Spring & Summer 2024 Season Information

Welcome: We are excited that the Spring and Summer 2024 Long Course (LC) season is upon us. Core Aquatics is a competitive USA Swim Team that offers programs for swimmers of all ages and ability levels. Our mission is to provide athletes with exceptional aquatics skills and year-round programming that promotes sportsmanship, fitness, personal responsibility, and fun for athletes of all levels. We focus on a fun and engaging team atmosphere with an emphasis on the importance of family. We believe with proper technique comes speed which is why we make it our goal to ensure stroke technique first and then yardage.

Please review this entire packet carefully prior to registration. **Your registration confirms you have read through this packet and are responsible for the material in it**. If you are new to our team, **WELCOME**, we are so excited you and your swimmer(s) are considering Core Aquatics. I hope to work with your athlete. In order to get your swimmer going, you will first need to register for an evaluation so we can determine which practice squad or program will fit your swimmers' needs best. (Link provided below)

Registration

Current member registration will begin February 12th and will be exclusive to current members until February 18th. Please register for the same practice squad your athlete finished on during the Fall/Winter season unless otherwise notified by coach Drum. Your registration will put your child on the waitlist. Coach Drum will approve the registration and move them onto the roster within 24 hours of your registration.

All interested swimmers who have not been a part of Core will need to register for an evaluation. Evaluations will be held Sunday March 10th and 17th between 11:45 am and 1:45pm for our Spring/Summer season. Evaluation times will be on a first come first serve basis and run every 15 mins. Your swimmer will work one on one with a coach from our staff who will observe all four of their competitive strokes and competitive swim knowledge prior to placing them on a practice squad. At the end of the evaluation, you will be given a QR code that will take you to registration for the program/practice squad your swimmer qualifies for.

Please click here to complete the evaluation sign up. You will receive an email from Coach Drum confirming your evaluation time and location and provide more information about the evaluation.

The Structure of Core Aquatics

We are a competitive USA Swim club. Our Swim team is divided into four practice squads that are grouped solely on ability level and not age. Swimmers compete based on their age but practice based on their current skills and abilities.

Our coaching staff will decide which practice squad best fits your swimmers current skill level. New members will undergo our evaluation process to determine which practice squad they will register with. Returning members should sign up for the same squad they were previously on unless a coach invites them to practice on a different squad.

Members are not entitled to picking a squad that fits their schedule or that they think they should practice on. Coaching staff is always available to discuss goals for moving to the next practice squad but ultimately the coaching staff's reserves the right to decide which squad and lane swimmers practice in. Our practice squads are as follows:

- Orange – Broken into Orange 1 and Orange 2. Proper mechanics are required with an emphasis on racing and competing. This squad is open to graduates from our Swim Team Prep program or swimmers who can demonstrate ability to swim all four competitive strokes as well as show confidence diving from the blocks. Orange 2 swimmers spend about 90% of practice working on stroke technique and 10% on endurance, while Orange 1 adds a little more endurance to their foundation. In order to qualify for our Orange practice squad swimmers will be asked to demonstrate a broken 400 swim (100 easy free, 100 kick, 100 pull and 100 IM) with ease and technically correct.
- Blue – Broken into Blue 1 and Blue 2 - the Blue Squad focuses on stroke technique and endurance as key aspects for advancing all four competitive strokes. This practice squad is open to swimmers who can demonstrate an ability to legally swim all four competitive strokes for 100+ yards, including proper turns, and diving off the blocks. Blue swimmers spend 75% of their practices working on stroke technique and 25% building both aerobic and anaerobic endurance. Swimmers must demonstrate drill knowledge and be able to read a workout with guidance.
- Silver – Broken into Silver 1 and Siver 2 - the Silver Squad features continued race training and development of advanced swim techniques. Open to swimmers who can demonstrate an ability to legally swim all four competitive strokes for 200+ yards, including proper turns, streamline, and diving off the blocks. Silver swimmers must be able to swim 1000+ yards of freestyle nonstop. Silver swimmers spend about 50% of their practices working on stroke technique and the other 50% working on both aerobic and anaerobic sets with an emphasis on power and precision. Dryland workouts will be incorporated into daily swim pra7 ctices beginning around November. Swimmers typically swim 3,000 - 4,000 yards throughout a 1.5 hour practice. To be considered for our Silver practice squad, swimmers must be able to demonstrate all competitive swim components, be legal in all 4 strokes, read and understand a workout with ease, be familiar with swim meet structure and events, and have former team experience.
- Navy Broken into Navy 1, 2 & 3 – The elite Navy Squad is for senior level and advanced swimmers training for success at the high school level and beyond. This practice squad is on an invitation only from the Head Coach and Lead Senior Coaches. Our Navy squad requires additional commitment to training and dryland opportunities. Our Navy Squad often gets separated into three separate practices where workouts will meet the swimmer at the level they join us at. Swimmers are expected to be on time for all practices and committed to train at a high level for the duration of the season.

