

End of Season Championship Season Information

The Championship Season is the exciting conclusion to our swim season. This portion of our season can also be confusing for our members. In an effort to relieve the confusion and stress for our swimmers and their families the coaching staff has put together a few helpful handouts to best inform and assist all of our members.

Also, swimmers are eligible to continue to practice with the club after Sunday, February 19th only if they still have one or more championship meets left in which to participate.

If your child is unable to attend any of the below listed meets, please notify Coach Jessica as soon as possible.

The Team Website - www.deltaaquatics.com

The website is the quickest and most efficient way of reaching all of our members. Please check the website often for updates. The website will include swimmer relay selections, meet changes, entries, event scratch procedure, and more! Specifically, the meet schedule page of our website includes all meet entries; meet information packets and other information that will help you navigate through the upcoming competitions. Any changes will be available on our website.

The Coaches

The entire coaching staff will be available to answer all questions about the championship meet schedule and Long Course Registration after every practice. The end of the season is complicated and frantic at times. Please allow the coaching staff to help you through the championship season. The staff can also communicate as always through e-mail and office telephone. Swimmer, Parent and Coach communication is important at all times, but especially necessary during this portion of our season.

- Many aspects of swimming are “layered questions and answers.” The staff would have to write a book to cover every option and situation that may arise during the months of February and March. Please take the time to contact your coach in person so that each swimmer is aware, informed and comfortable with their upcoming meets. The coaching staff will be available after practice for as long as it takes to make sure our members are informed and at ease with everything swim team related.
- Miscommunication is the number one cause of stress on any competitive team. If you have a concern or feel that a mistake has been made please contact the coaching staff immediately. Mistakes will be corrected and proper information can cure most problems. The staff can only solve the problems that they are aware of, if you feel that an error has been made please give us the opportunity to fix the error as soon as you are aware of it. Most of the stressful situations that have come up in our coaching careers could have been avoided if a parent or swimmer approached the coach first instead of searching elsewhere for a solution.
- Swimming is a team sport as well as an individual endeavor. The coaching staff will take both aspects into account while creating meet lineups. Problems will arise if a swimmer or parent assumes that they will be on a certain relay or in a certain event. Trying to predict the future or assuming without information is a precursor to disappointment.
- If you cannot participate in one of the coming meets please let the coaching staff know ASAP. This will allow a team member to participate that would not have the opportunity otherwise. If one relay swimmer does not show up to a meet the relay is disqualified before competition and the other 3 swimmers can be penalized and scratched from individual events for that meet. The championship meets have very strict rules that must be understood and followed exactly as they are written.

Most Commonly Asked Questions about our Championship Season

How do I know what meets my swimmer is qualified for? Because we attend so many different post-season meets, it is important to communicate with your coach. You will be entered in every meet for which you have qualifying times unless you tell the staff you cannot attend for some reason. The team website has a list of swimmers with the meets that they have qualified for on the meet schedule page. The staff is available at practice to answer this and other questions. Time standards are posted on our team website and on the ISI website at www.ilswim.org.

How do I know if my swimmer is on a relay? Please refer to the full section of relay information below.

Can I keep practicing after my last swim meet? Swimmers are encouraged to continue swimming through the last meet of their season. Please do NOT stop coming to practice after your last meet without talking to your coach: even if you do not have individual State Qualifying times, you may qualify to be on a team relay! The extra practice and experience gained at the end of the season will help you extend and reach your goals for the next season. By all means keep attending practice. After February 26th, only swimmers who have achieved a Sr. Champ, Sectional or Age Group State Meet time are in the water, unless they have been personally invited by a coach. If you have any questions, please contact your coach.

What should I eat during the championship season? Nutrition like politics is a personal and individual choice. Swimmers should try to eliminate caffeine and sugar and always stay hydrated during taper time. If you have specific concerns about energy levels or health we recommend speaking with your doctor or a nutritionist.

