

Why Choose RISE? It's like choosing a school for your child...

- I. **Choose swimming at RISE for all the right reasons** – Swimmers are universally good students. The swimming peer group promotes healthy and safe behavior and a particularly strong set of life skills. Area swimming teams all can claim the same benefits but RISE offers an additional emphasis on character development.
- II. **Coaching Staff** – Two full time, ASCA Level--V Certified and a ASCA Level IV, professional coaches lead our Coaching Staff, consisting of 6 Assistant Coaches. RISE Coaches share a common passion for swimming, clear Vision for RISE success & future potential, and commitment to the success of every RISE Athlete. RISE Coaching Staff strives to sustain lower coach--athlete ratios on deck, as well as an individual relationship with each & every swimmer. Continuing education is a key objective for RISE Coaches as well.
- III. **RISE Staff bring expertise to the Athlete** – RISE Staff & resources include both certified YOGA Instruction and a Nutrition Consultant. Cross--training & “dry--land” training programs, complement the athletes pool experience and ready our athletes to compete at their highest level.
- IV. **Coach--led and Athlete Centered** – RISE has effective communication tools and regular practice schedules with convenient training times. RISE works collaboratively with Libertyville Athletic Department to manage pool access and plan events in harmony with ongoing school activities.
- V. **Excellence** – RISE is enormously proud of all our athletes. Novice athletes gain skill rapidly and exposure to higher level achievement over time. During 2012 & 2020 we cheered for two of our swimmers who qualified to compete at US Olympic Trials! CATS Senior Boys also won the IL High Point Championship in March, and finished 8th Overall at US Junior Nationals in August. However, winning meets & earning medals will always be mileposts for RISE Swimming Excellence --- it is the journey & commitment of each athlete which reflects best on RISE overall & enduring success.
- VI. **Facilities** – RISE is very fortunate to access facilities at Libertyville High Schools, to better manage pool time & schedules for all our groups. In 2020 Libertyville upgraded to an 8 Lane 50 Meter Pool and complys with recent IDPH Safety guidelines and Libertyville HS swim teams for which we anticipate many RISE Athletes will eventually compete.
- VII. **Location, Location & Location** – Virtually all scheduled meets, during both Fall/Winter & Spring/Summer seasons, occur within 50 minutes or less of Libertyville--Vernon Hills. RISE also includes team travel meets as well, to important swimming locations in adjacent states, to benefit from new experience & competition, as well as Zone and National--level swimming venues.
- VIII. **RISE Swimmers include D128 athletes, as well as adjacent districts** – RISE includes athletes from several North Shore Conference Schools, as well as home--schooled athletes and returning College athletes during the Summer Season. Our diversity provides athletes families a unique opportunity to create strong relationships outside their regular school--based peer groups.
- IX. **College Readiness and College Selection** – RISE Head Coaches have established and are expanding their network relationships with college program coaches of all divisions across America and they will readily consult with college--bound athletes in their decision--making. RISE Swimmers consistently report they are well prepared for the rigors of college--level training, as well as being prepared to balance academics and athletics.