



## PALATINE TIGER SHARK SWIM TEAM

The Palatine Swim Team is a multi-ability level program that offers competitive opportunities, technique development, and fun for swimmers ages 6 and older. The Swim Team is divided into progressive groups. Open tryouts are held twice a year (usually March and July), however, new swimmers may join the team at any time throughout the year by contacting **Andy Rose, Swim Team Coordinator at 847-202-3240 or email arose@palatineparks.org.**

Team coaches make the final determination for group placement and advancement to the next level. Group sizes may be limited.

Practices during the school year may be held beginning at 4:00 pm, Monday-Friday and beginning at 8:00 am on Saturday, at various pool locations depending on your group assignment. When school is out for the summer and vacations, practices may be held beginning at 6:00 am for older and more advanced swimmers and beginning at 8:00 am or beginning after 4:00 pm for the younger swimmers. Visit [www.ppdswim.org](http://www.ppdswim.org) for schedules and times. Registration is held during regular office hours at the Community Center. **All swim team registration requires a separate registration form.** Nonresidents are required to pay an additional fee.

Families registering more than 2 swimmers will receive a \$15 discount starting with the third swimmer.

Registration fees are payable to the Palatine Park District by check, Visa, MasterCard, or Discover. A separate check for fund-raising and a separate check for escrow costs are required.

Registration at Early Bird Registration guarantees a team t-shirt for each swimmer registered. After Early Bird Registration, a limited number of t-shirts will be available on a first-come, first-served basis.

### Additional Swim Team Fees are the same for both resident and non-resident.

Registration fees do not cover all swim team expenses so FUND-RAISING IS NECESSARY. Fund-raising commitments are prepaid at registration.

- Each member of the Tiger Shark Swim Team must be a member of Illinois Swimming and United States Swimming.
- Fund-raising costs and escrow costs vary for each group.
- Escrow covers costs of entering individual and relay events at USA Swimming competitions and membership to USA/ISI Swimming (This is an annual cost that expires on December 31 of the current year and is not refundable.) Unused escrow is refundable.
- Fund-raising may be refundable if families participate in the teams' ongoing fund-raising programs.

## Pre-Competitive • October 5 - February 19

REVISED 08-15-09

Pre-Comp swimmers are now required to be ISI Registered. For the Short-Course 2009-2010 Season, Pre-Comp swimmers will be charged \$30 for their ISI Registration. If a Pre-Comp swimmer moves up to another training group within the 2009-2010 Season, the Swimmer will be required to pay an additional \$30 ISI Registration Fee. Beginning with the LC2010 Season, all Pre-Comp swimmers will be charged \$60 for their ISI Registration.

**Beginning Swimming Group** • This group is offered 45 minutes of practice time, and 15 minutes of game time 3 times per week. It is for swimmers moving out of a lessons program, and wishing to get an introduction to competitive swimming. This group is competitive swimming lessons and do not compete in USA meets, but in intrasquad meets typically with high involvement from the senior level athletes on the team. Athletes are typically aged 6-8.

Required Equipment: Training Fins

<b>Prog #:</b> 9360-9	<b>Fee:</b> \$81 R/\$122 NR
<b>Fund-raising</b>	<b>ISI Registration</b>
\$93	\$30

## Novice • September 8 - February 19 or end of Swimmer's Season

**Novice Swimming Group** • This group practices 4 days per week for 1 hour in duration. Group focuses solely on stroke mechanics, swim practice etiquette, an introduction to the pace clock. The novice group is a fun group, polishing all 4 competitive strokes, starts and turns. Swimmers compete in USA sanctioned meets, but are not required to. Athletes are typically aged 7-10 years old.

Required Equipment - Training Fins

<b>Prog #:</b> 9361-9	<b>Fee:</b> \$111 R/\$167 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$141	\$150

## Developmental • September 8 - February 19 or end of Swimmer's Season

**Developmental Swimming Group** • The developmental group are offered 4 to 5 practices per week for one hour in duration. Continuing the progression from the novice group, the overwhelming majority of the time is spent on stroke refinement, and an introduction to swim sets using the pace clock. Swimmers compete in USA sanctioned swim meets, but are not required to. Athletes are typically aged 8-10 years old.

Required Equipment - Training Fins

<b>Prog #:</b> 9362-9	<b>Fee:</b> \$129 R/\$194 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$167	\$150



Swim Team Registration is not available Online.

**TAG 3 • September 8 - February 19**

For ages 9 years and older interested in developing competitive swimming skills. Practices will be 4 to 5 times a week, 1.5 hours. Meets are not included but are available at an additional cost (contact Escrow Chair to establish a swimmer escrow account).

