Welcome to Old Willow Club Aquatics 2025

OWC Aquatics Vision

- Safety
- Fun
- Educational
- Welcoming atmosphere

Your Coaches

- Coach Larry (or Coach S), Head Coach
- Coach Dave, Assistant Coach
- Assistant coaches from prior year

Larry Stoegbauer

- Coached 14 State Championships in swimming, Iowa, Illinois, Boys, Girls and Masters
- Coached National Record in boys high school 400 free relay
- Ran New Trier guard swim lessons for 8 years
- Won age group at World's Largest Triathlon
- Placed 4th, 13th and 18th at Elite National Championships for cycling
- Won 2 Masters National Championships for cycling
- Coached school records and state qualifiers in pole vault at New Trier
- Finished an Ironman Triathlon
- Taught yoga, self defense at New Trier for 23 years

David Walters

- Coached/Managed swimming, soccer, field hockey, and volleyball
- NCAA Division I swimmer at Utah
- Coached 4 conference swim championships for New Trier HS
- Masters' swimmer on multiple state championship teams
- MBA from the University of Chicago
- Certified public accountant
- Accounting & Tax Professional

General Info

Swim Team Practice Schedule

Pre-Season: May 27–June 6 (optional)
Monday through Friday
8 & under: 4:15–5:15 PM
9 & over: 5:15–6:15 PM

Regular Season: June 9–July 16
Monday through Friday
6 & under: 3:30–4:00 PM
8 & under: 4:00–5:00 PM
9 & older: 5:00–6:00 PM

Swim Meets **Signup at:**

https://www.signupgenius.com/go/10C0944ACAC2DA2FD0-56832855-owcswim

6/12 Tuesday @ Lincolnshire

6/19 Thursday @ Lake Forest

6/26 Thursday Home vs Tennaqua

7/1 Tuesday @ Fox Point

7/8 Tuesday Home vs. Farmington

7/12 @Farmington Age Group Championships

7/15 @Fox Point Swim Championships (top 2 swimmers per age group)

Swim Team Expectations

- Get in the water on their own, and swim 25 yards
- We know kids have other activities, camps, but we encourage you to come as much as you can
- Aiming for at least one to two practices each week will set them up for success at meets and see improvement faster
- Listen to the coaches and be respectful of both coaches and teammates
- Parent volunteers at home meets
- Use Signup Genius to signup swimmers for meets
- Have fun!

Swim Team Communication

- GroupMe app will be used to communicate with the team. Scan to Join to receive official team communications.
- Signup Genius will be used for meets enrollment. Links will be sent via GroupMe and posted on OWC Swim website

Swim Meets

- Signup via Signup Genius for swim meets by noon the day before the meet. Very Important!
- We have 5 meets this season. Two home and Three away. Come to as many as you can.
- Kids who participate at meets measure improvement and have fun.

Swim Meet Format

- Age Groups for Boys & Girls
- 60 total Events split into two sessions with ½ hr. break between
- Start at 3:30pm and last about 2 ½ hours
- Each swimmer has opportunity to swim 4 events

Swim Meet Schedule & Events

- Meet Schedule

- List of Events

Levels for Swim Team and Group Lessons

- Kids will earn achievement awards for each swim level mastered

Level 1

Streamline kicking for 7yards (lessons)

Level 2

Swim freestyle with no breathing for 7 yards (lessons)

Level 3

Swim freestyle with breathing (lessons)

