



Short Course 2021-2022 Registration Information

Thank you to all our members who continued to support the team throughout the Covid Pandemic. Our organization is grateful to have such a large number of families that followed us from shut down to Huntington Estates to FMC and now back to Wheaton College.

In the following packet you will find all the information for the 2021-2022 Short Course (SC) season. Please make sure to read all details including the below bulleted points before registering.

- Registration open date
- Group Info
- Group Fees
- Practice Times
- Meet Entry procedures
- Volunteer info for Hosted Swim Meets

REGISTRATION

- Wheaton Swim Club will open registration on July 23rd
- The groups and team will be filled on a first come first serve basis
- Starting July 23 you can go directly to registration using the following link:
https://www.teamunify.com/MemRegStart.jsp?team=ilwhsc&event_id=1277535

If you have any questions, please email wheatonmeetdirector@gmail.com.

GROUP DESCRIPTIONS:

For any assistance with swimmer placement please contact Coach Bob at bob@wheatonswimming.com or Coach Chris at chris@wheatonswimming.com. In most cases swimmers can be placed through email or over the phone. If a swimmers group placement is unclear without seeing the athlete swim, the coaches will schedule a 15 min. swim evaluation.

SENIOR ELITE (SRE)

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 (AGE)

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

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

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

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

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

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

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.

WHEATON SWIM CLUB
SHORT COURSE 2021-22 TRAINING FEES

GROUP	FULL COST	INSTALL PAYMENTS	TOTAL # OF PAYMENTS
Senior Elite (SRE)	\$1436	\$478.67	3
Age Group Elite (AGE)	\$1385	\$461.67	3
SRE/AGE HS Girl	\$1056	\$352.00	3 **
SRE/AGE HS Boy	\$954	\$318.00	3
Senior	\$1150	\$383.33	3
Senior HS Girl	\$865	\$288.33	3
Senior HS Boy	\$702	\$234.00	3
Gold	\$1100	\$366.67	3
Silver	\$865	\$288.33	3
Bronze	\$750	\$250.00	3
Blue	\$603	\$201.00	3
Orange 1	\$242	full pay only	1
Orange 2	\$242	full pay only	1
Orange 3	\$242	full pay only	1
Orange 4	\$242	full pay only	1

- Credit Card is required for all registrations.
- All groups (except Orange) have option to pay in 3 even installments.
- Every swimmer (except Orange) will pay mandatory \$83 USA Registration fee at time of registration.
- If transferring from another team there is a \$10 transfer fee due at time of registration.
- Family discount of 5 percent for 3rd child and 10 percent for 4th child will automatically be applied if register all family members at once. No discount if registered separately.
- High School Boys swim Sept-Nov and Feb-March. High School Girls swim Nov-March. Prices for those groups are based on the total length of season.
- **High School Girls who register after Sept 1 will be full pay only. No installments.

WHEATON SWIM CLUB

Preliminary 2021-2022 Fall/Winter Practice Information

GROUP	FIRST PRACTICE	LAST PRACTICE
Senior Elite (SRE) *	Wed, Sept 8	Feb 13 unless qualify for Champ Meets
Age Group Elite (AGE) *	Mon, Sept 13	Feb 13 unless qualify for Champ Meets
Senior *	Mon, Sept 13	Feb 13 unless qualify for Champ Meets
Gold	Tues, Sept 14	Feb 13 unless qualify for Champ Meets
Silver	Wed, Sept 15	Feb 13 unless qualify for Champ Meets
Bronze (Full Season)	Mon, Sept 13	Feb 20
Blue (Full Season)	Mon, Sept 13	Feb 20
Orange	Mon, Sept 13	Oct 22

* High School (HS) Boys swim Sept – Nov. and Feb. – March. High School (HS) Girls swim Nov - March. Any HS girl or boy whose high school does not sponsor an IHSA team may participate throughout the fall/winter season with Wheaton Swim Club. HS Boys and Girls who DO participate on their high school teams may practice with us according to the dates above. Prices are already prorated to take this into consideration. Also note that the Senior Elite team will include a dryland program which will begin once practices are at their full length. Coach Bob will have full information on the dryland program.

** Orange will offer three other sessions throughout season. Exact dates TBA. Any practices that are affected by the holidays will be made up. Information will be communicated by coaches later in season.

General Practice Schedule

Please check our online team calendar regularly to any changes. Sat. morning practices will be posted to team calendar 1 month in advance. Practice times are typically between 8-10a or 10a-12n pending college swim team usage.

GROUP	M	T	W	TH	F	Sat (at WC)
Senior Elite	600-800	730-930	4-615	730-930	600-800	2 hrs
Age Grp Elite	600-800	600-800	600-800	600-800	600-800	2 hrs
Senior	off	600-800	400-600	600-800	600-800	2 hrs
Gold	off	600-730	615-800	600-730	600-730	1.75 hrs
Silver	off	630-800	400-530	630-800	600-730	1.5 hrs
Bronze	645-800	off	645-800	off	600-700	1.25 hrs
Blue	600-645	off	600-645	off	600-645	45 min
Orange	off	600-630	off	600-630	off	

Season Start Up Information

The coaches will start the season off at a slow pace and ease the swimmers back into shape according to the practice schedule below. Practices will begin at the usual time and will last the amount of time indicated below.

GROUP	WEEK 1	WEEK 2	WEEK 3
Senior Elite	1.5 hours	2 hours	Full practice
Age Group Elite	1 hours	1.5 hours	Full practice
Senior	1 hour	1.5 hours	Full practice
Gold	1 hour	1.25 hours	Full practice
Silver	1 hour	1.25 hours	Full practice
Bronze, Blue, Orange	Full practice	Full practice	Full practice

MEET ENTRY/MEET FEES:

- Swim meets that the team intends to swim in will be posted on Wheaton Swim Club website under swim meets tab. Members will receive an email when the meet entry is open to accept entries.
- Members will be able to commit for a meet by either "Events" or "Sessions". If the meet is available to be selected by "Events" the coaches will review events before being sent into the host club. Wheaton Swim Club encourages all swimmers to sign up for their designated age group. **Wheaton Coaching staff has final say in the events a swimmer will be entered.**
- Each meet we attend has an Illinois Swimming Fee, a possible building fee and a per event fee payable to the host club. These fees are non-refundable once the meet registration process has been completed and submitted to host club, even if the swimmer does not participate in the meet.
- For Championship Meets (Regionals, Age Group State, Senior Champs and beyond), coaches will work with each swimmer to discuss event choice for these meets.
- New for 2021-2022 Wheaton Swim club will be changing the team travel fees for the year. In the past we would collect a set fee per travel meet. This year we will be adding a \$.50 per event swim at all meet entries to offset travel cost for Wheaton Coaching staff. For Olympic Trials, Senior Nationals, Junior Nationals, and NSCA Jr Nationals there will be an additional fee per swimmer to cover these travel costs. This cost will be communicated before entry to these events.
- Meets are billed monthly on the 1st on the month.

VOLUNTEER COMMITMENT:

- Each December Wheaton Swim Club hosts a swim meet. Swim meets cannot happen without parent support. In order to run the meet we need between 25-30 people per session. Parents are required to work at least one session of our hosted meet. If your child does not attend and you are unable to work a session at our hosted meet your account will be assessed a charge of \$100 so Wheaton can hire a teenage swimmer to make up for the session you were unable to work.