We also offer our pre-competitive program "Swim Team Prep". In this program members focus and prepare to be future competitive swimmers who wish to compete and train in a swim team style. Members must have made it to the Swordfish level of our Learn 2 Swim class or be proficient in both freestyle and backstroke and can swim at least 25 yards of both strokes without stopping. Skills and then drills are taught to enhance stroke technique and teach breaststroke & butterfly, starts, and streamlines. Practices are run in a swim team style with sets, drills, starts and finishes. Coaches are not consistently in the water with swimmers, but may occasionally be in the water to help with a skill.

In some cases we may start new swimmers in our Learn 2 Swim program. This program focuses strictly on learning all 4 competitive strokes in a fun and engaging manner. Our Learn 2 swim program is further divided into 7 specific levels that all have extremely specific primary and secondary skills. More on that program can be found here.

Season Prices & Dates

The Long Course season begins Tuesday April 2nd. Practices run through May 31st. Tentative meet dates include: May 11th and June 1-2. These dates are subject to change depending on the host team's timeline. The below matrix provides pricing.

Group	Spring Only (4/2 - 6/20	Summer (6/3 - 7/26)
Swim Team Prep	$195	$195
Orange	$199	$199
Blue	$225	$250
Silver	$250	$299
Navy	$299	$375

Additional Fees

Core Aquatics is a USA Swim Team. All athletes, and staff, must be USA registered. The athlete registration comes with an additional $87 fee. All athletes must be registered with USA swim to attend their first practice. If your swimmer is not registered as a USA Swim member, they will not be permitted in the pool.

Please note if your swimmer is transferring from another club there is a $10 Illinois Swimming transfer fee that will be charged to your Eleyo account.
Please click here to access step by step directions for registering with USA swimming.

Please click here to register

Our Practice Schedule

Our schedule is always subject to change as water availability is limited in D214. In addition, maintenance blackout dates and pool repair dates do pop up sporadically which sometimes impacts our schedule. As soon as Core is alerted to any changes we will advise our members ASAP via email, announcements during practice, and through our text messaging Remind app.

The following page includes our **TENTATIV**E Spring/Summer matrix. During the spring we work around the High School Water Polo season so changes happen often. In addition, conference and sectional game locations have not been announced yet so there is a very good chance one they are, it could impact our schedule. I will list all upcoming changes in my weekly newsletter and I will keep our calendar on our website up today. The week of May 20th we will exclusively be practicing at Wheeling as both BG and PHS will be closed for maintenance.

Typically during the summer we have always practiced at PHS but this year the pool is closing from 5/20 - 8/9 which is why we have had to pivot and move practices to BG and Wheeling.

Please note there will not be practice on meet weekends. It is expected that your swimmer participates in meets if available.

SPRING 2024

Spring: 4/2 - 5/19 → There will be a modified schedule the week of 5/20 as both PHS and BGHS will be closed.
No Practice Days: 4/20, 5/12, 5/26, 5/27
Projected meet dates: 5/18 & 6/1-6/2 (we do not have swim team practice on meet days)

Please note the below matrix is just a guide. There are several days where times are adjusted by a half hour or so. Please consult our calendar on the website for accurate information.

Group Schedule	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STP	11:45 - 12:30 @ PHS					6:00 - 6:45 @ BGHS	11:40 - 12:25 @ WHS
ORANGE	11:45 - 12:45 @ PHS				7 - 8 @ BGHS	6:00 - 7:00 @ BGHS	12:00 - 1:00 @ WHS
BLUE	11:45- 12:45 @ PHS			7:30 - 8:30 @ BGHS	7 - 8 @ BGHS	6:00 - 7:00 @ BGHS	11 - 12:00 @ WHS
SILVER	8:30- 10 @ PHS		8 - 9:30 @ PHS	7:30 - 9:00 @ BGHS	8:00 - 9:30 @ BGHS	7:00 - 8:30 @ BGHS	
NAVY	8:00 - 10:00am @ PHS	8:00 - 9:30 @ PHS	8 - 9:30 @ PHS	7:30- 9:30 @ BGHS	8:00 - 9:30@ BGHS	7:00 - 9:00 @ BGHS	

SUMMER 2024

Summer: 6/3 - 7/25 + senior champs and a 10U meet on 7/27
No Practice dates: 6/19, 7/4, 7/5
Tentative meet dates: Rise 6/21-6/23, PPD 7/6-7/7, Regionals 7/12-7/14, PPD (10U meet) 7/27

Please note the below matrix is just a guide. Please consult our calendar on the website for accurate information.