Level 4

Swim 25 yards freestyle

<u>You’re now ready for the swim team!</u>

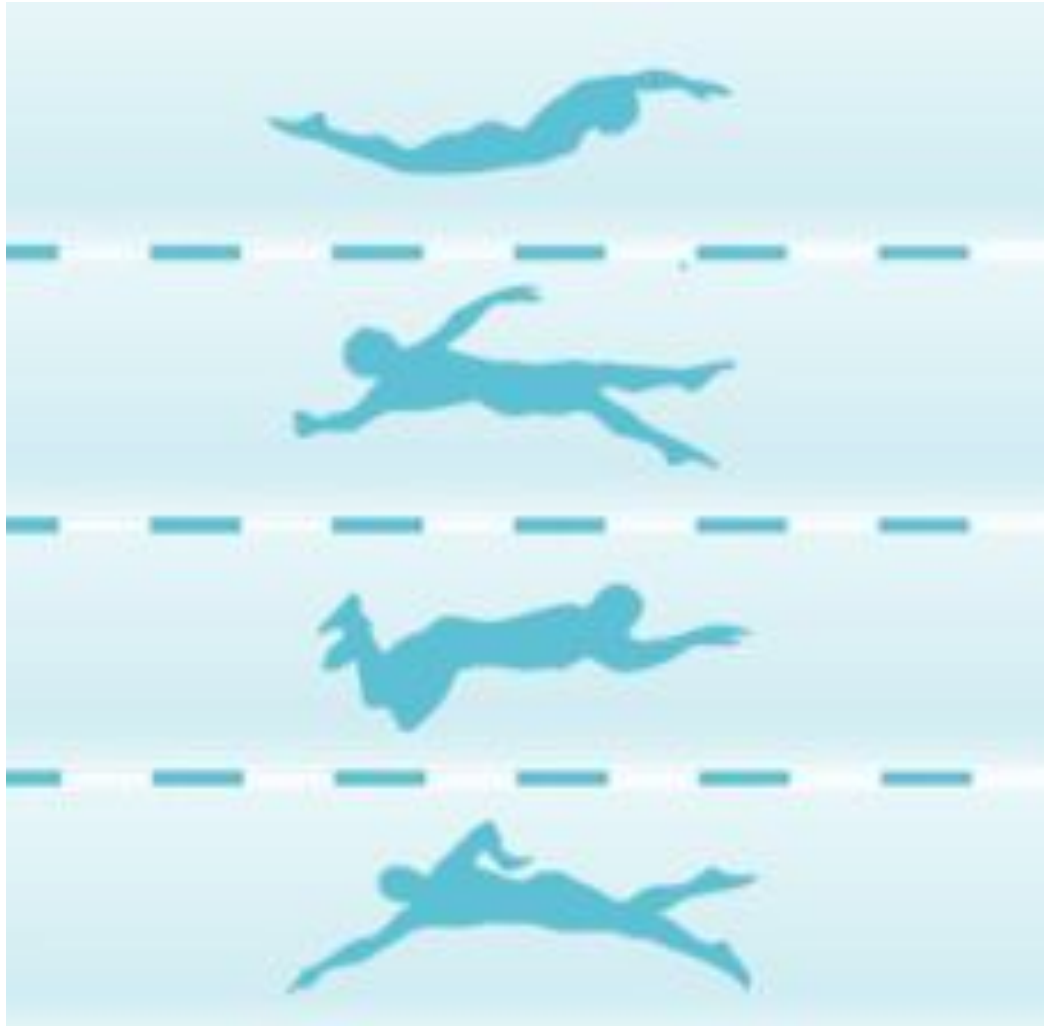
Level 5

Finish a 25-yard backstroke (legally) in a swim meet and do a flip turn

Level 6
Finish a 25-yard breaststroke (legally) in a meet

Level 7 Finish a 25- butterfly (legally) in a meet

Level 8
Finish a 100-yard IM (legally)in a meet



End-of-Season Celebration on July 17

- We will celebrate a successful season with the swimmers' families
- We honor and celebrate the swimmers in a number of ways including:
  - Practice & Meet attendance
  - Improvement by age group
  - Leadership
  - Special Awards
  - Parent Volunteers

NEW
Group Lessons

Group Swim Lessons

- The best way to learn to swim
- When kids see their friends improve they want to improve
- They get to see their peers accomplish things, which lowers fears
- 5 days in a row is better than 1 day a week
- Get them swim-team ready
- They will know it for the rest of their lives
- We discourage private lessons when learning to swim

Dive into summer fun with OWC new group swim lessons program!

Join us for the first two-block sessions **from 6:15 to 6:45 PM** or before they fill up!

Minimum age is 5
May 27-30 for $85 (Tuesday-Friday, 4 days for ½ hr. each day)
June 2-6 for $105 (Monday-Friday, 5 days for ½ hr. each day)

This program helps your child feel safer in the water, make new friends, and prepare for the swim team. Swimming boosts motor skills, coordination, muscle strength, and cardiovascular health. It also enhances cognitive abilities like memory, focus and even math skills, potentially improving academic performance. Many kids will meet the 25-yard swim qualification after just one sessions, making their pool experience even more fun! Swimmers earn achievement awards for successfully passing each swim level.

