

Wheaton Warrenville High School Co-op

Swimming and Diving

2009-10 Boys Team Handbook

Welcome and Team Overview	2
Practice & Meet Info	4
Team Records	5
Top Times	6
Fees Information	7
Time Standards	8
Checklist	9
Code of Conduct*	10
Swimmer Data Form and Survey*	11
Parent Volunteers and Information*	12

*Forms to be returned to a coach by Monday, Nov 30, 2009

Wheaton-Warrenville High School Boys Swimming and Diving

Welcome to the Wheaton-Warrenville High School Boys Swimming and Diving Co-op. The Team is made up of swimmers and divers from Wheaton North and Wheaton-Warrenville South High Schools. All swim practices are held at Wheaton College unless you are notified otherwise. All weight training is done at WNHS and WWSHS.

THE COACHING STAFF

	<u>Coach</u>	<u>Email</u>	<u>Phone</u>
Head Coach:	Jacob Ayers -	coaches@wheatonswimming.com	630 / 752-5770
Diving Coach:	Holly Higgins	coaches@wheatonswimming.com	630 / 752-5770
Assistant Swim Coach:	Brian Larkin (girls only)	coaches@wheatonswimming.com	630 / 752-5770
Team Website:	www.wheatoncoop.com		

LEVELS OF PARTICIPATION*

Varsity "A" - approximately 18-24 swimmers in 4 lanes (any grade level); emphasis is heavy training along with stroke technique refinement; eligible for all meets; meet attendance is mandatory.

Varsity "B" - approximately 18 swimmers in 3 lanes (any grade level); emphasis is stroke technique refinement and training; eligible for all meets with JV division; meet attendance is mandatory. **(girls season only)**

Junior Varsity - approximately 20 swimmers in 4 lanes (any grade level); emphasis is stroke instruction and aerobic conditioning; instruction given in shallow (20-yard) pool during girls season; participation in away meets may be limited; meet attendance is mandatory

Diving - approximately 7 divers; multiple levels (V, JV, F/S) are offered at many meets; eligible for all meets as assigned by diving coaches; meet attendance is mandatory.

*Athletes may change levels during the season based on practice and meet performances. Squad assignments and cuts (if necessary) will be made within the first week of practice.

PRACTICES (first practice is Nov 23, 2009)

VARSIITY

Swimming:

Nov 23-Feb 4: practices at Wheaton College 2:00 - 4:30 p.m. Mon. through Fri.

(Note – see online calendar for the week of Thanksgiving break)

Dec 21 – Jan 2 Holiday Break Schedule – required workouts (see online calendar)

Saturdays 2 hrs tba to accommodate meet schedule

Weights / Running / Dryland:

Monday, Thurs (WWSHS), 6:00 - 6:55 a.m. for South only (see calendar for exceptions)

Wed, Friday (WNHS) 6:00 - 6:55 a.m. for North only (see calendars for exceptions)

JUNIOR VARSITY –

Swimming:

Nov 23-Feb 4: practices at Wheaton College 2:00 - 4:00 p.m. Mon. through Fri.

(Note – see online calendar for the week of Thanksgiving break)

Dec 21 – Jan 2 Holiday Break Schedule – required workouts (see online calendar)

Saturdays 2 hrs tba to accommodate meet schedule

Weights / Running / Dryland optional with varsity

Saturday swimming TBA to accommodate meet schedule

Diving-

Diving:

Nov 23-Feb 4: practices at Wheaton College 2:00 - 4:00 p.m. Mon. through Fri.

(Note – see online calendar for the week of Thanksgiving break)

Dec 21 – Jan 2 Holiday Break Schedule – required workouts (see online calendar)

Saturdays 2 hrs tba to accommodate meet schedule

REQUIREMENTS AND POLICIES

Physicals and Forms.

Each athlete must have a physical on file before he/she is allowed to participate in any practices. A parental release and emergency contact phone number must also be on file with your school.

Team Fees.

