

## **Wheaton Co-op 2007-08 Swimming and Diving Boys Team Updates**



The coaches are looking forward to the upcoming season and are preparing to build on the successes of last year. Please check [www.wheatoncoop.com](http://www.wheatoncoop.com) for full details. Be sure you have registered for early release with your counselor.

### **Weight Room Open**

Any boys team member is welcome to come use the weight room on the following dates: 10/17, 10/19, 10/22, and 10/25 (more dates may be available later as well). The coaches will be there from 6-7 a.m. at both schools (note these are M, W, and F dates). We will have extra room as the girls begin their taper process.

### **DVC Meet**

We need ALL boys to come to the girls DVC meet, Saturday, Oct 27 at NCHS. We can use you as timers, runners, or to hand out awards to the girls (who wouldn't want to do that??). Full details are online. Please email [coaches@wheatonswimming.com](mailto:coaches@wheatonswimming.com) to let Jake know you will be attending and what job you would like.

### **First Practice**

The first practice is Monday, Nov 19 – just about 5 weeks away! It will be at 2:00 at Wheaton College. Please have your physicals, fees, and schedules taken care of before that date.

### **Keep Getting in Shape**

More than any other year, we have athletes preparing for the season by doing Club Swimming, lifting weights, or other sports at school. Don't be left behind! We are going to have a strong team this year and our success depends on YOUR dedication and preparation.

### **Got Friends?**

Many of our most successful athletes were new to the sport in high school. Encourage your friends to come out for the team!!

### **Holiday Breaks**

Note that we will have required practice over Thanksgiving and Christmas Breaks. Plan your travel around these practices to whatever extent possible.

See you Soon!

Jake, Chris, Holly

*“Practice Like a Champion.”*