

Chicago Wolfpack Aquatic Club

Team Handbook

Welcome to CWAC

In 2004, David Stephens started the Chicago Wolfpack Aquatic Club (CWAC) with 35 swimmers and only 90 minutes of water time. Today CWAC uses 3 pools, including an 8 lane 50 meter, and is one of the top club teams in the state of Illinois. CWAC families come from all over the metro Chicago area with around 350 swimmers across 16 different training groups. CWAC is also home to the Wolfpack Swim School for swimmers just entering the sport.

CWAC Mission Statement

The Chicago Wolfpack Aquatics Club (CWAC) is a developmental and competitive swimming club in the heart of Chicago. The mission of CWAC is to embrace swimmers of every level and provide them with a safe and supportive environment along with the resources and tools to allow them to progress from novice to the highest level of competition. The CWAC coaching staff strives to instill in swimmers an understanding and appreciation for such concepts as high self-esteem, personal accountability, sportsmanship, teamwork, self-discipline, goal setting and goal achievement. These ideals will translate into each athlete's success in training, competition and in life as they grow and develop into adults.

CWAC Objectives & Values

- To encourage and achieve excellence in developmental and competitive swimming.
- To promote competitive swimming on a local, regional, state and national level.
- To advance and promote a program that encourages attendance, develops team unity and builds life-long friendships between team members and club families.
- To operate all of our programs at the highest levels of integrity and fairness.
- To provide a positive environment that is challenging, safe, healthy and rewarding for all athletes.
- To offer a professional, motivated and talented coaching staff.
- To build a solid base from which we can grow and expand our membership in the community.

USA Swimming and Illinois Swimming

CWAC is a charter club member of USA and Illinois Swimming. USA Swimming is the governing body for amateur competitive swimming in the United States. The Amateur Athletic Union (AAU) used to govern swimming, as well as all other Olympic sports in the United States. USA Swimming was founded in 1978 with the congressional passage of the Amateur Sports Act, which states that all Olympic sports are to be administered independently. The USA Swimming Headquarters office was established in 1981 and is located at the Olympic Training Center in Colorado Springs, Colorado.

As the National Governing Body (NGB) of swimming, USA Swimming is responsible for the conduct and administration of competitive swimming in the United States. In this capacity, USA Swimming formulates rules, implements policies and procedures, conducts the national championships, disseminates safety and sports' medicine information, and selects the athletes who represent the United States in international competition. For more information on USA Swimming please visit their website at

www.usaswimming.org

USA Swimming governs through Local Swimming Committees (LSC). There are 59 Local Swimming Committees in the United States. Each LSC is responsible for administering USA Swimming activities in a defined geographical area. Our LSC is Illinois Swimming, Inc. (ISI). ISI implements USA Swimming policies in Illinois, sanctions swim meets, conducts championship meets and sponsors swim camps and special programs in the state. For more information on Illinois Swimming please visit their website at www.ilswim.org

How decisions are made in USA Swimming

USA Swimming is a non-profit organization and all policy decisions are made through a chain of committees that report to elected vice-presidents. The USA Swimming House of Delegates meets once a year at the annual USAS convention and determines the rules and regulations for swimming for the following year. Between yearly meetings of the House of Delegates, the elected USA Swimming board of directors makes decisions for the organization.

Specific Rules Regarding USA Swimming Insurance

In order for USA Swimming insurance to be in effect at all practices and meets, the following rules must be observed:

- All coaches must be USA Swimming certified coaches – see below
- All swimmers must be members of USA Swimming.
- Parents may not be on deck at any time except when assisting in the operation of a meet and/or when conducting official team business.
- At practices and meets, swimmers must enter the pool feet first at all times, except when practicing starts or relay exchanges under the supervision of a coach.
- All diving must take place in the deep end (over 6 feet) of the pool.