Fees should be paid to your respective Athletic Department. Your team fee includes your **school fees** (\$100 payable to your school), and **equipment fees**: 2 caps, one suit, and one T-shirt (\$78 payable to WWSHS for girls; \$65 payable to WWSHS for boys). Extra shirts for parents and fans may be ordered for \$14. Please write two separate checks for these amounts. All fees must be on file before team suits and shirts are ordered on the first Friday of the season. Please see a coach with any financial concerns.

Registration.

Please arrange for early release with your counselor. You must have PE or Study Hall last hour in order to accommodate our practice schedule.

Transportation.

We will need both student drivers and parent volunteers to transport the team each day from WNHS and WWSHS to Wheaton College. If you drive to practice at any time during the year, you must submit a description of your car to one of the coaches. This will allow you to have a visitor's pass at Wheaton College. If you carpool with an older student, please help them with transportation costs. No student driver is allowed to stop between school and Wheaton College without permission for any reason. All athletes must take the team bus to away meets under all circumstances. Athletes may ride home with their own parents with written permission.

Grades.

The policies of District 200 will be enforced. Grades are sent weekly from the Athletic Department to the coaching staff. **KEEP YOUR GRADES UP! Please see a coach with any academic problems.**

Apparel and equipment.

You must practice in one (or more) one-piece Speedo-type swimming suit(s). Goggles are optional, but highly recommended. Wear a cap in practice if you have long hair. Team suits and caps must be worn at all meets. You may purchase and wear your own racing suit (aquablade, fastskin, etc.) for championship meets (DVC, Sectionals, State). Bring a water-bottle with you each day to practice. Boys may practice and race in the same (drag) suit.

Lockers.

Please supply your own lock to use during practice. You may not store items overnight in a Wheaton College locker. Key-Lockers which require a quarter are also available (you get the quarter back when you return the key). Do not leave anything in the locker room unlocked or unattended.

Practice Attendance.

Three unexcused absences will lead to dismissal from the team. You must have 85% attendance (excused and unexcused) to compete in meets (this includes summer break practices!). A tardy equals one-half of a practice. Excused practices include family emergencies, illnesses, etc. Do not come to practice if you do not attend school. Please plan make-up exams / help sessions / doctors appointments for before or during school when possible. Remember that we begin swimming at 2:00 - not 2:05.

CONDUCT

- Be humble in both victory and defeat; behave with class and pride.
- Remember that you represent your school and your city at all times.
- Treat all coaches, officials, and other authority figures with respect - this includes personnel from other teams!
- Treat all your opponents as equals and peers, especially if they are not your athletic equals.
- Remember that we are guests at Wheaton College. Please go the extra mile to respect the property and people of the College. No act of vandalism will be tolerated.
- Drug and alcohol use will be dealt with according to the athletic code of both WWSHS and WNHS.

Practice & Meet Info - Driving Directions and More

Wheaton College Student Recreation Center

(Chrouser Aquatic Center)

601 E Kenilworth

630.752.5000 (general information line)

The pool is located at the corner of Chase and Kenilworth across from the tennis courts.

Wheaton Warrenville South High School

1993 Tiger Trail

630.784.7242

(corner of Wiesbrook and Butterfield)

Wheaton North High School

1 Falcon Way

630.784.7319

Meet Directions

All driving directions for away meets are found online on the team website at www.wheatoncoop.com.

Meet Transportation

All athletes must ride the team bus/van to all away meets. Athletes who miss the bus are ineligible to compete in that meet, except under very rare circumstances. Athletes may ride home with a parent or guardian with a written note only, or by having a parent speak directly with a coach at the end of a meet. Athletes may not transport themselves to or from meets under any circumstances.

Meet Spectators

We encourage as many fans to attend our meets as possible. It is community support and spirit which makes our sport exciting! Parents usually sit together at meets and wear team shirts to help cheer the team on.

Practice Observation and Home Meets

Swim team practices are not "closed" to spectators. All spectators are asked to observe from the balcony of the pool, and not to disturb the workout except in emergency situations. Wheaton College asks that during both practice and meets, the running track and the windows along the north and east side of the pool be kept free from spectators. The college also would like to keep the main entrance hall as free from congestion as possible.

