

# WAHOO SWIM TEAM

## WINTER 2018-2019 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.

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 20, 2018 @ 7:00pm**  
**Team Level TryOuts (if needed) immediately following Informational Parent Meeting.**



**1<sup>st</sup> Session:** October 8, 2018 to November 15, 2018  
**2<sup>nd</sup> Session:** November 26, 2018 to February 21, 2019  
**Full Season:** October 8, 2018 to March 3, 2019



**All Qualifying Wahoos (regardless of registered session):** February 25, 2019 to March 3, 2019  
**South Division Championship Meet:** March 2 or 3, 2019: Location, Date & Times TBD

| WAHOO SWIM TEAM 2018-19 WINTER SEASON |                 |                 |                            |              |              |              |
|---------------------------------------|-----------------|-----------------|----------------------------|--------------|--------------|--------------|
|                                       |                 |                 |                            | OPTIONS      |              |              |
|                                       |                 |                 |                            | 1ST SESSION  | 2ND SESSION  | FULL SEASON  |
| JUNIOR WAHOOS                         | MONDAY-THURSDAY | 5:30PM - 7:00PM | 5:30p - 6:30p<br>In Water  | R: \$140.00  | R: \$215.00  | R: \$315.00  |
|                                       |                 |                 | 6:30p - 7:00p<br>Dry Lands | NR: \$160.00 | NR: \$245.00 | NR: \$360.00 |
| SENIOR WAHOOS                         | MONDAY-THURSDAY | 6:00PM - 8:00PM | 6:00p - 6:30p<br>Dry Lands | R: \$165.00  | R: \$255.00  | R: \$375.00  |
|                                       |                 |                 | 6:30p - 8:00p<br>In Water  | NR: \$185.00 | NR: \$295.00 | NR: \$435.00 |

**\*\*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. No refunds without doctor's note.

Participants must register for Full Season to receive discounted rate.

### Wahoo Swim Team Winter 2018-19 Meet Schedule

Saturday, October 27th, 2018  
 Saturday, November 3rd, 2018  
 Saturday, November 10th, 2018  
 Saturday, December 15th, 2018  
 Saturday, January 19th, 2019  
 Saturday, February 2nd, 2019  
 Saturday, February 9th, 2019  
 Saturday, February 16th, 2019

Elk Grove @ Bensenville  
 Bensenville @ Oakbrook  
 Bolingbrook @ Bensenville  
 Bensenville @ Carol Stream  
 Bensenville @ Elk Grove  
 Carol Stream @ Bensenville  
 Bensenville @ Bolingbrook  
 Oakbrook @ Bensenville

Warm Ups: 12:00p/Meet Start: 1:00p  
 Warm Ups: 1:00p/Meet Start: 1:30p  
 Warm Ups: 12:00p/Meet Start: 1:00p  
 Warm Ups: 12:00p/Meet Start: 12:30p  
 Warm Ups: 12:30p/Meet Start: 1:00p  
 Warm Ups: 12:00p/Meet Start: 1:00p  
 Warm Ups: 12:30p/Meet Start: 1:00p  
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**South Division Championship Meet – March 2<sup>nd</sup> or 3<sup>rd</sup>, 2019 – Location & Time TBD**