All CWAC coaches must be members of USA swimming which includes the following requirements:

- Criminal Background Check
- Athlete Protection Training
- Coaches Advantage Training (USADA)
- Concussion Protocol Training
- Foundations of Coaching 101, 102 and Rules & Regulations
- CPR, AED and Safety Training

CWAC Registration

All swimmers must complete the online registration process for each season of swimming. New swimmers must tryout for the swim team before they may begin registration. Open tryouts are held prior to the start of each season and can be scheduled during the season. New families will need to provide all information requested and returning families will need to update any new information. Please list multiple e-mail addresses. Families must agree to the following:

- Medical Release & Liability Waiver
- CWAC Code of Conduct – Athlete & Parent
- Agreement to Billing Terms & Conditions
- Agreement to Team & Parent Handbook
- CWAC Family Volunteer Agreement
- Safe Sport & MAAPP Protocols

Website Account

Once you have received your acceptance to the team and completed your website registration, you will be given your own online account and should verify your e-mail address. Here you will have access to your personal information, financial account, swim meet sign up, etc. Your primary e-mail address will be the user name to log in to this account. E-mails from the website are system generated, so be aware that they may be initially received as junk mail. Meet reminders, invoices and group notifications are all sent via e-mail so please make sure it is an e-mail account you check on a regular basis.

USA Swimming Registration

All CWAC swimmers must register with USA Swimming. This annual membership allows athletes to practice with CWAC and compete in USA Swimming sanctioned swim meets. USA Swimming provides supplemental insurance coverage for all swimmers. The \$79.00 USA Swimming membership fee is in addition to the tuition fees for the CWAC program. **DO NOT** mail the USA form to Illinois Swimming.

Club Transfers

Swimmers who transfer from another USA Swimming team to join CWAC must fill out a Club Transfer Form at the time of registration. All transferring swimmers are unattached for 120 days following the last date of competition as a member of the prior team. While unattached, a swimmer may practice with CWAC and compete in meets, but may not represent CWAC or compete on relays until the 120-day period has expired. It is the transferring swimmers responsibility to pay the \$10 fee with the completed form to the head coach.

Seasonal Tuition Commitment

Your tuition account is used to cover pool rental, coach's salary, operating expenses, awards, website and other administrative fees. Each child's tuition is based on the group that they are placed in. Fees can be found on the team information page of the website.

Prorating Tuition

Swimmers who sign up and join the team are expected to pay for the full season. Pro-rating of tuition is only done under the following circumstances:

- If the swimmer starts the season late and with head coach's approval
- If the swimmer changes groups during the season
- Special circumstances arise approved by the head coach

Refunds

Fees are not refundable unless (a) the program is canceled (b) a special circumstance arises or (c) you withdraw from a program for medical reasons. Special circumstances might include moving, family crisis, etc. You should immediately discuss any changes in your child's status with their coach and notify the head coach via e-mail. If you do not notify the head coach, your account will be charged as though your child was training for that period. **Meet entry fees are not refundable.**

Billing & Payments

Invoices will be generated on the 1st of each month and will break down all charges. Balances are due by the 10th of that month. A \$25 late fee will be assessed for any outstanding dues after the 20th of the month.

Please note that your child's tuition, USA membership, gear fee and meet entry fees are all separate. CWAC accepts cash, checks and quick pay as well as credit cards and ACH (direct debit) transactions via the website. ACH and credit card fees are withdrawn on the first of each month and will deduct the entire amount owed for that billing period. For example, if your tuition dues for the month are \$150 and your meet entry fees are \$25 then \$175 will be withdrawn from your account on the first of the month. There is no additional fee for ACH usage, but due to the fees charged by the website and merchant provider there is a fee added to your monthly balance if you choose to use a credit card.

Checks should be **made payable to Chicago Wolfpack Aquatics Club (CWAC)**. Please note your child's name on your check or envelope. There is a \$30 fee for returned checks. Payments can be:

- Hand delivered to Coach Stephens at UIC or Coach Clarke at EP
- Mailed to Coach Stephens at 1076 W Roosevelt Road, Chicago, IL 60608
- Set up as a secured recurring ACH or credit card transaction on the website
- Quickpay on the [ClearXchange network](#) using the e-mail david.stephens@ignatius.org

If you do not use an automatic payment option then you must start off with a \$250 deposit per child to cover the USA membership fee, gear fee and the first tuition payment in addition to meet fees. Any swimmer who has an outstanding balance on their account that is 30 days past due cannot register / participate in meets until the account is paid. Swimmers with a balance at the end of each season will not be allowed to register for the next season until the balance is paid in full.