Team Records

Team Records

	Team Records – All Time			Co-op Records – Since 2000		
	Time	Name	Year	Time	Name	Year
50 free	21.95	Brian Sivak	2008	21.95	Brian Sivak	2008
100 free	46.66	Will Schaffer	2004	46.66	Will Schaffer	2004
200 free	1:42.06	Sean Brown	2009	1:42.06	Sean Brown	2008
500 free	4:33.76	Will Schaffer	2005	4:33.76	Will Schaffer	2005
100 fly	50.66	James Graves	2000	51.85	Collin Hogan	2009
100 back	53.81	Collin Hogan	2009	53.81	Collin Hogan	2009
100 breast	58.64	Ryan Oleson	1996	59.73	Matt Quigley	2004
200 IM	1:52.03	Will Schaffer	2005	1:52.03	Will Schaffer	2005
200 med relay	1:38.68	Jeremy Lederhouse Matt Quigley Will Schaffer Robert Noll	2003	1:38.68	Jeremy Lederhouse Matt Quigley Will Schaffer Robert Noll	2003
200 free relay	1:29.51	Brown Zacharias Hogan Sveen	2009	1:29.51	Brown Zacharias Hogan Sveen	2009
400 free relay	3:12.56	Brown Hogan Sveen Long	2005	3:12.56	Brown Hogan Sveen Long	2005
Diving (6)	235.70	George Doran	2009	235.70	George Doran	2009
Diving (11)	425.75	Tristan Oleynik	2005	425.75	Tristan Oleynik	2005

School Records

	WWSHS Records – All Time			WNHS Records – All Time		
	Time	Name	Year	Time	Name	Year
50 free	21.95	Brian Sivak	2008	22.75	Holden Zacharias	2009
100 free	46.66	Will Schaffer	2004	50.99	Mitch Braam	2001
200 free	1:42.06	Sean Brown	2009	1:44.82	Collin Hogan	2009
500 free	4:33.76	Will Schaffer	2005	4:55.38	Mitch Braam	2000
100 fly	50.66	James Graves	2000	51.85	Collin Hogan	2009
100 back	53.89	Dan Doran	2008	53.81	Collin Hogan	2009
100 breast	59.73	Matt Quigley	2004	58.64	Ryan Oleson	1996
200 IM	1:52.03	Will Schaffer	2005	1:59.64	Steve Sissler	1992
Diving (6)	235.70	George Doran	2009	210.02	Drew Baker	2006
Diving (11)	425.45	Tristan Oleynik	2005	330.35	Drew Baker	2006

Frosh Soph Records

	WWSHS Records – All Time		
	Time	Name	Year
50 free	22.69	Will Schaffer	2003
100 free	47.91	Will Schaffer	2003
200 free	1:44.82	Collin Hogan	2009
500 free	4:46.46	Carl Sveen	2007
100 fly	51.85	Collin Hogan	2009
100 back	53.81	Collin Hogan	2009
100 breast	1:01.23	Robert Noll	2001
200 IM	2:00.14	Dan Long	2009
200 med rel	1:47.11	Zacharias, Schlenker, Brown, Long	2008
200 free relay	1:33.86	Zacharias, Schlener, Brown, Long	2009
400 free relay	3:22.41	Doran, Sivak, Kadlec, Brown	2006
Diving (6)	235.70	George Doran	2009
Diving (11)	425.45	Tristan Oleynik	2005