We discourage private swim lessons and advocate consecutive day group lessons based on years of success.

How to signup for Swim Group Lessons

Go to Old Willow Club Website

Aquatics/Swim Lessons

Group Swim Lessons May 27th–May 30th (4 Days)

Minimum of 5 swimmers required

Days: Tuesday, Wednesday, Thursday, Friday

Time: 6:15 PM - 6:45 PM

Availability: 18 Remaining

- (●) Swimmer 1 - **$85.00**
- ( ) Swimmer 2 - **$85.00**
- ( ) Swimmer 3 - **$85.00**
- ( ) Swimmer 4 - **$85.00**

ADD TO CART

Group Swim Lessons June 2nd–June 6th (5 days)

Minimum of 5 swimmers required

Days: Monday, Tuesday, Wednesday, Thursday, Friday

Time: 6:15 PM - 6:45 PM

Availability: 18 Remaining

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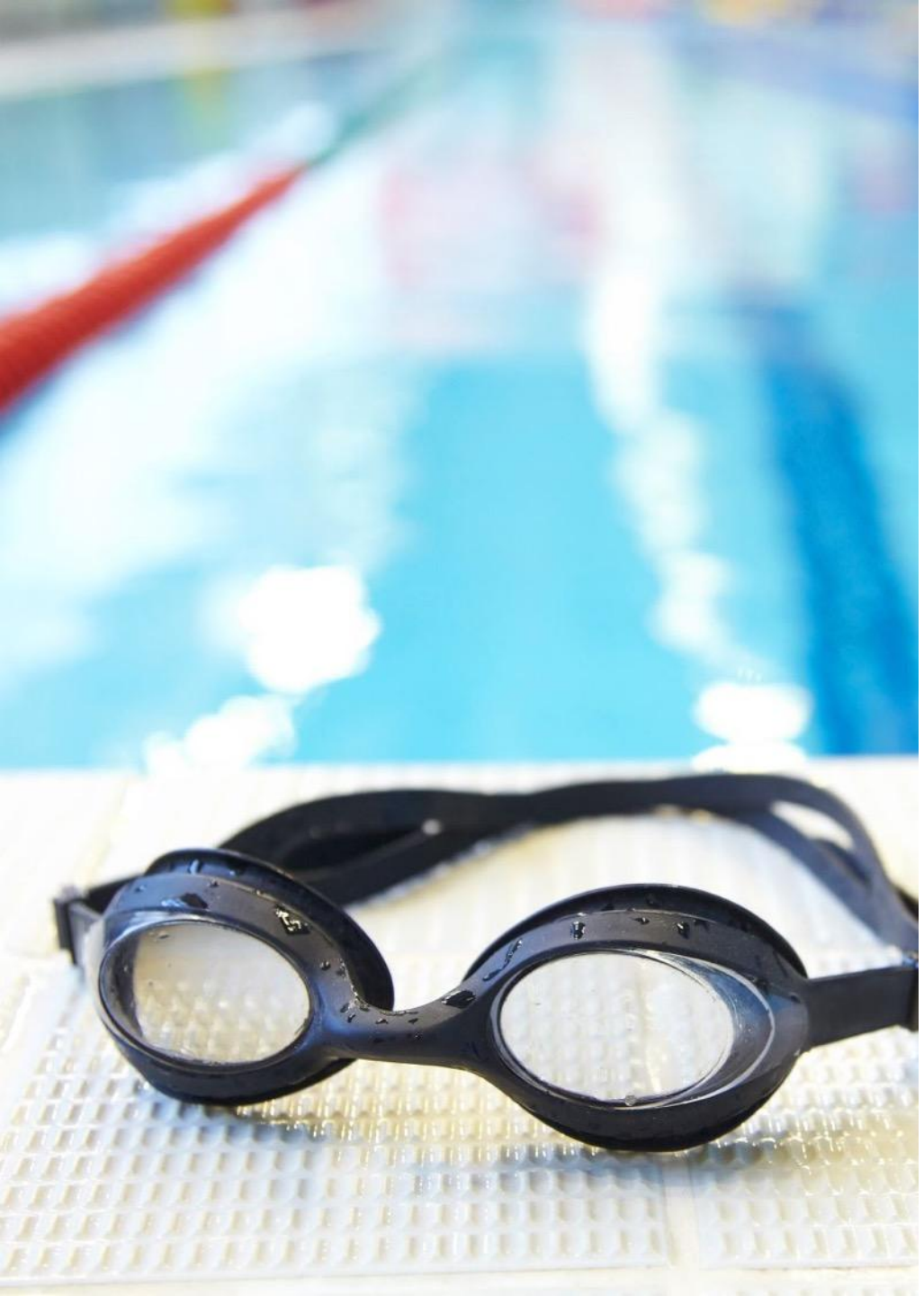