Billing Schedule

- Fall / Winter billing will occur on 10/1, 11/1, 12/1, 1/1 and 2/1
- Spring / Summer billing will occur on 5/1, 6/1 and 7/1
- High School Girls billing will occur on 12/1, 1/1 and 2/1
- High School Boys billing will occur on 10/1 and 11/1
- High School Spring Sports billing will occur on 6/1 and 7/1

Meet Entry Fees

A meet entry fee is the cost for participation in swim meets. Most meets we attend have entry fees associated with them. CWAC will initially cover the cost of the entries and then will invoice each participant for the amount owed. Entry fees for one swimmer for an average two day meet are about \$30-40. For every sanctioned meet that an individual participates in there is an additional \$2 surcharge that goes to Illinois Swimming. There may be an additional facility or admissions fee charge from the host team which usually ranges from \$3-10. Entry fees will be included in the monthly invoices. **Once the final team entries for a swim meet have been turned in to a host team, the swimmer is responsible for their entry fees whether they swim or not.** Families with a balance more than 30 days past due cannot register for future meets until the balance is paid off.

CWAC Gear Fee & Apparel

Each registered CWAC swimmer will have an annual \$80 gear fee to cover the cost of their cap, t-shirt and equipment usage. This will also include a \$50 voucher which can be used to purchase a team suit or any team apparel through our vendor. Individual equipment purchased by the club for personal use will be invoiced separately. Examples of this type of equipment may include personalized caps, snorkels and tempo trainers.

Apparel items and additional equipment are available for purchase through our vendor, The Swim Team Store. This is an online store and items are shipped directly to you. Team caps are available for purchase at the pool throughout the season (\$5 latex or \$10 silicone). A personalized name cap order will be placed in the fall and spring. Swimmers qualifying for championship meets will receive additional gear. CWAC offers a wide range of items (for swimmers and parents) including T-shirts, sweatshirts, sweat pants, parkas, shorts and jackets.

CWAC Website

The CWAC website aims to serve its members by providing news, accomplishments and updates during the season to its members. The following information can be found on the website:

- CWAC News – swimming links, swimmer tips, upcoming clinics / events, meet recaps, etc.
- CWAC Info – practice schedule, coach’s bios, handbook, groups, fees, forms, tryout info, etc.
- Swim Meets – meet info packets, meet schedule, etc.
- Team Records – short course and long course records, Illinois Top 10, etc.
- Wolfpack Swim School – lesson program information, schedule, registration, etc.
- CWAC Gear – team suits, apparel, equipment, vendor contact info, etc.
- Meet Results – results for current and prior seasons

CWAC Team Parameters

The team parameters are designed to give each group clear objectives in the following areas:

Training: practice set requirements and physiological emphasis

Technique: physical skills and biomechanical emphasis

Tactical: races, meet skills and competitive performance emphasis

Team Building: character development, life skills and motivational emphasis

Teaching: nutrition, psychological, time management and other skills

Through these parameters athletes will be able to grow and develop at their own speed and learn all the aspects that swimming and CWAC offer. Parameters will be evaluated seasonally and can be adjusted based on group changes and program growth.

Practice Equipment

Equipment such as kickboards, pull buoys and zoomers are available to all swimmers for use as needed. If special equipment is required for your swimmer's group: nose plugs, paddles, snorkels, etc. that will be communicated by the group coach at the beginning of the season and reminders should be sent to swimmers on days equipment is needed.