50 free			
1	Brian Sivak	21.95	08
2	SEAN BROWN	22.31	09
3	Will Schaffer	21.35r	05
4	Clayton Heinrich	22.56	05
5	HOLDEN ZACHARIAS	22.75	09
6	Dan Doran	21.86r	08
7	Jeremy Lederhouse	22.95	03
8	Robert Noll	23.10	03
9	CARL SVEEN	22.11r	09
10	Rob Donisch	22.17r	05
200 free			
1	SEAN BROWN	1:42.06	09
2	Will Schaffer	1:44.58	05
3	COLLIN HOGAN	1:44.82	09
4	CARL SVEEN	1:45.70	09
5	Mitch Braam	1:47.08	01
6	Bill Chance	1:47.09	88
7	Clayton Heinrich	1:48.29	02
8	Brian Sivak	1:48.81	08
9	Keith Conrad	1:49.12	05
10	Todd Breitzke	1:50.09	00
100 fly			
1	James Graves	50.66	00
2	Gardner Howland	51.71	78
3	COLLIN HOGAN	51.85	09
4	Will Schaffer	52.03	05
5	Rob Donisch	52.87	05
6	Clayton Heinrich	53.73	05
7	Chris Wayne	54.02	05
8	DAN LONG	54.37	09
9	Dan Doran	54.64	08
10	Bill Orton	55.56	01
100 breast			
1	Ryan Oleson	58.64	93
2	Matt Quigley	59.73	04
3	RYAN FREDERICKSON	59.86	09
4	Robert Noll	1:00.30	03
5	David Farr	1:01.52	78
6	Miles Bocianski	1:01.61	08
7	Will Schaffer	1:01.98	05
8	HOLDEN ZACHARIAS	1:02.65	09
9	Keith Conrad	1:02.67	05
10	Jason Maddux	1:04.29	04
Diving - 6			
1	GEORGE DORAN	235.70	09
2	Tristan Oleynik	218.10	05
3	Eric Novitsky	210.95	08
4	Drew Baker	210.05	06
5	Jeremy Schneider	207.40	08
6	MARK CIESIELSKI	198.25	09
7	Jason Stelzer	195.05	05
8	DARREN FILL	172.50	08
9	MATT NOLAN	166.90	09
10	Brian Plass	165.50	04

100 free			
1	Will Schaffer	45.02r	05
2	SEAN BROWN	47.07	09
3	Clayton Heinrich	48.47	05
4	Dan Doran	48.58	08
5	Brian Sivak	47.71r	08
6	CARL SVEEN	48.12r	09
7	COLLIN HOGAN	48.21r	09
8	Jeremy Lederhouse	50.00	02
9	DAN LONG	49.11r	09
10	Tyler Cole	49.64r	07
500 free			
1	Will Schaffer	4:33.76	05
2	SEAN BROWN	4:37.68	09
3	CARL SVEEN	4:41.11	09
4	Ryan Frederickson	4:50.01	07
5	James Graves	4:50.02	98
6	COLLIN HOGAN	4:53.55	09
7	Chris Wayne	4:53.72	05
8	Mitch Braam	4:55.38	00
9	Dan Doran	4:55.79	06
10	Brian Sivak	4:57.42	08
100 back			
1	COLLIN HOGAN	53.81	09
2	Dan Doran	53.89	06
3	Brian Sivak	54.09	08
4	Will Schaffer	54.34	05
5	Jeremy Lederhouse	55.00	02
6	JACK SCHLENKER	57.48	09
7	Rob Donisch	58.25	04
8	DAN LONG	58.45	09
9	Dave Tonyan	58.90	05
10	RYAN FREDERICKSON	58.93	09
200 IM			
1	Will Schaffer	1:52.03	05
2	Gardner Howland	1:54.19	78
3	James Graves	1:55.76	00
4	Rob Donsich	1:58.75	05
5	RYAN FREDERICKSON	1:58.89	09
6	Steve Sissler	1:59.39	92
7	DAN LONG	2:00.14	09
8	CARL SVEEN	2:02.46	08
9	SEAN BROWN	2:04.33	09
10	Bill Orton	2:04.56	02
Diving - 11			
1	Tristan Oleynik	425.45	05
2	GEORGE DORAN	412.35	09
3	Eric Novitsky	396.40	08
4	Jason Stelzer	379.30	05
5	MARK CIESIELSKI	350.75	09
6	Drew Baker	330.35	06
7	DARREN FILL	323.55	09
8	Steve Schwab	320.65	06
9	Jeremy Schneider	311.50	08
10	Tom Linford	289.80	07

Fees Information

KEEP THIS SHEET. It is to help you keep track of our fees.

