

2008-09 BOYS SWIMMING AND DIVING INFO

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WHEATON H.S. SWIMMING AND DIVING

Team Information and Schedule: 2008-09

The 2008-09 Swimming and Diving season is right around the corner. Many of you are participating in fall sports, club swimming, or other activities, and we hope you are looking forward to November like we are.

The coaches are looking forward to another great year after a very successful 2007-08.

This past year saw 8 All-Americans, 13 state qualifiers, and 10 school or team records

Many of you have been working hard to improve in the

“off” season as well, which means next year can be even better.

A couple of reminders:

Boys' First practice:

Monday November 24rd at Wheaton College from 2-4:00 p.m.

Registration

Don't forget to register for early release with your counselors!

Seniors

The seniors will need to get together soon with Jake to go over next year. Remember that the team will only go as

far as its leadership takes it!

Support the Girls

The girls' team needs your support this fall. (Yes, they will be there for you in the winter, too). Big meets to get out to this year are:

1. Naperville Central dual (also breast cancer fundraiser and will be televised!)
2. Senior Night vs Benet
3. Home Meet vs Nap North
4. DVC at West Chicago
5. Sectionals at Neuqua
6. State at Evanston

(See full details below)

Meet and Practice Schedules

The full practice schedule and meet schedule are posted online at wheatoncoop.com. We may have one or 2 changes to the meet schedule. Senior night will be Sat Jan 17 vs Lake Park at 10:00 a.m.

Practice Info

Varsity practices 2-430 M-F and will have weights 2-3 times per week. JV and Diving practice 2-4 M-F. There will be Saturday practices when we do not have meets. We will also have prac-

tices over the Thanksgiving and Christmas breaks. See the team website for details.

Meet Info

Full meet details are posted on the team website.

Girls Events You Should Get To!

To the right are the biggest events coming up in the girls season. We will need you to time at their 2 home meets. Seniors will also be getting t-shirts for the boys to wear at the Sectional and State Meets—contact a senior with questions!

Event	Location	Date	Time	Cost
NCHS Dual (Breast Cancer Fundraiser)	Nap Central	Oct 7	5:00 p.m.	\$2
Senior Night vs Benet	Wheaton College	Oct 18	10:00 a.m.	Free!
Home Dual vs Naperville North and W. Chicago	Wheaton College	Oct 21	5:00 p.m.	Free!
DVC Diving Champs	West Chicago	Oct 31	5:00 p.m.	\$3
DVC Swimming Champs	West Chicago	Nov 1	11:00 a.m.	\$3
IHSA Sectionals	Neuqua Valley	Nov 15	8:30 dive / 1:00 swim	\$10 at the gate
IHSA State	Evanston	Nov 21-22	3:30 Fri / 1:00 Sat	\$20 in advance

Wheaton Swimming and Diving is ONLINE!

wheatoncoop.com

Coaching Staff and Contact Info

Please feel free to contact us using any of the methods to the right.

The most important communication tool we have is the team website at www.wheatoncoop.com

There you will find team, meet, and practice info, along with photos, records, etc.

Because we are a co-op team between north and south, that should be your #1 source of information, other than direct announcements made at practice.

Head Coach

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Diving Coach

Holly Higgins (10th year)

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Assistant Coach

Chris Sveen (4th year)

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Life After HS Swimming

Congratulations to a few Wheaton alums who competed on the largest swimming stages over the past year!

*Kristen Hohl, WNHS, 2005.

Kristen swam at the NCAA Division III National Championships in March. In addition to making finals in the 50 free and 100 free, she helped her Denison University squad set a New NCAA Record in the 200 medley

relay. You can see video of the swim on our website. Kristen split a 22.92.

***Will Schaffer, WWSHS, 2005.** Will competed at the 2008 Olympic Trials in the 200 IM. He also earned an NCAA Division I "B" Cut in the 200 IM at his conference meet in March while competing for Princeton.

***Taylor Zafir, WWSHS, 2008.** Taylor competed at the 2008 Olympic Trials in

the 200 IM, 400 IM, and 200 breast.

***Rob Donisch, WWSHS, 2005** and **Kate Williams, WWSHS, 2006** also competed at the NCAA Division III National Championships.

Many former Wheaton Swimmers and Divers are now competing in college. Watch the team website for periodic updates!

"I learned that if you want to make it bad enough, no matter how bad it is, you can make it."

Gayle Sayers

Coaches Contacts

752.5770 or
coaches@wheatonswimming.com

Team Records and Time Standards

Event	2009 State Cut	Team Record	Varsity Cut
50 free	22.21	21.95	24.99
100 free	48.69	46.66	54.99
200 free	1:46.59	1:44.58	2:02.99
500 free	4:50.25	4:33.76	5:49.99
100 fly	53.80	50.66	1:02.99
100 back	55.07	53.89	1:02.99
100 breast	1:02.19	58.64	1:12.99
200 IM	2:00.68	1:52.03	2:16.99
200 med relay	1:40.23	1:38.68	n/a
200 free relay	1:29.58	1:29.72	n/a
400 free relay	3:16.96	3:13.34	n/a
Diving (6)	n/a	218.10	coaches discretion
Diving (11)	approx. 350.00	425.45	coaches discretion