Practice Conduct and Behavior

Swimmers are encouraged to attend all of their group assigned practices in order to facilitate continued advancement and ability to keep up in workouts. The number of practices that children attend is the greatest factor in their improvement. It is important that swimmers are suited and on the deck by the start of practice and they stay throughout the entire practice. **Please make sure your swimmer is only attending the practice times for the group they were assigned to.**

When dropping off swimmers, make sure they are safely in the building before you leave. It is also the parent's responsibility to pick up swimmers after practice. Swimmers should stay in the immediate pool area unless instructed otherwise by a coach. Swimmers and families should stay off any equipment not associated with the swim team's usage of the facilities. We are guests at our pools and it is important we treat the facilities with respect.

Remember that during practice the coaches are working with the children. Please save comments or questions for the coaches until after the workouts are over. Parents choosing to stay for practice must sit in the bleachers and are not allowed on the pool deck. Parents are asked to refrain from coaching from the bleachers. Please review the athlete and parent code of conduct.

CWAC Practice Attire

Swimmers should take pride in their sport and ensure that they have prepared themselves ahead of time for every practice they arrive at the pool for. To do this swimmers should make sure their swim bags are completely packed with the necessities: swim suit, goggles, back up goggles to be safe, deck shoes if needed, towel, swim cap, and dry land clothes. CWAC caps must be worn during practice.

CWAC Swim Meets

In a season CWAC may attend 6-7 regular season meets in addition to the championship meets and 1-2 of those meets are hosted by CWAC. Coaches may specify which meets their group should attend at the beginning of the season. As this is a competitive program, all swimmers are encouraged to participate in competition and should attend the highest level of competition they qualify for.

SWIM MEET ATTIRE

All CWAC swimmers are expected to wear the team uniform when competing at meets. The team uniform includes a team swimsuit, team cap and team t-shirt. Team t-shirts and caps are distributed to team members at the beginning of the season. Team suits are sold on the website and your gear fee voucher should be used for a suit if you need one. Replacement caps and shirts are available for sale.

Wearing team swimsuits and caps, will help the coaches identify swimmers more easily, and will also improve team recognition, team unity and team spirit. Team uniforms display pride in our team and in our sport. Fans can easily identify CWAC swimmers by their swimsuits and caps, adding to the excitement of each meet. Team gear should be worn for all awards ceremonies.

Beginning in September of 2020 swimmers 12 years of age and younger may not use technical suits in meets.

Regular Season Meets: Swimmers should wear a CWAC team suit during competitions. Team suits can be purchased from our team store on the website. Technical suits should not be worn in season, unless a mid-season focus meet has been assigned by the group coach.

Championship Meets: It is encouraged that swimmers 13 years old and older, competing at the regional level and above should compete in a technical suit. A family or swimmer should never feel as though they **MUST** purchase a technical suit. Swimmers should consult with their coaches about if a technical suit should be worn during competition. CWAC is a Speedo sponsored team and has the ability to purchase these suits at a discounted rate.

SIGNING UP FOR MEETS

All meet entry should be done in the “swim meet” section of the website. On this page is a list of meets the team is planning on attending and the sign up deadline for that meet. If you click on a specific meet it will take you to the meet page that provides information about the meet including the meet packet.

Decide which meets you would like your child to attend and enter them with any comments. Comments might include the events they would like to do, or that they can only attend one day of the meet.

After the initial entry deadline has passed we will post and e-mail the meet entries for attendees to double check before sending in the official entry list. **Once the entries for a swim meet have been turned in to a host team, the swimmer is responsible for their entry fees whether they swim or not.** Changes or additions to the entries are at the discretion of the host team. A final entry report will be posted when the meet entries have closed. All ISI meets have entry fees associated with them that will be invoiced to your account.

Most meets, with the exception of a few, **DO NOT** have any qualifying times, so everyone may participate. All championship meets **DO** have qualifying times and they are posted on the website. If you are not sure please ask your coach. Swimmers may not attend meets on their own without permission from the head coach.

CHAMPIONSHIP MEETS

It is assumed that all swimmers who qualify for regional, state, sectional or national championship meets will be available to compete in these meets. Meet entries for these swimmers will be handled on an individual basis by the coaches. If you have a conflict, let your coach know immediately.