Apparel and Team Fee Summary

1. **User Fee:** **\$100.00** made payable to your school
(paid by all sports at both schools)
Give your user fee to your athletic department.

2. **Team Fee:** **\$65.00** made payable to WWSHS
(plus any fees below which are not included in team fees)
Give your team fee to your athletic department.

Items Included in Team Fee:

Team Shirt
Team Suit (meets)
Team Caps

Items NOT included in Team Fee

Parent Shirt	\$15.00 per shirt. AVAILABLE AT PARENT MEETING
Training Suit	\$30.00 - \$37.00 depending on what we order. Not a bad idea as practice / meet suits wear down and we can get them cheaper if we buy as a team (plus we'll look sharp if we all practice in similar suits) BOYS WILL ORDER DURING FIRST WEEK OF PRACT
Taper Suit	\$45.00 - \$150.00 depending on what you order. Many swimmers for their final meet of the season will buy a faster, more water-resistant suit to optimize performance. This is completely optional; the coaching staff will take orders and pick up the suits for you in the days leading up to the last meet.

KEEP THIS SHEET. It is to help you keep track of our fees.

Mandatory Fees		
	User Fee (payable to your school)	\$100.00 per student
	Team Fees (separate check payable to WWS)	\$65.00 per student
Optional Fees		
	Training suit (\$xx.00 per suit)	_____
	Parent Shirt (\$14.00 per shirt)	_____
	Taper Suit (to be paid at a later date)	to be paid later
Summary		
	Check #1:	\$100.00 payable to your HS
	Check #2:	\$78.00 payable to WWSHS plus:
	Optional fees total (see above):	_____
	Check #2 total:	_____

Please see a coach or your athletic director with any financial concerns. No one will be kept from participating due to financial reasons.

Standards

Varsity Time Standards 2009-10

50 free	24.99
100 free	54.99
200 free	2:02.99
500 free	5:49.99
100 fly	1:02.99
100 back	1:02.99
100 breast	1:12.99
200 IM	2:16.99
Diving – 11	coaches' discretion

To earn a varsity letter you must accomplish all of the following:

1. Have perfect attendance. This includes morning workouts. Notify a coach of any excused absences (doctor's appointments, etc). If you don't attend school due to an illness, do not attend practice. A grace limit of 15% is built in to account for illnesses and excused absences. This means you must make 17 out of every 20 practices to earn a letter.

2. Exhibit championship behavior each day in practice and at meets. For juniors and seniors this means team leadership and setting good examples for the underclassmen. For all team members this means not sitting at the walls in sets, completing workouts, giving 100% effort every day, etc.

3. Achieve one of the time standards above or compete for Wheaton at the Sectional Championships. Varsity swimmers from last year should also have goals to improve over last year's sectional / state performances.

Ultimately, varsity awards are at the discretion of the coaching staff. Certain requirements may be waived under some circumstances.

2009-10 IHSA State Championship Time Standards

All athletes who equal or exceed these standards in the sectional meets qualify automatically for the state final meet:

NOTE: Bolded events have changed their qualifying standards from last year.

200 Yard Medley Relay	1:40.23
200 Yard Freestyle	1:46.59
200 Yard Individual Medley	2:00.68
50 Yard Freestyle	:22.21
100 Yard Butterfly	:53.80
100 Yard Freestyle	:48.69
500 Yard Freestyle	4:50.25
200 Yard Freestyle Relay	1:29.58
100 Yard Backstroke	:55.07
100 Yard Breaststroke	1:02.19
400 Yard Freestyle Relay	3:16.96

Per IHSA rules, state-qualifying times must be achieved at the sectional championship meet to qualify for the State Championships. Sectional winners advance automatically to the State meet

Diving: Sectional winners advance automatically to the State meet. The next 32 divers who score higher than the lowest sectional winner also advance as "at large" divers.