Required Equipment - Training Fins  
**Prog #:** 9371-9 **Fee:** \$180 R/\$270 NR  
**Fund-raising** **ISI Registration**  
 \$180 \$60



**Top Age Group Team (Tag Team)**

**Advanced Age Group Training Team • TAG Team** swimmers are expected to understand interval training, basics of dryland training, and goal setting. Swimmers in these groups must demonstrate a commitment to train at this level. Swimmers should have some competitive swimming experience. Swimmers assigned to the TAG team may have the option of registering for either TAG 1 or TAG 2. Some swimmers may be assigned to a particular group. TAG 1 swimmers will practice longer and have very strict meet and practice attendance requirements that must be adhered to.

**Tag 2 • September 8 - February 19 or end of Swimmer's Season**

This group is geared for our younger more competitive age group swimmers. Swimmers must demonstrate a proficiency in all four competitive strokes and have an understanding of the pace clock, work out etiquette, proper goal setting, and the beginnings of goals within our sport. Swimmers are offered 5 practices a week ranging from 60-90 minutes in duration. Swimmers participate in USA Swimming competitions and must compete in at least 3 meets per season. TAG 2 swimmers focus in performing their best at conference, regional, and junior olympic championships. Swimmers in this group are typically aged 8-11 years old.

Required Equipment - Training Fins, Pull Buoy  
**Prog #:** 9364-9 **Fee:** \$211 R/\$317 NR  
**Fund-raising** **Escrow**  
 \$277 \$224

**Tag 1 • September 8 - February 19 or end of Swimmer's Season**

This group is one of the elite age group training groups in the Illinois LSC. Swimmers are offered 6 workouts per week for 90-120 minutes in duration. A strong foundation in stroke mechanics and IM swimming is fostered. While this group trains at a high level, our swimmers have a great time in participating in camaraderie, whilst working toward their goals. This group is by invitation only and has an 85 % attendance requirement. Swimmers are preparing for high level goals at the Junior Olympic level, and preparation for success in our senior and or elite program, and within the high schools. Swimmers in this group are aged 11-14. An introduction to dryland will be a component of this program.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles  
**Prog #:** 9363-9 **Fee:** \$227 R/\$341 NR  
**Fund-raising** **Escrow**  
 \$305 \$275

**NEW !**

## Fall/Winter High School Training

A program designed to develop competitive swimming at the High School level. Practices will be up to 4 days a week, 1.5 hours. Meets are not included but are available at an additional cost (contact Escrow Chair to establish a swimmer escrow account).

### HS Boys Training:

<b>Prog #:</b> 9372-9	<b>Fee:</b> \$115 R/\$173 NR
<b>Fund-raising</b>	<b>ISI Registration</b>
\$115	\$60

### HS Girls Training:

<b>Prog #:</b> 9373-9	<b>Fee:</b> \$150 R/\$225 NR
<b>Fund-raising</b>	<b>ISI Registration</b>
\$150	\$60



## Fall/Winter Senior Training Group •

**September 8 thru end of Swimmer's Season**

This diverse group is for athletes who are high school age level and wanting to work towards his or her goals whatever they may be. A high focus on teaching of stroke mechanics, conditioning, and racing are main components of this group. This is an excellent group for the Junior Varsity HS swimmer, or competitive water polo player looking to be in top condition to reach his or her potential. Swimmers are offered 5 to 6 workouts per week from 90 to 120 minutes in duration. Swimmers will be offered a comprehensive dryland conditioning program. There are no practice requirements for this opportunity based group, but athletes will be encouraged to attend as much as possible.

Must be either entering high school, or above to be in this group.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles

### Full Training

<b>Prog #:</b> 9365-9	<b>Fee:</b> \$226 R/\$339 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$341	\$150

### High School Girls Senior

<b>Prog #:</b> 9366-9	<b>Fee:</b> \$142 R/\$213 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$184	\$100

### High School Boys Senior

<b>Prog #:</b> 9367-9	<b>Fee:</b> \$116 R/\$174 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$131	\$100

## Fall/Winter Senior Elite Training Group •

**September 8 thru end of Swimmer's Season**

Senior Elite athletes are held to the highest standards within the program and the community as far as athletics are concerned. This group trains at a very high level preparing the athlete to reach his or her highest potential in the sport, at the HS, collegiate and National level. There is a 90% attendance policy for athletes in this group, and swimmers must take responsibility for his or her actions. Injured athletes are not permitted to train in Senior Elite. Practices are offered 6-9 times per week for 90 minutes to 180 minutes in duration. There is a strong dryland component offered to compliment the in water work. Swimmers must be either entering high school, or above to be permitted in Senior Elite.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles, Swim Snorkel

### Full Elite Training

<b>Prog #:</b> 9368-9	<b>Fee:</b> \$278 R/\$417 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$462	\$150

### High School Girls Elite

<b>Prog #:</b> 9369-9	<b>Fee:</b> \$205 R/\$308 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$221	\$150

### High School Boys Elite

<b>Prog #:</b> 9370-9	<b>Fee:</b> \$137 R/\$206 NR
<b>Fund-raising</b>	<b>Escrow</b>
\$184	\$150