

Wheaton Swim Club

2022-2023 SC Registration

In the following packet you will find all the information for the 2022-2023 Short Course season.

Please read the packet before registering for the team this year. In this packet you will find:

- Group Info/Fees
- Meet Entry procedures
- Volunteer info for Hosted Swim Meets

Please read this information prior to registration and if you have any questions please email questions to wheatonmeetdirector@gmail.com





New Members Registration:

Wheaton Swim Club welcomes new swimmers. On July 13th registration opens for new swimmers. To place swimmers in appropriate group please contact Coach Bob or Coach Chris to find out which group your swimmer should register.

bob@wheatonswimming.com or chris@wheatonswimming.com

Group descriptions:

SENIOR ELITE TEAM

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

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.

Group Fees:

Senior Elite	\$1490	SRE/AGE HS Boys	\$1000
Age Group Elite	\$1440	Senior HS Boys	\$750
Senior	\$1200	Silver	\$920
SRE/AGE HS Girls	\$1100	Bronze	\$800
Senior HS Girls	\$910	Blue	\$660
Gold	\$1150	Orange	\$250

Senior Elite, Age Group Elite, Senior, Gold, Silver, Bronze and Blue will be also be required to pay the \$85 Wheaton Hosted Meet. You will not be billed in December for our meet. USA swimming fee will be collected by USA swimming this year. More info to come in fall from USA swimming

Registration fees can be paid in full or in thirds. Billed 1/3 plus 85 dollars at registration, 1/3 September 1, and 1/3 November 1.

Practice Times:

All practices for the 2022-2023 Short Course Season are slated to be at Wheaton College and COD.

Group	Starting Date	M	T	W	T	F	S When College is available
Senior Elite (SRE)	September 7th	6:00-8:00	5:30-7:30 @ COD	4:00-6:15	5:30-7:30 @ COD	5:30-7:30 @ COD	2 Hrs
Age Group Elite (AGE)	September 12th	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-7:45	2 Hrs
Senior	September 12th	Off	5:30-7:30 @ COD	4:00-6:00	5:30-7:30 @ COD	5:30-7:30 @ COD	2 Hrs
Gold	September 13th	Off	6:00-7:45	6:15-8:00	6:00-7:45	6:00-7:30	1.75 Hrs
Silver	September 14th	Off	6:30-8:00	4:00-5:30	6:30-8:00	6:00-7:30	1.5 Hrs
Bronze	September 12th	6:45-8:00	Off	6:45-8:00	Off	6:45-8:00	1.25 Hrs
Blue	September 12th	6:00-6:45	Off	6:00-6:45	Off	6:00-6:45	45 Min
Orange	September 12th	Off	6:00-6:30		6:00-6:30	Off	

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 in to 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.
- 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 once accepted by host club.

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 you are unable to work a session at our hosted meet your account will be assessed a charge of 100 dollars so Wheaton can hire a teenage swimmer to make up for the session you were unable to work.