Checklist

**Wheaton High School Swimming and Diving
Parent Checklist and T-shirt Order Form 2009-10**

1. The following must be turned in to your school before an athlete may practice:

(all available at your schools' athletic office)

- Physical Form
- Parental Release
- Emergency Contact form

2. Turn in team fees, school user fees, and extra T-shirt orders by the first Friday of practice

**Please make two separate checks to your school (user fee) and WWSHS (team fee).*

**Team Fee includes athletes' swim suit, T-shirt, and swim caps.*

- User Fee (\$100)
- Team Fee (\$65)
- Parents' t-shirts (\$14 / shirt)
- Training suit (\$xx.00)

Parents can order extra team t-shirts to wear to meets. Athletes' shirts are included in the team fees. Parents' shirts cost \$14 each and must be paid for at the same time as the athletes' shirts. Swimmers can order a training suit for \$33.00 (not a bad idea as we get a team discount and meet suits wear out quickly if worn in practice). This should also be added to your team fees (meet suits are included in team fees already).

Please return THIS ENTIRE FORM to one of the coaches by the first Friday of Practice at the latest. We will order suits and shirts ON THAT DAY, and WILL NOT PLACE ADDITIONAL ORDERS.

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Please make checks payable to either WNHS or WWSHS and add your total below to your team fees.

Do not give your checks to a coach... take it to your school! Bring this form to a coach.

-Thanks for supporting the team!!

=====

Parent T-Shirt Order Information

NOTE: parent t-shirts are available from the coaches at the parent meeting or in the team office.

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This entire form must be returned by the first Friday of practice!!

Code of Conduct

Wheaton Co-op Swimming and Diving Practice & Meet Guidelines
2009-10

This form must be returned to your coach by the end of the first week of practice before you will be allowed to continue practicing.

The following stipulations apply to training and competing on the Wheaton High School Co-op Swimming and Diving Team.

Team cuts (if necessary) will be made after the first week of practice. Cuts will be made based on the number of swimmers which the Wheaton College Aquatics center can safely accommodate. Cuts may also be necessary to create an optimal coach-to-swimmer ratio. Athletes' competitive background, practice attendance, grade level, and work ethic will all be taken into consideration when cuts are made.

The swim team will have 3 levels: Junior Varsity (girls only), Varsity "B," and Varsity "A". The JV level will carry between 16 and 20 swimmers in 4-5 lanes (shallow water). The Varsity "B" level will carry 18 - 24 swimmers in 3 lanes (deep water). The Varsity "A" level will carry 16 - 20 swimmers in 4 lanes (deep water). The diving squad will carry approximately 7 divers. Team Fees will be refunded only if you are cut from the team.

Unexcused absences (skipping practice) will not be tolerated. The first two unexcused absences will result in the athlete missing the next competition. The third unexcused absence will result in dismissal from the team. Unexcused tardiness is considered the same as absences. Because you leave school early, swim team is considered the same as a class at school.

Excused absences are sometimes unavoidable. When possible, notify your coach if you need to miss practice. Excused absences include college visits, family emergencies, health emergencies, etc. Do not schedule College Visits during meets or practice when possible. Schedule doctors appointments around your practice schedule whenever possible. If you need extra help from a teacher, you have two options: meet with that teacher outside of practice time (i.e. before school) or ask one of the coaches for help (we are all either teachers or professionals and are more than willing to help!).

You must have 85% attendance (excused and unexcused) to participate in meets. Being late (we will start swimming at 2:00 p.m.) equals missing half of a practice. Do not stop at home or anywhere else between school and practice. No student driver is allowed to make any stops for any reason. Stopping on the way to practice will result in the whole carpool missing the next competition. Do not put other athletes' safety and team standing in jeopardy.

Give 100% at all times. You will never know what you can achieve unless you give it all in practice.

Please sign and return to a coach on or before the date above indicating that you have read and understood the team guidelines (including behavioral guidelines outlined in the team overview and by your school), and that you will follow them. A copy will be made for you to keep.

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____

Swimmer Data & New Swimmer Survey

Swimmer Form 2009-10

Note: All Swimmers must complete this form and return it by the first Friday of practice.

