

Meet Schedule 2009 Season

Waves racing

24-Aug-08

Recommendation: attend all meets eligible for

DATE	MEET	LOCATION	TYPE	ELIGIBILITY	TRAVEL
Sep 21	Rising Stars	BNY	intrasquad	all	local
Oct 11	dual v Champaign	BNY	Y	all	local
Oct 24-26	Spooktacular	Peoria	USAS	3BB in two or more strokes	local
Nov 8	dual v Danville	BNY	Y	all	local
Nov 21-23	Redbird	ISU Horton	USAS	3BB in two or more strokes	local
Dec 6	Longo Bongo	BHS	Y	Junior, Transition, Performance 2012	local
Dec 7	Holiday Shootout	BHS	Y	all	local
Dec 12-14	Lincoln Way	Lincoln Way	USAS	3BB in two or more strokes	family travel
Jan 11	IMX	BHS	USAS	Junior, Transition, Performance 2012	local
Jan 24	dual v Clinton	BNY	Y	all	local
Feb 7	Swim-a-thon	BNY	intrasquad	all	local
Feb 13-15	St Charles p/f	St Charles	USAS	3BB in two or more strokes	family travel
Feb 28-Mar 1	District	NCHS	Y	all with 3 Y meets	local
Mar 7-8	Y State	DeKalb	Y	qualifiers not attending AGS	family travel
Mar 13-15	Age Group State	UIC, Chicago	USAS	AGS qualifiers do not attend Y State	family travel
Apr 19	IMX	BHS	USAS	Junior, Transition, Performance 2012	local
May 3	Rising Stars	BNY	intrasquad	all	local
May 15-17	long course meet	TBD	USAS	3BB in two or more strokes	family travel
Jun 12-14	long course meet	TBD	USAS	3BB in two or more strokes	family travel
Jul 10-12	long course meet	TBD	USAS	3BB in two or more strokes	family travel
Aug 7-9	Zone Championship	Noblesville, IN	USAS	qualifiers with AAA times	family travel

"Those at the pinnacle can take care of the myriad of little things that go into performing at peak over and over throughout a long and stressful meet like the Olympics. Michael has been learning since he was 11&12 how to take care of himself: how to prepare physically and mentally for each event, how to race, how to warm down sufficiently, when to take his sports drink to jumpstart recovery when and how to rest for maximum recovery, how to get to bed early and avoid the distractions of most kids his age, how to deal with getting drug tested countless times, etc. The parts of his life all point toward swimming fast. He "practiced" traveling and how to maintain his form through time changes and long flights. He didn't wait until the Olympics or the Trials to learn these things, he's been learning them since he was 12."

Coach Bob Bowman on the preparation of Michael Phelps