Practice Recommended gear

- Swim Suit
- Cap (optional)
- Goggles
- Towel
- Chocolate milk available at home after practice (optional)

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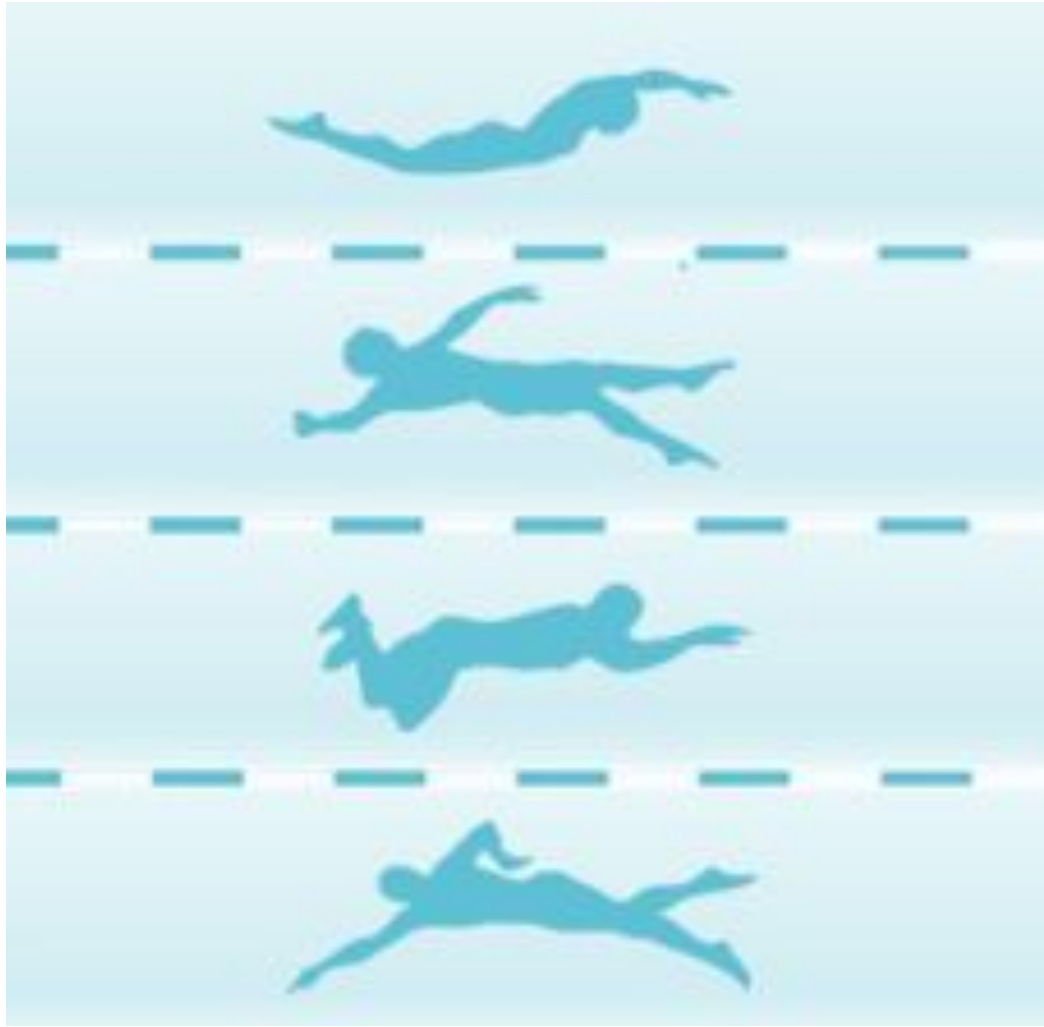