Check here if your information has changed from last year

Last Name	First Name	Middle Name
Birthday	School	Swim or Dive?
Mother's Name	Mother's Home Phone	Mother's Work Phone
Father's Name	Father's Home Phone	Father's Work Phone
Home Address	City	Zip

=====

New Swimmer Information (Freshmen and other new swimmers only)

1. Describe your competitive swimming or diving experience:

2. What other aquatics experience do you have (life guarding, scuba, etc.)?

3. Would you be interested in information about year-round swimming or diving?

4. How did you first hear about your high school team?

5. What do you hope to contribute to this team?

Parent Volunteer Sheet

Wheaton High School Swimming and Diving 2003-04
Dear Parents,

We will need your help to make this year successful. Your help will be needed both at Meets and on a daily basis. The boys will have two home meets this year:

tba	tba	tba	time tba	@ Wheaton College
tba	tba	tba	time tba	@ Wheaton College

Below are the positions we need filled with a brief description. After all the forms have been returned, you will receive information telling you when to arrive for each job. This will also be posted on our team website.

- Head Timer** *(supervises and organizes all timers; should have previous experience)*
- Announcer** *(announces each event and swimmers)*
- Scorekeepers** *(paper-based method of tallying results; very simple yet extremely important)*
- Timing System Operator** *(electronic timing system operations; should have previous experience or be willing to shadow someone else)*
- Timers** *(stopwatch operator behind each lane)*
- Hospitality** *(very limited at dual meets – help distribute drinks etc.)*
- Decorations** *(pool and lockers)*
- Photographer / Video-taper**
- Meet set-up / tear down** *(arrive early or stay late to help move lane-lines, set-up chairs, etc).*
- Senior Gift Coordinators** *(work hand-in-hand with Junior team members to make Senior Nightspecial)*

Siblings, other family members, and friends are welcome to help as well.

=====

Name : _____	Name: _____	Name:: _____
Job: _____	Job: _____	Job: _____
Meet(s): _____	Meet(s): _____	Meet(s): _____

=====

We will also need parents to help with various tasks throughout the year. We will need help locker signs; yard signs; carpools; and team parties. Please don't hesitate to suggest something that is not on this list!

Name / Phone Number: _____

School: _____

Yes, I can drive a **carpool** from one of the High Schools to Wheaton College.

I am available on the following days of each week (please circle): M T W Th F

I can fit this many drivers in my car (besides the driver): _____

Yes, I would like to host a **team party** at my house. Please inform me of the dates and times.

November 2009						
1	2	3	4	5	6	7
	Swim/Dive 2-4	Swim/Dive 2-4	Swim/Dive 2-4	Swim/Dive 2-4	Swim/Dive 2-4	tba
8	Swim/Dive 2-3:30	Swim/Dive 2-3:30	Swim/Dive 2-3:30	Swim/Dive 2-3:30	Swim/Dive 2-3:30	IHSA Sectionals details Portillos Party After Sectionals
15	Swim/Dive 2-3:30	Swim/Dive 2-3:30	Swim/Dive 2-3:30	Swim/Dive 2-3:30	IHSA State Prelims	IHSA State Finals
22	BOYS SEASON STARTS Regular Practice 2:00 start at Wheaton College Practice Info	8-10:00 a.m. at Wheaton College	8-10:00 a.m. at Wheaton College	Thanksgiving - no practice	1-3:30p at Wheaton College	10a-12:30p at Wheaton College
December 2009						
Nov 30	Nov 31	1	2	3	4	5
	Regular Practice Link to Regular Schedule NO WEGIHTS	Regular Practice Link to Regular Schedule	Regular Practice Link to Regular Schedule FIRST DAY OF WEGIHTS	Regular Practice Link to Regular Schedule	Regular Practice Link to Regular Schedule	York Meet Meet Details
6	7	8	9	10	11	12
13	14	15	16	17	DGS Diving Invite	DGS Swimming Invite
20	21	@ West Chicago	23	24	25	26
					Christmas Day - no practices	
27	28	29	30	31	1	2
					New Year's Day - no practices	