

Group Descriptions

Updated June 2019

With the addition of considerable amount of pool time the coaches have readjusted our groups to better serve the entire team. Wheaton's mission is to make sure all swimmers are consistently being challenged, as well as making sure they are in the best group socially and emotionally.

Coaches understand that swimmers progress at different speeds. Swimmers can be moved up during a season if they exceed standards of the group they start within. Additionally, if the current group is not a good fit, the coach may have a discussion with the swimmer and if necessary, move the athlete to a lower group which better fits their abilities.

If the ideal group size is not met during registration period, coaches maintain the right to hold a tryout and/or selectively invite swimmers to move up from another group.

SENIOR ELITE TEAM

Grades 8th – 12th

This is Wheaton's top level, year-round training group. This group is for swimmers who wish to compete at the national level and have demonstrated a strong history of achievement, commitment, work ethic and positive attitude as determined by the Wheaton coaching staff. Training for short course and long course, Senior State, NCSA Jr. Nationals, USA Jr. and Sr. Nationals will be the priority. An 80% attendance is expected and is required for out-of-state championship meets.

Swimmers must be able to execute a minimum of 10 X 100 yds freestyle on the 1:20 and 5 X 200 IM yards on the 3:00. The swimmer must be approved by the coaching staff. New swimmers to the team can register for this group with approval from the groups coach.

There is a dryland training component with elite team. Swimmers are to participate in a dryland program following practice 3 days a week. The workout is a full body workout including dynamic stretching, core, upper body and leg exercises. The program is designed by an Athletico personal trainer with college swim coaching experience. Swimmers participating in an outside personal training program can be exempt from the team dryland program with approval from the coach.

AGE GROUP ELITE TEAM

Grades 7th – 9th

This is a year-round training group for swimmers who have the desire to progress to the Senior Elite Team. Junior Elite is for our top 7th and 8th grade swimmers as well as high school swimmers who are committed to the sport of swimming but may not be at the ability or attendance level to be part of the Senior Elite group. Some 6th graders will be considered for this group if they meet requirements and only if recommended by the Gold coach and with permission from the Age Group Elite Coach. Training for short and long course, home meets, travel meets, Regional and Age Group Champs will be the priority.

Swimmers must be able to execute a minimum of 10 x 100 yds freestyle on the 1:35 interval and 5 x 200IM on the 3:20 interval. Swimmers must be approved by the Gold and Age Group Elite coaches. New swimmers to the team can register for this group with approval from the Age Group Elite coach.

SENIOR

Grade 8 to 12

This is a two-hour practice group intended for the high school swimmer with an aspiration to qualify for the senior elite team, or the high school junior varsity swimmer with a goal to make the varsity team. This group swims side-by-side the Senior Elite team and practices are designed by the Senior Elite coach in order to prepare the athlete for the next level. There will also be space in this group for the 13 year old, and older, who is new to the sport or wants to improve their stroke technique and endurance for the high school season.

GOLD

Ages 9-12

The Gold group is intended for our top 9-10 year old Regional and State swimmers as well as 11-12 year old swimmers who would like to qualify and be invited to move to the higher level groups of our team. This group is for those who have several seasons of competitive swimming experience. The Gold group will focus on stroke technique and race strategy with the addition of a consistent conditioning program. In this group swimmers begin to truly master practice habits such as understanding group dynamics, lane etiquette, pace clock reading, and much more. Swimmers in this group will also learn the basics of weekly and season training cycles which they will apply to the rest of their careers. The group meets five to six times a week. Gold swimmers are expected to compete throughout the season and will be entered into all Wheaton Swim Club hosted meets and Championship level events.

SILVER

Ages 8-12

The Silver group is intended for our top 8 year old competitors as well as swimmers 9 to 12 who have previous swim team experience (i.e. summer rec league experience, USA swim club training experience). Swimmers in this group will focus on the basic aspects of competitive swimming and should be ready to add conditioning set swimming and race strategy to their workout program. There will also be a strong focus on "starts and turns" throughout the season. The group meets five to six times a week. Swimmers are encouraged to participate in swim meets and are expected to participate in Wheaton Swim Club hosted meets.

BRONZE

Ages 12 and under

This group is for swimmers 12 years old and younger. The bronze swimmers should be able to swim the multiple lengths of the pool in all four competitive strokes, and have some knowledge of flip turns and racing starts. Swimmers in this group should have previous team experience or have achieved the group requirements through a lesson program. Conditioning will be added as the group progresses. Swimmers in this group are expected to compete in the intra-squad Novice meet hosted at Wheaton College as well as our other hosted meets throughout season. All other (non-hosted) meets are optional.

BLUE

Ages 10 and under

This is Wheaton Swim Club's first level of competitive swimming. It is intended for swimmers between the ages of 6 and 10 who are new to competitive swimming. Swimmers in this group will continue to learn the basics of competitive swimming throughout the season. Swimmers in this group should be able to swim multiple lengths of freestyle and backstroke, plus be able to swim two lengths of either butterfly or breaststroke, and also an introductory knowledge of the fourth stroke. They should be confident in the water and able to work well with others in a group setting. Swimmers in this group are expected to compete in the intra-squad Novice meet hosted at Wheaton College as well as our other hosted meets throughout season. All other (non-hosted) meets are optional.

ORANGE

Ages 12 and Under

For swimmers who have already participated in swim lessons and would like to explore joining Wheaton Swim Club. The orange group is offered in 4 six week sessions throughout the year. The focus of this group will be to introduce all aspects of competitive swimming, including all four strokes, racing dives and competitive turns. This program is designed for the swimmer who has mastered proficient freestyle plus backstroke and is ready for the next step of learning. Swimmers who are ready and interested to move onto the team are encouraged to do so when prompted by the coaching staff. We will prorate memberships as you transition onto the Blue Group.