

Swimming and Diving News



Important Dates:

Boys Diving DVC Meet @ Naperville Central FEB 3

Boys Swimming DVC Meet @ Wheaton College FEB 4

Boys Sectionals at Downer's Grove South FEB 18

Boys Team Banquet @ WWSHS 7:00 p.m. tba

Boys State Prelims @ Evanston HS FEB 24

Boys State Finals @ Evanston HS FEB 25

Team & School Records Broken in 2005-06:

- Drew Baker: Diving 6 (174.10), Diving 11 (236.85)
- Taylor Zafir: 200 IM (2:04.40) 500 free (5:01.94)
- Lauren Zafir: 100 fly (58.84)
- Kelsey Novotny: 50 free (25.09)
- Susie Sulfridge: Diving 6 (142.43)
- 200 medley relay: L. Zafir, T. Zafir, Kate Williams, Novotny
- 400 free relay: Novotny, Danielle Reminger, Williams, T. Zafir

Wheaton Hosts DVC Meet!

The team will be hosting this year's DVC Swimming and Diving Championships. **Diving** will be held at Naperville Central High School on February 3. **Swimming** will be held at Wheaton College on February 4.

This is very exciting for the boys' team and for the entire program. We host great meets and Wheaton College is a very fast pool. We are also glad to have the great boards at NCHS to use for the diving competition.

Full information, volunteer info, and updates will be continuously posted at www.wheatoncoop.com.

We will need help from everyone—girls, parents, and friends—to put on a great meet. Please email a coach to let us know how you can help. We will need girls specifically to do the following

(yes, we know you will love these jobs):

- Hand out awards
- Time a Lane
- Help at the Dive Table

We need parents (or girls, or friends) to do the following:

- Timing Console
- Computer
- Head Timer
- Photographer
- Hospitality
- Admissions

Many of these jobs already have people working them, but the more the merrier. The meet will be more fun the more people we have involved from both programs!

There are no Club Swimming conflicts that weekend so most girls should be able to make it.

Did you know?

Last time Wheaton held a Conference Meet at Wheaton College:

- The boys' team was in its first year of existence. The girls' team was in its third.
- The current seniors were in the 7th grade.
- The boys team record in the 200 IM was 2:10.66. Now the girls' record is faster than that, and the boys' record is 1:52.03.
- The girls record in the 100 breast was 1:13.81. Now it is 1:05.59.



Come on Feel the Noise: Boys Championship Meets

The girls' team and the JV boys are a very important part of our year-end successes.

Last year our team was voted Sectional Team of the Year, and the coaching staff knows that our Fans deserved the all important "Sixth Man" (or woman)

award. From the "We've Got the Tickets" shirts to the chicken masks, the energy of our fans always contributes to great successes. Let's get the same thing going this year.

Sectionals are at Downer's Grove North again, with Hot Dogs after-

wards at the Portillos on Butterfield in Downer's Grove!



Full meet details available at www.wheatoncoop.com or www.ihsa.org

WHEATON WARRENVILLE
SOUTH HS /
WHEATON NORTH HS

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***We're on
the web!***

wheatoncoop.com

**Courage.
Character.
Commitment.**

Notable Quotables:

- "This should hurt like the Dickens."
- **Max McGovern**
- "Speedos are Cool."
- **Chris Sveen**
- "Lovely Fabulous Little Darlings."
- **Holly Higgins**
- "Today is the first day of the rest of your swim season."
- **Jon Lederhouse**
- "Sets go by faster if you just imagine you're brushing your teeth."
- **Miles Bocianski**
- "Chris Wayne is by far my favorite Wheaton Swimmer. Ever."
- **Michael Phelps** (ok maybe he didn't say that exactly).

Taking Care of Business

This year has been a great year for our program. The coaching staff is looking forward to next year already. With many great returning swimmers and a bumper crop of incoming freshman, 2006-07 should be more exciting than ever. What can we do now to Take Care of Business and prepare for next year?

Boys and Girls Together?

This year the girls were able to lift weights before school with the boys. About 10 of you took advantage of this. Next year we will offer the same opportunities during the "off season" for both boys and girls. Some spring weight lifting may be available as

well. We'll keep you posted. Both WWSHS and WNHS girls may still attend our last weight sessions this winter 6-7:00 a.m. at WWSHS Jan 23, 26, 30, plus Feb 2.

New Recruits

Some of our best swimmers did not grow up as competitive swimmers. Let any of your friends know that the Wheaton Co-op is a great place to be.

Aint No Party

Juniors—start thinking right now about t-shirt ideas and other team activities. The sooner we have things finalized, the sooner we can make the orders. We will try to do one Co-Gender activity such as the Kane County

Cougars game again next year, but we are always open to new ideas.

Taking Care of Business

Obviously the best way to prepare for next year is simply to work hard between now and then. Whether that is through club swimming, a spring sport, or some other activity such as weight lifting, don't just be a couch potato!

