



2008-09 Long Course Training

Location: University of Illinois/Chicago, Flames Natatorium

GOAL: To increase the exposure of 50 meter training throughout the winter and spring season and aid Illinois athletes in preparation for long course competition during the entire year.

LOCATION: U.I.C., Flames Natatorium, 901 W. Roosevelt Rd. Chicago

DATES and TIMES: November 30, 2008
December 27, 2008
December 28, 2008
January 25, 2009
February 15, 2009

April 5, 2009
April 12, 2009
April 19, 2009
April 26, 2009

7:30-9:15am 12-14 year olds with AAA times or better.
9:15-11:45am Senior level training, 2008 Sectional times or better.

ELGILIBITY: All Athletes and coaches must be current members in good standing with USA Swimming and Illinois Swimming. All athletes must meet the qualifying standards. No parents are permitted on deck during training session.

EXPECTATIONS AND TRAINING STANDARDS: Many of the common guidelines of club training must be applied. Be on deck 10 minutes prior to each practice time; mutual respect towards athletes and coaches; be prepared for training competition (you must be in shape); train in lanes of your ability not based on your friends; spacing of five – ten seconds, the fastest athletes leads the lane.

Training time standards can be found on the Illinois and USA Swimming websites. "AAA" time standards for Age Group session (7:30-9:15am), athletes must be 12 years of age or older on the day of training. 2008 Sectional time standards will be used for the Senior session (9:15-11:45am) with priority given to National level athletes.

LEAD COACH AND COOPERATION: Each session will have a Lead Coach to help organize and add structure to practice. The Lead Coach will be a member of the Senior or Age Group Committee, or appointed by the Senior Chair. We encourage coaches to attend with the understanding we must all work together. The Lead Coach will have the right to structure or restructure the lanes to provide a quality workout for all. If an athlete's coach cannot attend, the Lead coach will appoint a training group.

Illinois Swimming is excited to provide this program for the development of our athletes. This not only provides valuable LC training opportunities, but allows our talented athletes to train together.

If you are a coach, or would like to be a Lead Coach please contact Dave Krotiak at coachdave@foxswimteam.com.