

# Wheaton Warrenville High School Co-op **Swimming and Diving**

## 2010-11 Boys Team Handbook

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:	<a href="http://www.wheatoncoop.com">www.wheatoncoop.com</a>		

### 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 22, 2010)

#### **Swimming - VARSITY & JUNIOR VARSITY**

Nov 22-Feb 3: practices at Wheaton College 2:00 - 4:30 p.m. Mon. through Fri.

(Junior Varsity finishes at 4:00 p.m. each day)

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

Dec 20 – Jan 1 Holiday Break Schedule – required workouts (see online calendar)

Saturdays 2 hrs tba to accommodate meet schedule

#### Weights / Running / Dryland:

MWF (WWSHS), 6:00 - 6:55 a.m. (see online calendar for exceptions)

MWF (WNHS) 6:00 - 6:55 a.m. (see online calendars for exceptions)

#### **Diving-**

Nov 22-Feb 3: practices at Wheaton College 2:00 - 4:00 p.m. Mon. through Fri.

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

Dec 20 – Jan 1 Holiday Break Schedule – required workouts (see online calendar)

Saturdays 2 hrs tba to accommodate meet schedule see online team calendar

**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 must be paid as outlined below. Your team fee includes your **school fees** (\$150 payable to your school), and **equipment/team fees**: 2 caps, one suit, and one T-shirt (\$85 payable to your school for girls; \$65 payable to your school for boys). Extra shirts parent shirts may be purchased from the coaches. Please see a coach with any financial concerns.

	User Fee	Payable To	Give Check To:	Team Fee	Payable to	Give Check To:
North Boys	\$150	WNHS	Athletic Dept	\$65	WNHS	Coach
South Boys	\$150	Complete online	Complete online	\$65	WNHS	Coach
Due Dates	Dec 10, 2010			Dec 3, 2010		

**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 you 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](http://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 a 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.

**Holiday Practices**

Practices the week of Thanksgiving, Christmas and New Years are listed below. These are required practices

Nov 2011						
S	M	T	W	Th	F	S
21	22 2-4:00p Wheaton College Begin with team meeting - on pool deck in swim attire	23 8-1030a Wheaton College	24 8-1030a Wheaton College	25 No practice	26 1-3:30p Wheaton College	27 10-1230a Wheaton College

Dec 2011						
S	M	T	W	Th	F	S
19	20 Swim 8-930 WC Dryland 930-10 WC Swim/Dive 1-3 WC	21 Weights 630-715 WWS Swim 8-930 WC Home Dual vs West Chicago	22 Weights 630-715 WWS Swim 8-930 WC Swim/Dive 1-3 WC	23 Weights 630-715 WWS Swim 8-930 WC Swim/Dive 1-3 WC	24 Swim 8-11 No pm pract	25 Christmas Day - no practices
26	27 Swim 8-930 WC Dryland 930-10 WC Swim/Dive 1-3 WC	28 Weights 630-715 WWS Swim 8-930 WC Swim/Dive 1-3 WC	29 Weights 630-715 WWS Swim 8-930 WC Swim/Dive 1-3 WC	30 Weights 630-715 WWS Swim 8-930 WC Swim/Dive 1-3 WC	31 Swim 8-11 no pm pract	1 New Year's Day - no practices

## Standards

### Varsity Time Standards 2010-11

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.**

### 2010-11 IHSA State Championship Time Standards

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

#### **BOYS STANDARDS 2011**

200 Medley Relay	1:39.33
200 Free	1:45.88
200 IM	1:59.50
50 Free	22.07
100 Butterfly	53.45
100 Free	48.43
500 Free	4:49.01
200 Free Relay	1:28.70
100 Back	54.63
100 Breast	1:01.50
400 Free Relay	3:15.81

*\* Indicates the use of last year's qualifying standard.*

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.

### 2010-2011 Schedule

**NOTE:** For more details, bus departure times, and more , see [www.wheatoncoop.com](http://www.wheatoncoop.com)

Date	Day	Event	H/A	Time	Who?	Location
12/4/2010	Sat	vs. York	A	10:00 AM	All	YORK
12/9/2010	Th	vs. NAPERVILLE NORTH	A	5:00 PM	All	NAPERVILLE NORTH
12/17/2010	Fri	vs. DGS DIVE AND SWIM INVITE	A	5:00 PM	Divers	DGS DIVE AND SWIM INVITE
12/18/2010	Sat	vs. DGS DIVE AND SWIM INVITE	A	10:00 AM	Varsity Swimmers	DGS DIVE AND SWIM INVITE
12/21/2010	Tue	vs. WEST CHICAGO	H	5:00 PM	All	WHEATON COLLEGE POOL
1/4/2011	Tue	vs. NAPERVILLE CENTRAL	A	5:00 PM	All	NAPERVILLE CENTRAL
1/8/2011	Sat	vs. HORNET COLLEGE EVENTS VAR SWIM MEET	A	7:30 AM	Varsity Swimmers & Divers	HORNET COLLEGE EVENTS VAR SWIM MEET
1/15/2011	Sat	vs. LAKE PARK & BENET (Senior Night)	H	10:00 AM	All	WHEATON COLLEGE POOL
1/21/2011	Fri	vs. LOCKPORT INVITE	A	4:30 PM	Varsity Divers	LOCKPORT INVITE
1/22/2011	Sat	vs. LOCKPORT INVITE	A	9:00 AM	Varsity Swimmers	LOCKPORT INVITE
1/25/2011	Tue	vs. WEST AURORA	A	5:00 PM	All	ILLINOIS MATH & SCIENCE ACAD
2/4/2011	Fri	vs. DVC MEET - DIVING	A	5:00 PM	All divers	tba
2/5/2011	Sat	vs. DVC MEET - SWIMMING (WA)	A	10:00 AM	All swimmers	tba
2/12/2011	Sat	vs. HOMEWOOD-FLOSSMOOR DIVING INVITE	A	10:00 AM	Varsity divers	tba
* 2/19/2011	Sat	vs. IHSA SECTIONALS	A	TBD	Varsity swim & dive	IHSA SECTIONALS
* 2/25/2011	Fri	vs. IHSA STATE FINAL	A	TBD	qualifiers	IHSA STATE FINAL
* 2/26/2011	Sat	vs. IHSA STATE	A	TBD		IHSA STATE FINAL

**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.**

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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 2010-11

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

**Check here if your information has changed from last year**

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

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**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:

<b>Tues</b>	<b>Dec 21</b>	<b>vs W Chicago</b>	<b>5:00 p.m.</b>	<b>@ Wheaton College</b>
<b>Sat</b>	<b>Jan 15</b>	<b>vs Lake Park&amp; Benet</b>	<b>10:00 a.m.</b>	<b>@ Wheaton College (SR NIGHT)</b>
<b>Fri</b>	<b>Feb 4</b>	<b>DVC Diving Champs</b>	<b>5:00 p.m.</b>	<b>@ NCHS or NNHS (tba)</b>
<b>Sat</b>	<b>Feb 5</b>	<b>DVC Swimming Champs</b>	<b>10:00 a.m.</b>	<b>@ Wheaton College</b>

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.**

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

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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):      \_\_\_\_\_