MEET LINE-UPS

The coaches are responsible for developing meet line-ups. When constructing meet line-ups, the coaches use the following philosophy: First, swimmers compete only in the strokes that they can legally swim. This reduces the likelihood of a disqualification. Second, swimmers compete only in the distances that they are physically and mentally ready to handle. The coaches, however, regularly challenge swimmers to attain greater levels of performance. Finally, swimmers are placed into a wide variety of events (not just their favorites).

Swimmers need experience in every stroke and every race distance. This helps them develop as all-around swimmers and helps avoid burnout. Coaches will definitely take into consideration the entries of the swimmers and parents, but ultimately the coaching staff will make the final decision on meet entries. Typically swimmers are not allowed to “swim up” an age group.

Relays – Some meets will have relays and swimmers are expected to compete if asked. Championship meet relays are determined by the coaching staff.

SWIM MEET PROCEDURES

Meet Check-in - Swimmers must check-in with a coach 10 minutes prior to warm-up. Please arrive to meets in a timely manner.

Positive Check-in - Many meets have a positive check-in policy. When this is the case, swimmers must check in at the positive check-in table. When positive check-in closes (usually during the warm-up period), all swimmers who have not checked in are scratched from the session. Re-entry into the meet is at the discretion of the meet referee. There are no refunds for missed events.

Meet Warm-up - All CWAC swimmers must participate in the warm-up before meets. The warm-up may last from 30 minutes to one hour. The reason for the warm-up is to allow swimmers to adjust to the competition pool, loosen up their muscles and to make final preparations before competition. The warm-up is mandatory for all CWAC swimmers. Swimmers must be on time for meet warm-ups.

SWIM MEET FORMATS

CWAC competes in a wide variety of meets in order to accommodate the needs of every swimmer on the team. Below is a brief explanation of each type of meet:

Intra-Squad Meet - This is a meet that involves only CWAC swimmers. This meet offers events and opportunities to meet the needs of our swimmers. For instance, we may hold a meet specifically designed to introduce developmental swimmers to competitive swimming.

Dual Meet - This is a meet between two teams and swimmers compete in individual events and relays.

Pentathlon - In this meet, swimmers compete in 5 events (freestyle, backstroke, breaststroke, butterfly, and individual medley). The distances vary depending on the meet and the age group. The times for all 5 events are added up and places in each age group are determined by the total time for all five events.

ISI Meet - This meet includes multiple teams and often spans several days. Each day is divided into sessions. Swimmers need to sign up for these meets well in advance and are required to pay entry fees. These meets are highly recommended for swimmers in the bronze, silver, gold and senior training groups. Swimmers in the blue groups are encouraged to attend when they are ready.

Conference Championship - CWAC is a member of the Windy City Conference with seven other teams. Two conference championships will be held each season (winter and summer). There are no time standards to compete in this meet and it serves as a championship meet for those who do not qualify for other meets with time standards. Swimmers may not compete in events in which they have regional times.

ISI Regional Meet - The state is divided into several regions and any swimmer who achieves a regional meet time standard may compete in that event as long as they have not qualified for the Age Group State or Senior State Championship Meet in that event. The age groups at this meet are: 10 & under, 11-12, 13-14 and Open. This meet is held during the short course and long course season in a 25-yard pool.

ISI State Age Group Championship Meet - This is the state championship meet for swimmers ages 14 and under. The age groups at this meet are: 10 & under, 11-12 and 13-14. Swimmers and relays that achieve at least one Age Group State qualifying time will compete in this meet. During the winter this meet is held in a 25-yard pool and in the summer is held in a 50-meter pool.

ISI Senior State Championship Meet - This is the state meet for all eligible qualifiers with no age restrictions. Swimmers and relays that achieve at least one Senior Championship qualifying time will compete in this meet. Everyone competes in the same age group. In winter, this meet is held in a 25-yard pool. In summer, it takes place in a 50-meter pool.