Do I need a special swim suit or clothing? The Swim Team Store has available Delta Aquatics Team warm-ups and other team gear. Please call them directly for more info on apparel. We are a Speedo sponsored team and in exchange for the discount you receive on Speedo team apparel our team is obligated to wear Speedo suits at all meets. You can check the website on the Team Apparel page for pictures of the suits. Championship meet uniform: (per the Delta Aquatics Handbook)

- **10 and unders:** All ten and unders will wear their Delta Aquatics team suits at championship meets. It is not practical to order a technical suit for swimmers this age. Due to their size and relative buoyancy, the more expensive suits will not provide any additional benefit and therefore it does not warrant breaking the team uniform.
- **11-12:** Swimmers in this age group are given the choice of wearing their regular Delta Aquatics or a technical suit. Swimmers in this age group may have developed enough physically to warrant one of these suits, but they should only order the regular suit. These swimmers are not experienced enough to order the suits that cover the legs. Due to societal pressures, boys may wear either a jammer or regular suit.
- **13 and older:** These swimmers are encouraged to wear a technical suit at all meets where they wish to achieve a time standard, and they are recommended to wear a technical suit at all championship meets. They may wear any style of suit that accommodates their preference and meets USA Swimming guidelines.

Choose a suit that is comfortable and does not distract you from your swimming. Remember: it is your **HARD WORK** that makes you swim fast, not a magic swim suit!

How the championships are meets different from our regular season meets? Other than crazy excitement and exciting races with every swimmer giving their best effort the meets are basically the same. Feed the Fire, Age Group State, Senior Championship and Sectional meets are prelim final meets and include some specific scratch rules, however the basics rules and regulations are the same. If you have qualified for a meet that you have never attended please speak with your coach a head of time to eliminate any stress or confusion.

I believe I have found an error on my swimmer's meet entries. The sooner the staff is informed of an error the more likely we will be able to fix it. The staff will not be able to correct errors made to the Feed the Fire, Regional, Age Group State, Senior State or Sectional entry after the entries are submitted.

What if I have too many cuts? Every meet has a maximum number of events that can be swum by a swimmer. The coaches will decide which events they will swim, if they qualify for more than this maximum number. In some cases this decision will be made right before a meet.

End of Season Championship Meets

The following is a list and description of each of the end of the season championship meets. We are fortunate to be able to offer a championship style meet for every swimmer on our team. As each of these meets have different eligibility requirements, we hope that this document will help explain which meet you swimmers will be entered in. Some swimmers have qualified for more than one of these meets and will be able to participate in any and all of the meets that they have qualified for. As always if there are any questions please feel free to contact a coach.

Feed the Fire Meet – February 18-19 @ Oswego East High School

Delta will be co-hosting this meet with Maverick Swim Club at Oswego East High School. This meet is open to all swimmers 14 years of age or younger who have not yet achieved a Regional time standard in a particular event. The Feed the Fire Meet is a prelim/final meet for 10 & under, 11-12 and 13-14 swimmers and is a great opportunity for swimmers to experience a prelim/final meet at their level.

Preliminary heats for swimmers aged 11-14 will be held in the morning sessions, and 10 and under swimmers will swim in the afternoon sessions. The top 8 swimmers in 10 and under events and the top 16 swimmers in 11-12 and 13-14 events will return and swim in finals sessions both evenings.

This meet is the last opportunity to qualify for the Illinois Regional Championship Meet described below. For those swimmers who have not achieved the qualifying times required to compete in the remaining championship meets discussed below, this Feed the Fire Meet will be their last meet of the season.

If you have qualified and do not plan on attending, please let your coach know ASAP so you are not entered. If you have more than 10 Regional cuts please contact the coaching staff about your entry into this meet.

ISI Regional Championship Meet - February 24-26 @ Neuqua Valley High School

Fri PM: All Ages Qualified - Warm-ups: 4:30pm Positive Check-in Closes: 4:55pm Start: 5:30pm

Sat/Sun AM: 10 & U; 12 & U - Warm-ups: 7:30am Positive Check-in Closes: 7:55am Start: 8:30am

Sat/Sun PM: 14 & U; Senior - Warm-ups: 12:00pm Positive Check-in Closes: 12:25pm Start: 1:00pm

The Regional meet is for all swimmers who have Regional times in an event, you can check the current eligibility report on the website. A swimmer who has achieved an Age Group State time in an event may not swim that event at Regionals but may swim an event for which he/she has a Regional time. Swimmers with Age Group State or Senior State meet times cannot be entered into those events. This meet serves two purposes: a last championship meet and as an opportunity to qualify for Age Group State or Senior State. If you have qualified and do not plan on attending, please let your coach know ASAP so you are not entered. If you have more than 6 JO or Sr Champs cuts please contact the coaching staff about your entry into this meet.

