at the National Championship Meet, a swimmer must achieve the qualifying time between March 1, 2009 and March 22, 2010.

## High School Boy Swimmers

Swimmers who are going to participate on a high school boy swim team this fall, must participate in 2 of our first 4 meets, in order to be eligible to swim in the YMCA District, State and National Championship Meets. Swimmers, who cannot make 2 of our first four meets, should contact Coach Bickner as soon as possible. Our first four meets are:

Saturday, October 24	DCST @ ILVY (LaSalle – Peru)
Saturday, October 31	Streator & McHenry @ DCST
Sunday, November 1	Rockford Early Bird Invitational @ Rockford
Saturday, November 14	Rockford, Freeport & Dixon @ DCST

## DCST Important Dates:

Wednesday, Oct 7	Lab and Great Dane practice at the YMCA from 7:00 – 8:30 PM
Thursday, Oct 8	Kiefer will be at YMCA for DCST Suit and Appeal orders (5:30 – 7:30)
Friday, Oct. 9	Kenosha, WI USS Meet Entries are Due
Friday, Oct 16	Rockford Early Bird Entries are Due
Saturday, Oct 17 – Sunday, Oct 18	FAST USS Meet (National & Bull Dog swimmers only)
Wednesday, Oct 21	Entries for DCST at ILVY Meet are Due
Friday, Oct 23	No Practice – YMCA Halloween Party
Saturday, Oct 24	DCST at ILVY (LaSalle – Peru)
Wednesday, Oct 28	Entries for McHenry County & Streator are Due
Saturday, Oct 31	McHenry County & Streator at DCST
Sunday, Nov 1	Rockford Early Bird Meet
Wednesday, Nov 11	Entries for Rockford, Freeport & Dixon at DCST are Due
Saturday, Nov 14	Rockford, Freeport & Dixon at DCST
Friday, Nov 20 – Sunday, Nov 22	Kenosha USS Meet
Saturday, Nov 28	DCST Holiday Gala Fund Raiser

## Finalized Meet Schedule

When information on our winter season was distributed in the end of August, our meet schedule was not fully filled. We have added a couple of teams to some of our home meets. Our finalized meet schedule is listed below.

### 2009 - 2010 DCST Winter Meet Schedules

Information on each individual meet will be made available during the season. For every meet, each swimmer planning to attend a meet will have to sign-up for the meet on-line at [www.dcst.org](http://www.dcst.org). If a swimmer does not sign-up for a meet on-line, then the swimmer will not be entered in the meet. Information for dual meets will be made available about two weeks before the meet, and swimmers must sign-up for the meet at least two days in advance. Information for invitational meets and championship meets may be due weeks in advance.

		Warm-ups / Meet Starts
October		
	17 (Sat) – 18 (Sun)	Freeport USS Meet – For Bull Dog /National Swimmers Only
	24 (Sat)	Y – DCST at ILVY (LaSalle – Peru, IL) 9:25 / 10:00
	31 (Sat)	Y – Streator and McHenry at DCST 8:25 / 9:45
November		
	1 (Sun)	Y - *Rockford Early Bird Meet* - (Swimmers ages 11 years old and older)
	14 (Sat)	Y – Rockford, Freeport & Dixon @ DCST 9:45 / 11:05
	20 (Fri) – 22 (Sun)	*Kenosha USS Meet – Kenosha, WI*
December		
	4 (Fri) – 6 (Sun)	Woodstock USS Meet – Woodstock, IL
	12 (Sat)	Y - *Barb Wire Classic at DCST*
January		
	3 (Sun)	Y - * David Wolfe Invitational – Belvidere, IL*
	9 (Sat)	Y – Kankakee, Hastings Lake & Elgin at DCST 9:45 / 11:05
	16 (Sat)	Y – DCST at Leaning Tower – Niles, IL Times TBA
	22 (Fri) – 24 (Sun)	*Joliet USS Meet @ Oswego*
February		
	6 (Sat)	Y – Oak Park at DCST 9:45 / 11:05
	12 (Fri) – 14 (Sun)	*DCST Winter Classic at DCST*
	12 (Fri) – 15 (Mon)	Toyota Grand Prix USS Meet – Columbia, MO (National Swimmers must qualify for this meet)
	27 (Sat)	Y – Rockford & Belvidere at DCST 9:45 / 11:05
	28 (Sun)	Y - *DCST Open at DCST*
March		
	6 (Sat)	*Northwest Junior District and District Championships at ILVY (LaSalle Peru)* (Swimmers ages 12 and younger)
	7 (Sun)	*Northwest District Championships at ILVY (LaSalle – Peru)* (Swimmers ages 13 & over)
	12 (Fri) – 14 (Sun)	*ISI Age Group Championships* at UIC, Chicago, IL (Swimmers must qualify for this meet)
	19 (Fri)	*IL / MO Area YMCA National Qualifying Meet at DCST (Bull Dog and National Swimmers only)
	20 (Sat)	*IL / MO Area Boys Championships at DCST* (Swimmers must qualify for this meet)
	21 (Sun)	*IL / MO Area Girls Championships at DCST* (Swimmers must qualify for this meet)
April		
	7 (Wed) – 10 (Sat)	YMCA National Championships (Ft. Lauderdale, FL) (National Swimmers must qualify for this meet)

#### Notes about the DCST Winter Meet Schedule

\* - Indicates meet which requires advance registration and an additional entry fee.

Y - Indicates a YMCA Meet. Swimmers must swim in 3 of these meets (2 for swimmers swimming on a HS team in addition to DCST) to be eligible to swim in the District, Area and National Championship Meets.