Zone Championship Meet - Swimmers with at least one AAA time may compete in this meet. Swimmers compete for Team Illinois. This is a championship meet with Team Illinois competing against eight other states in the Central Zone. Every Olympic year it is a Mega-Zone Meet where Team Illinois competes against all 16 states in the Central Zone. This meet is held in summer only (usually in early August). The age groups at this meet are: 10 & under, 11-12 and 13-14.

Sectional, NCSA & Futures Championship Meets - These are senior championship meets with the purpose of providing a glimpse at national level competition. Swimmers and relays that achieve at least one Sectional / NCSA / Future Championship qualifying time may compete in this meet. Everyone competes in the same age group. During the winter, this meet is held in a 25-yard pool. In the summer, it takes place in a 50-meter pool.

JR National Championship Meet - This is the 18 & under national championship. Swimmers and relays that achieve at least one Junior National Championship qualifying time will compete in this meet. Everyone competes in the same age group. The meet dates, standards and formats vary from year to year, but typically the winter meet is held in December in a 25-yard pool and the summer meet is in August in a 50-meter pool.

National Championship / US Open Meet - This is THE national championship. There are no age restrictions at this meet. This is the national team selection meet (the top finishers in each event are placed on the USA National Team that represents the United States in international competition). Every four years this meet doubles as the Olympic Trials. Swimmers and relays that achieve at least one National Championship qualifying time compete in this meet. Everyone competes in the same age group. The meet dates, standards and formats vary from year to year.

Olympic Trials – This meet is held every four years and takes place several months before the Olympic Games. There are no age restrictions at this meet, but swimmers must achieve an Olympic Trial cut in an event in order to compete. This meet serves as the selection meet for the United States’ Olympic Team.

OTHER INFORMATION ON MEETS

Missed Meets - Please notify your swimmer’s primary coach and the head coach as soon as possible if you cannot attend a meet that you signed up to attend. Giving coaches ample notice makes it much easier to make line-up and relay changes.

Away Meets - Swimmers are responsible for their own transportation to and from away meets unless the meet is a team bus / plane trip.

Coaches at Meets - The coaches rotate which meets they will attend. The number of coaches will usually depend on the number participants.

Parents at Meets – Parents are not allowed on the pool deck unless they are timing, volunteering or officiating. Please bring healthy snacks to meets for your swimmers. Parents should cheer and support all CWAC swimmers.

Volunteering at Meets – Typically our team needs to help time at meets that we both host and attend. Parents will be asked to volunteer their time throughout the year. Please be sure to review the volunteer commitment that is part of registration and is in the parent handbook. There are numerous ways to get involved and timing is a great way to learn the sport and help support the team.

Officiating at Meets – Parents interested in becoming an official must take a class to become certified. CWAC will pay for officials USA membership upon completion of their course work. Please check with the head coach for more information on becoming an official.

CWAC Group Criteria Explanation

These criteria were developed carefully and critically for several reasons. First, it is important to have set standards that must be achieved before a swimmer moves to the next level. This will ensure his/her success at the new level and sets an equal playing field for everyone. Second, when swimmers know what they need to achieve in order to progress in the program, they have an easier time setting goals for themselves. Third, this will help the team improve as a whole as each swimmer strives for specific standards. As each individual improves, the team improves. Finally, it is a goal of the program that each swimmer reaches his/her full potential.

When moving a swimmer from one practice group to another, the coaches will also take into account the swimmer's **level of commitment** to the sport, attendance, meet times, maturity and make sure that the swimmer is mentally ready for the next level. Swimmers may be promoted to the next training group at any time during the season and ultimately the coach has the final say as to when a swimmer is ready for the next group. Trial sessions may be offered to see how swimmers handle a different training group.

An important point to remember is that the coaches want to insure the success of each swimmer as they move from one practice group to another. **It not advisable to move a swimmer up to the next level when that swimmer is not ready**, regardless of mastering the outlined skill requirements. If a swimmer cannot maintain the standards listed for his/her practice group within the first four weeks of the season, he/she will be assigned to another practice group.