Group Schedule	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STP		5:50- 6:35pm @ WHS	5:50- 6:35pm @ WHS	5:50- 6:35pm @ WHS			
ORANGE		6:00 - 7:00pm @ WHS	6:00 - 7:00pm @ WHS	6:00 - 7:00pm @ WHS	6:00 - 7:00pm @ WHS		
BLUE		7:00 - 8:15pm @ WHS	7:00 - 8:15pm @ WHS	7:00 - 8:15pm @ WHS	7:00 - 8:15pm @ WHS		
SILVER		8:30 - 10:00am @ BGHS	8:30 - 10:00am @ BGHS	8:30 - 10:00am @ BGHS	8:30 - 10:00am @ BGHS	8:30 - 10:00am @ BGHS	
NAVY	8:00 -9:30am @WHS	7:00 - 9:00am @ BGHS	7:00 - 9:00am @ BGHS	7:00 - 9:00am @ BGHS	7:00 - 9:00am @ BGHS	7:00 - 9:00am @ BGHS	
Water Polo		5-9 @EGHS	5-9 @EGHS	5-9 EGHS	5-9 EGHS		

Equipment

Each practice squad has a required list of equipment that our swimmers should bring to every practice in a mesh equipment bag. Please make sure your swimmer has their equipment by the beginning of the second week of practice. Feel free to purchase your equipment wherever you want, or you can visit our Swim Store through swimoutlet.com. Please follow the matrix to identify what your swimmers practice squad will need.** Practice suits must be one piece suits for girls and jammers or speedos for boys. Please, no bikinis, tankinis, rash guard shirts, or trunks.

Click here to access our Equipment and Apparel Shop.

	STP	ORANGE	BLUE	SILVER	NAVY
Mesh Equipment bag	x	x	x	x	x
Goggles	x	x	x	x	x
Swim Cap	x	x	x	x	x
Fins	x	x	x	x	x
KickBoard	x	x	x	x	x
Practice Suit	x	x	x	x	x
Core Competition Suit		x	x	x	x
Pull Buoy		x	x	x	x
Front mounted snorkel & nose clip			B1	x	x
Paddles			B1	x	x
Yoga Mat					x
Resistance bands					x

Our team suit can also be purchased at Kiefer Aquatics: 830 Set Ct #8 Wheeling IL 60090. If you do not know your child's competition suit size, we suggest you go into the brick and mortar store to try on your suit prior to purchasing. Please remember competition suits should be tight to reduce drag. Competition suits should not be worn during practice.

Pool Access

Please note, students, athletes, their parents, and coaches' safety is extremely important to us. The building outside doors will not be unlocked during practice. Access to the pool doors will begin 10 minutes prior to practice and three minutes after practice begins. We will have a coach at the door during these times letting athletes in. We will have someone at door 13 at PHS & door 5 at WHS 10 minutes prior to practice and then the first 5 minutes of practice to let swimmers in. **If your swimmer comes early, they will be waiting outside. If your swimmer comes late, they will have to go to the main entrance of each school to gain access to the facility**. There is no guarantee that there will be someone at those doors to let them in after the 13 minute window, so it is important that athletes are on time, or they risk the chance of not being able to get into the building. This is a district initiative that Core fully supports and will enforce. Parents are still welcome to observe practice from the stands but will need to follow the same door protocols.

Remind App

Please connect to our Remind handle to receive immediate information regarding important information like practice changes/cancellations and meet information. Please download the Remind App to your mobile device.

To sign up for Core Aquatics notifications, please visit https://www.remind.com/join/coreaq or send a text to 81010 and text this message: @coreaq

Please note I will also send an email and update the website with any scheduling changes or updates so if you do not feel comfortable receiving texts/remind notes from Core you do not have to sign up. Your information will not

be visible to other users. You can also use this app to message Head Coach, Tara Drum, directly and the rest of the team will not be able to view these text messages.

Our website

Please visit our website and familiarize yourself with it by clicking here. All new athletes will be uploaded into the system prior to practice beginning. You will receive an email from Team Unify asking you to confirm your email address. It is important that you do this. Our website is full of valuable information including our team practice schedule, meet and event sign up, apparel and equipment, and our parent corner that helps break the swim world down to our "new to competitive swimming" families.