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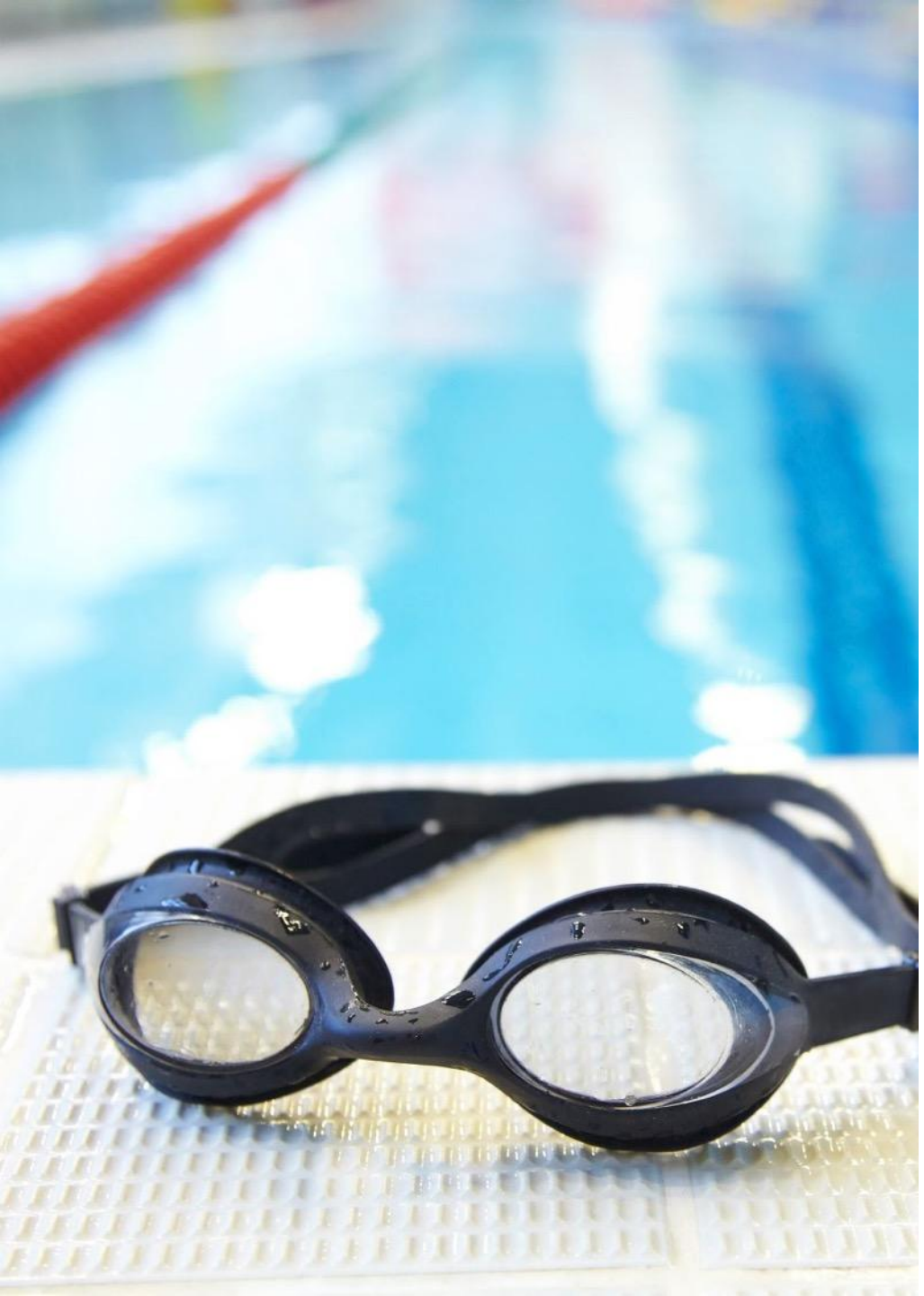

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