Off-Season Swimming Expectations

To compete at the highest level in Illinois, **off-season training is not optional, it is essential**.

Swimming is a sport of precision, feel, and consistency. Athletes who take months off from the water lose not only endurance and strength but also the critical "feel for the water" that separates good swimmers from great ones. Regaining that rhythm can take **twice as long as the time spent out**, and that lag impacts both individual performance and team success.

If we want to **compete for sectional teams and state-level honors**, we need a team full of athletes who are committed year-round, not just August through November.

Why Year-Round Swimming Matters:

- **Technique degrades** when you're out of the water, and technique wins races.
- The **fastest improvements come from consistency**, not just intensity.
- Teams that win in the fall are built in the winter and spring.
- "Feel for the water" is developed over time, and lost quickly when inactive.
- Time off = time your competition is getting better.

Off-Season Club Recommendations

We strongly encourage **all** LT swimmers to join a local USA Swimming club program during the off-season. These programs offer structured training, coaching continuity, and opportunities for long-course racing and development.

Here are four excellent options in the area:

- **FMC Aquatic**
  https://www.gomotionapp.com/team/ilfmca/page/home
- **Hinsdale Swim Club**
  https://www.hinsdaleswimming.org/page/home
- **Rise Aquatic Club**
  https://www.risewillowbrook.com
- **Lyons Aquatics**
  https://www.gomotionapp.com/team/illa/page/home

If you are not currently involved with a year-round program, please reach out to the coaching staff. We are happy to help you find one that fits your schedule and goals.

Final Message

By training year-round, you're not just preparing yourself to compete, you're preparing yourself to **contribute**. Our fall roster is limited, and the varsity lineup is even more competitive. Athletes who are ready in August will be the ones who earn those spots.

Let's return each season stronger than we left it.