

# WAHOO SWIM TEAM

## WINTER 2017-2018 SEASON

The Wahoo Swim Team is a competitive swimming program offered to both residents and non-residents from ages 6-18 years of age. The swim team is not designed to teach participants how to swim, but rather to build on stroke performance through legal swimming instruction, while promoting healthy lifestyles and sportsmanship. The Wahoos compete in dual and tri-meets within the Northern Illinois Winter Swim Conference.

**\*NEW\*** - The Wahoo Swim Team is excited to announce the addition of Dry Land Conditioning incorporated into each of our Team Level Practices!!! Dry land workouts can improve swimmer performance by creating explosive power, building strength and stamina, and help prevent injury and improve recovery time by training muscle groups that are not worked in the water, building a well-rounded, fit & healthy athlete, both in and out of the water!!!

Please visit our team's website for more information on our coaching staff: [www.bensenvillewahoos.com](http://www.bensenvillewahoos.com)

**Informational Parent Meeting/Meet the Coaches—Thursday, September 21, 2017 @ 7:00pm**  
**Team Level TryOuts immediately following Informational Parent Meeting.**



**1<sup>st</sup> Session:** October 2, 2017 to November 16, 2017  
**2<sup>nd</sup> Session:** November 20, 2017 to February 22, 2018  
**Full Season:** October 2, 2017 to March 4, 2018



**All Qualifying Wahoos (regardless of registered session):** February 26th, 2018 to March 4th, 2018  
**South Division Championship Meet:** March 3 or 4, 2018: Location, Date & Times TBD

| WAHOO SWIM TEAM 2017-2018 WINTER SEASON |                   |                 |                         |              |              |              |
|---|-------------------|-----------------|-------------------------|--------------|--------------|--------------|
|   |                   |                 |                         | OPTIONS      |              |              |
|   |                   |                 |                         | 1ST SESSION  | 2ND SESSION  | FULL SEASON  |
| TEAM LEVEL                              | DAYS              | HOURS           | DETAILS                 | #210201-01   | #210201-02   | #210201-03   |
| JUNIOR WAHOOS                           | MONDAY - THURSDAY | 5:30PM - 7:00PM | 5:30P - 6:30P IN WATER  | R: \$125.00  | R: \$200.00  | R: \$300.00  |
|   |                   |                 | 6:30P - 7:00P DRY LANDS | NR: \$145.00 | NR: \$230.00 | NR: \$345.00 |
| TEAM LEVEL                              | DAYS              | HOURS           | DETAILS                 | #210202-01   | #210202-02   | #210202-03   |
| SENIOR WAHOOS                           | MONDAY - THURSDAY | 6:00PM - 8:00PM | 6:00P - 6:30P DRY LANDS | R: \$150.00  | R: \$240.00  | R: \$360.00  |
|   |                   |                 | 6:30P - 8:00P IN WATER  | NR: \$170.00 | NR: \$280.00 | NR: \$420.00 |

**\*\*Team swimsuit, and \$50.00 volunteer fee (per family) not included in above fees\*\***

**\$15.00 Multiple Sibling Discount offered on FULL SEASON enrollments.**

Participants must register in specific level unless given approval by the Aquatic Department Manager and Head Coach to register for a higher team level. No pro-rating available. Participants must register for Full Season to receive discounted rate.

### Wahoo Swim Team Winter 2017-18 Meet Schedule

|                            |                            |       |
|----------------------------|----------------------------|-------|
| Sunday, October 22, 2017   | Elk Grove @ Bensenville    | 1:00p |
| Saturday, November 4, 2017 | Oak Brook @ Bensenville    | 1:00p |
| Sunday, November 19, 2017  | Bolingbrook @ Bensenville  | 1:00p |
| Saturday, December 2, 2017 | Bensenville @ Elk Grove    | 1:00p |
| Saturday, December 9, 2017 | Carol Stream @ Bensenville | 1:00p |
| Sunday, December 17, 2017  | Bensenville @ Oak Brook    | 9:00a |
| Saturday, January 13, 2018 | Bensenville @ Bolingbrook  | 1:00p |
| Saturday, January 20, 2018 | Elk Grove @ Bensenville    | 1:00p |
| Saturday, February 3, 2018 | Bensenville @ Carol Stream | 1:00p |

**South Division Championship Meet – March 3<sup>rd</sup> or 4<sup>th</sup>, 2018 – Location**