ISI Sr. Champs – March 3-6 @ UIC

Thurs: Warm-ups: 4:00pm Start: 5:00pm

Fri: Prelims: Warm-ups: 7:15am Start: 8:30am – Finals: Warm-ups: 4:00pm Start: 5:30pm

Sat: Prelims: Warm-ups: 7:15am Start: 8:30am – Finals: Warm-ups: 4:00pm Start: 5:30pm

Sun: Prelims: Warm-ups: 7:15am Start: 8:30am – Finals: Warm-ups: 3:30pm Start: 5:00pm

The Sr. Champ meet is for 13 & older swimmers who have achieved a Sr. Champ time in an event and includes both prelim and final sessions. Please talk to Coach Deryl about attending this meet. Eligibility is posted on the website.

ISI Age Group State Meet - March 10-12 @ UIC **** Sunday, March 11, 2012 is daylight savings time – clocks will be moved ahead one hour. ****

Fri/Sat AM: 11-12; 13-14 Prelims Warm-ups: 7:00am Start: 8:30am

Fri/Sat PM: 10 & under Timed Finals Warm-ups: 1:00pm (Sat 1:30pm) Start: 2:00pm (Sat 2:30pm)

Fri/Sat Finals: 11-12; 13-14 Warm-ups: 5:00pm Start: 6:00pm

Sun AM: 11-12; 13-14 Prelims Warm-ups: 8:00am Start: 9:30am

Sun Finals: 11-12; 13-14 Warm-ups: 4:30pm Start: 5:30pm

The Age Group State meet is for swimmers who have achieved an Age Group State time in an event. Individual Events: Swimmers with qualifying times will be entered into this meet. It is expected that all swimmers with cuts attend this meet. Relay Events: Some swimmers who have not yet qualified individually for Age Group State may be invited to participate on Delta Aquatics relays. These swimmers will be notified as soon as possible as to their participation. If you are qualified (be sure to check the eligibility report) and do not want to be entered in the meet, please email Coach Jessica.

Max # of events per meet (individual events):

Feed the Fire – 6 Regionals—10 Age Group State—6 Sr Champs—6

Team Relay Information

Relays are very often the most exciting portion of a swim meet. Unfortunately they are also the cause of some of the most stressful and unfortunate aspects of competitive swimming. Relays are included as a different way for kids to compete. Most swimmers would rather qualify for an individual event than swim on a relay at most of these meets. The coaching staff will consider the following information when choosing relays: Best Time, Attendance, Practice accomplishments, Attitude, Relay Starts, and Gut feeling.

The coaching staff will first put the names through our Team Manager computer program which will give us the fastest relays based upon best times PRIOR to each meet. In many cases this is the first and last step. If necessary our second step is to consider attendance, training, attention to the relay start technique and the coaches gut feeling as to decide what truly will be the fastest relay. Relays may be decided or changed during a meet. If swimmer A is faster than swimmer B in the 100 free it is only fair to put the fastest swimmer on that day into the relay. The key is to assume nothing and prepare for everything. The staff will put together a list of swimmers who will be on relays on the website however the relay you are on and the position and stroke may change. In many of our championship meets the team may enter several relays (a, b, c...), if they have qualified.

Swimmers who have not qualified for an individual event are eligible and will be considered for relays at Age Group State and Sr. Champs. Please communicate with your coach and check the relay assignments for each meet before ending your season.

Relay Entries for Each Meet

- **Feed the Fire Relays** – Relays are decided at the meet with all available swimmers.
- **Regional Relays** - Relay Events not offered at the Meet.

- **Senior State Relays** - Relay swimmer assignments will be available on the team website.
- **Age Group State Relays** –Any qualified relays will be decided the week before the meet but the coaches reserve the right to make last minute changes in relay position, relay you are on (a, b, c) or stroke.

Other Upcoming Events

Long Course Season

All swimmers are invited to swim with Delta for our Long Course season. Many of our swimmers, who swim with a summer team, also swim Long Course with Delta. The training benefits of swimming during the summer help our swimmers tremendously, as well as the smaller group sizes and more one on one coaching. We have many swimmers reaching the top of their age group on the state level and these same swimmers would place and compete very well during the summer with Delta.

Long Course Registration

This year we will continue registration online and are still finalizing the set up for that process. We have posted the general Long Course information to current Delta Aquatics members. Please make sure you check it out!

New Swimmer Evaluations & Registration

If you know someone who is interested in joining Delta, please let them know more information is available on the Join Us link on our website!