

# 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 22, 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 & Time TBD**