PLACEMENT & ADVANCEMENT TO THE NEXT PRACTICE GROUP

The following criteria are used as guidelines when placing and/or moving a swimmer from one practice group to another. Please note that the time standards below are meant to be used as a point of reference and other factors will be taken into consideration as previously noted.

In order to be placed on the Blue Level, swimmers must be able to perform the following skills:

Willingness to attempt dives and flip turns
Ability to focus for the entire practice session
Learn basic lane etiquette for practice and acclimation to use of a pace clock

- Blue I – Near 10 & Under 'B' Times
- Blue II – 4 Legal Strokes
- Blue III – Freestyle with side breathing, backstroke, understanding of fly and breast

In order to be placed in or moved to the Bronze Level, swimmers must be able to perform the following skills:

Freestyle and backstroke with good form
Legal butterfly and breaststroke (50 yards)
Forward and Backstroke start
Streamlines off all walls and after dives
Open turns (breaststroke and butterfly)
Flip turns (freestyle and backstroke)
Proficiency and understanding of basic drills of all strokes
Have the desire to participate in competitive swim meets

- Bronze I – 10 & Under Regional Times (3)

- Bronze II – 10 & Under ‘B’ Time Standards (3)
- Bronze III – 4 legal strokes

In order to be placed in or moved to the Silver Level, swimmers must be able to perform the following skills:

Freestyle and backstroke with good form
 Legal butterfly and breaststroke (100 yards)
 Proficient in starts (forward and back) and turns (flip and open)
 Streamlines off all walls (5 yards) and after dives
 Ability to maintain proper basic interval work in practice
 Proficiency and understanding of basic drills of all strokes
 Expectation to participate in competitive swim meets

- Silver I – 11-12 ‘AA’ Time Standards (3) – Outstanding stroke technique in all four strokes
- Silver II – 11-12 ‘BB’ Time Standards (3) – Technically sound in all four strokes
- Silver III – Near 11-12 ‘B’ Times

In order to be placed in or moved to the Gold Level, swimmers must be able to perform the following skills:

Racing starts with proper technique and breakouts
 Open turns for butterfly and breaststroke with correct technique and breakouts
 Flip turns for freestyle and backstroke with correct technique and breakouts
 Individual Medley turns with correct technique and breakouts
 Relay exchanges with proper technique
 Ability to read a pace clock and maintain proper interval in practice
 Proficiency in all stroke drills

- Gold I – 13-14 ‘AAA’ Time Standards (3) – Outstanding stroke technique in all four strokes
- Gold II – 13-14 Regional Time Standards (3) – Technically sound in all four strokes
- Gold III – Near 13-14 ‘B’ Time Standards

In order to be placed in or moved to the Senior / National Teams, swimmers must be able to perform the following skills:

Outstanding stroke technique in all four competitive strokes
 Ability to read a pace clock and maintain proper intervals in practice
 Proficiency in all stroke drills
 Calculate heart rate and relate to training charts
 Strong desire to compete on a state, sectional and national level
 Swimmers in these groups are required to maintain 85% practice attendance.

- National – NCSA Bonus Standard
- Senior I – Senior State Time Standards
- Senior II – Open Regional Time Standards
- Senior III – Near 15-16 ‘B’ Time Standards

CWAC Practice Groups

The CWAC program has 16 training group divided into 5 levels; Blue, Bronze, Silver, Gold and Senior. Each level is based on age and within each level swimmers are divided into practice groups according to ability level, group criteria, verifiable times, practice attendance, commitment and coach's recommendation. Each swimmer is allowed to progress at his/her own pace. As swimmers progress, they are allowed to move into more advanced training groups. Below is a basic description of each level and group, as well as criteria and requirements. This is a competitive swim team and swimmers are expected to participate in meets. All new swimmers must try out in order to participate on the team.

There is a 10 practice adjustment period allotted for each group at the beginning of *each* season.