Please download the **OnDeck app** to your phone. This app allows you to quickly access your swimmer's information (including times, attendance, committed meets). You will use the same credentials you created when verifying your email to log in. This app is compatible with our website. We also suggest adding this app to your child's mobile device (if they have one) so they can start to take ownership of their schedule, events, attendance and best times.

Practice Expectations

Like anything else in life, you get out of it what you put into it. In order to make progress, your swimmer should attend a minimum of 75% of all offered practices per week. Please realize when your swimmer is not present for a lesson or practice specific concentration, we move on. Especially at the lower levels your child may miss very important information with excessive missed practices. The only consequence our swimmer will receive from missed practices is personal growth and development.

Meets

Meets are entire weekend events that are typically separated into 6 or 7 sessions and come with additional fees. Each meet is run a tad differently and the events in the meet are always determined by the host team. There are typically several teams present per meet with somewhere around 600 swimmers competing throughout the weekend. Your swimmer is not expected to be present for the entire weekend, but we do expect them to swim in at least one session of each meet (this is for the orange, blue, silver and Navy practice squads. Swim Team Prep athletes will not swim in a meet until they qualify for the orange practice squad or are invited to swim in a meet by their coach). We plan on participating in one meet per month. Please note, we do not always get accepted into these meets. It really all depends on the space and if our entries are on time – which is why deadlines are crucial. I have linked our Meet FAQ page and encourage you to look through the document to better understand meet procedures; however, Core has created the following meet entry guidelines:

- Available Swim Meets to the team will be posted under the "Meets/Events" page of the website with the meet packet and other available and pertinent information. An email notifying Core members when a meet entry is opened will be sent out to the team.
- Core members will either commit for a meet by "Events" or by "Sessions". Swimmers can note which events they want to swim but Coaching Staff will approve each swimmer's events and modify them if necessary. For a video tutorial on how to do this, please click here.
- The preliminary meet entries will be posted on the event competition page on the website sent in a mass email to the team. Parents, guardians, and swimmers will have a designated time to review the entries and email to discuss any potential additions or changes with the coaching staff. Note, however, that although changes to the meet entry may be discussed, the Coaching Staff has final say in what events a swimmer will be entered.

- If the team is entered in a meet that has relays, the Coaching Staff will decide on entering those events. The decision on which swimmers will be placed in any entered relay will be made solely by the coaching staff. Except for Championship Meets, relays will be decided upon by the Coaching Staff at the time of the meet.
- For Championships Meets (Regionals, Age Group State, and beyond), Core swimmers will be entered in ALL events in which they have qualified. If the swimmer is qualified in more events than they are allowed to swim for a particular day or the entire meet, the Coaching Staff will work with that swimmer to determine which events should be scratched.
- Swimmers are not allowed to compete in a meet or time trial that is not on the meet schedule without approval from the coaching staff.

Meet Mobile

Meet mobile is an extremely valuable app to have on your phone during meets. Meet mobile allows anyone to access meet programs for all meets. Users have access to heat sheets, psych sheets, and real-time results. This app allows you to track your swimmer to ensure you do not miss a race. It also gives swimmers access to their Heat and lane information before the coaches are given a hard copy of the program. This reduces stress and allows your swimmer to be better prepared for their races. The App is $9.99 per year or $4.99 monthly. We suggest both the parents and swimmers have this app on their mobile devices.

Practice Locations

We practice at various pools in district 214. Please refer to the practice matrix to identify where and when your practices take place. Our pools are located at:

Prospect High School
801 W Kensington Rd
Mt Prospect IL 60056
Pool Location: When entering the high School parking lot via Kensington, drive around the front of the school heading east. This takes you to another parking lot where the school's main entrance and Natatorium entrance is located. Please use the Natatorium entrance or door 13 to enter.

Wheeling High School
900 S. Elmhurst Rd
Wheeling IL 60090
Pool Location: When entering the high School parking lot via Elmhurst, drive to the southernmost corner of the parking lot. Please use door 5 at the end of the parking lot (next to the softball fields) to enter the school.

Buffalo Grove High School
1100 W Dundee Rd
Buffalo Grove IL 60089
Pool Location: When entering from Arlington Heights road follow the building around to the parking lot. The pool is located at the North end of the school. You drive past the pool when you turn into the parking lot from Arlington Heights road. Enter through the Natatorium doors.

Contact Information

If you ever have any questions about the programming, registration, or meets please contact Head Coach Tara Drum at tara.drum@d214.org or through our Remind app.