Group dynamics will change and require adjustments each season and with it so do swimmers. During this 10 practice adjustment period coaches will be taking a strong evaluation of their group to ensure all swimmers are properly placed. While it is never a goal to move swimmers down this is an adjustment that may occur to ensure that the swimmer is able to fully grow and succeed. Please respect the advice of the coaching staff; all of the CWAC staff are very experienced coaches and only have the best interest of the swimmers in mind.

Following the level descriptions is a flow chart to help parents and swimmers to see the progression from one group to the next.

Wolfpack Swim School – Ages 3-12

The Wolfpack Swim School offers a five level system for swimmers up to age 12. The program is designed to give all participants a comprehensive introduction to the water and the world of swimming. The swim school strives to teach water safety as well as proper swimming technique with the goal of preparing swimmers to join the team. Our instructors are highly qualified and trained using our proven teaching philosophy and tiered lesson curriculum. A Pack Prep level is offered for those swimmers looking to compete in swimming and who have knowledge of all their strokes.

Blue Level – Ages 8 & Under

This is an instructional level that introduces swimmers to all aspects of swimming. All practices involve instruction on proper swimming technique, body positioning, starts and turns. Swimmers are able to learn how enjoyable the sport is while building confidence in their abilities. Swimmers are encouraged to start participation in meets. Please note that this is not a learn-to-swim program and should not be thought of as swim lessons.

Bronze Level – Ages 9-10

This level is for swimmers familiar with all four strokes and continues to build on developing and refining their technique. Swimmers become accustomed with using the pace clock and doing sets with intervals. Training becomes more intense with an introduction to goal setting and drylands. Swimmers should begin to participate in swim meets.

Silver Level – Ages 11-12

This level continues to build on swimming technique while introducing swimmers to competitive swimming and training. Conditioning training increases as each swimmer progresses and swimmers continue to emphasize swimming technique while building an aerobic base. Swimmers begin using more training equipment in addition to more interval work and drylands. Meet and practice attendance requirements may be established by the coaches.

Gold Level – Ages 13-14

This level is the entry point for senior swimming and is for swimmers looking to improve their technique with a significant portion of practice time devoted to aerobic training. Dryland and equipment usage are common as swimmers are challenged to push themselves both physically and mentally. Goal setting and accountability are an important part of this level. Meet and practice attendance requirements will be established by the coaches

Senior Level – Ages 15 & Over

Swimmers in these groups are highly proficient in all four competitive strokes. Continued emphasis is placed on swimming technique, and a significant amount of time is devoted to conditioning and training. Training will encompass all energy systems as well as stroke specific and distance work. Practices are difficult both physically and mentally. Swimmers in these groups should desire to compete at a state, sectional and national level and are required to participate in the highest level meet for which they qualify. Double practices and drylands sessions are part of the training at the higher levels. These are year round training groups and swimmers are expected to fully commit to the training programs. Swimmers and parents will have a meeting with the head coach to discuss expectations before being placed in these groups.

Wolfpack Team Accomplishments

75 College Swimmers including NCAA Championship Qualifiers at the D1, D2 and D3 levels.

Division 2 & 3 All-Americans

Division 3 National Champion

192 Individual State Championships

28 National Top 100 All Time swims

4 National Record Breaking Swim

53 State Record Breaking Swims

44 Scholastic Academic All-American Awards

62 Top 10 Finishes on the Annual USA Swimming National Top Times Report

Athletes making the 18&U World Top 100 list – 2019

Illinois Age Group State Team Champions—2018 SCY, 2018 LCM, 2019 SCY, 2019 LCM

2017 USA Futures Men's Champions

2015 Illinois LCM Combined Senior State Champions

2015 Illinois LCM Girls Senior State Champions

Second Place Age Group State Team – 2016 LCM, 2017 SCY, 2017 LCM

Third Place Age Group State Team – 2014 LCM, 2015 SCY, 2015 LCM, 2016 SCY

USA Swimming Bronze Medal Team – 2018 & 2019

USA Swimming Silver Medal Team – 2020

Top 10 Finish Boys – Winter Juniors – 2017, 2018, 2019