



## 2020 Fall Registration

- For Express Swim Team and RecExpress -

- ❖ ONLINE Registration is NOW Open for [Returning Members!!](#)
- ❖ The Season Begins !! – Wednesday, September 9<sup>th</sup>
- ❖ *NEW PRACTICE LOCATIONS – FMC NATATORIUM & 5 SEASONS*

**Welcome to another GREAT Express Swim Team Season!!**

The information in this packet includes details on:  
How to Register • Fees and Payment Details •  
Swim Meet Participation Expectations • Team Uniform & Equipment Requirements

**Please read everything carefully and completely prior to beginning the ONLINE Registration process.**

### ~ REGISTRATION PROCESS ~

Express Swim Team registration will take place ONLINE registration for the Fall 2020 Season-ONLY (September 9<sup>th</sup> – November 15<sup>th</sup>).  
Registration for the Winter session will take place as our plans are finalized.

Begin by clicking on the "Swim Team ONLINE Registration" button on the right side of the website home page and then simply follow the step-by-step process.

- Returning members have an existing account and should sign into their account to complete the registration process.
- New members will be accepted on a Space-Available basis. New members will need to create an account prior to registration. All swimmers new to competitive swimming will need to attend an Evaluation / Tryout session for training group placement.
- Please read all information carefully before beginning the Registration process.

# PROCEDURES & PARTICIPATION REQUIREMENTS

## COVID-19

- 1- Swimmers should be prepared to arrive and depart in their suits
- 2- Locker Rooms are unavailable
- 3- Social distancing begins in the parking lot
- 4- Traffic flow into the buildings/pool areas will be determined by the facility
- 5- All Athletes will submit their self-assessment questionnaire and have their temperature taken upon arrival at the pool.
- 6- Personal belongings and equipment should be placed in YOUR bin (bin color will match your position color).
  
- 7- Only the 'equipment of the day' and a filled water bottle should be taken to/in the pool. Do not share Equipment, water bottle, towel or personal equipment with other swimmers.
8. No direct contact with other athletes in or out of the pool. Social distance a minimum of 6 feet.
9. Lane and position assignments (a lane number and position color) will be assigned.
10. Permanent group assignments with no more than 5 swimmers per lane (5 Seasons: 4 swimmers; FMC: 5 per lane).
11. Lane positions: Start End / 2-4 marked mid-pool stations / Turn end.
12. Parents/Spectators will not be allowed on deck and are expected to practice social distancing when waiting for their swimmers.
- 13 Swimmers must leave the facility immediately at the completion of any practice

### Participation Requirements:

1. No signs or symptoms of COVID-19 in the past 14 days.
2. If a person has had a documented COVID-19 infection, they will need a note from their doctor indicating that they are cleared to participate in training.
3. Lived in the Illinois/DuPage Country area for the past 14 days.
4. No close, sustained contact with anyone who is sick within 14 days of the start date.
5. All participants must self-monitor for symptoms of COVID-19 twice daily. If any signs or symptoms of infection are present, the participant should not attend the practice, should notify coaches and staff, and should contact their healthcare provider. [Fever, Cough, Shortness of Breath]
6. Infection prevention (hand washing), face coverings (when not in the water) and social distancing at all times are required.
7. Additional requirements and waivers may be required by the facilities Express uses.

### ~ Signs & Symptoms of COVID-19 ~

#### Most Common Symptoms:

1. Fever greater than 100.4
2. Cough
3. Shortness of Breath

#### Less Common Symptoms:

1. Sore throat/Congestion
2. Headache/Chills
3. Muscle and Joint Pain
4. Nausea or Vomiting
5. Loss of sense of Smell
6. Diarrhea

# ~ FEES & PAYMENT SCHEDULE ~

## EXPRESS SWIM TEAM

- **Team Fees** - Team fees cover participation from September through mid-November. Team fees are listed below.
- **Administration Fee - \$40** – One-time fee paid at registration.
- **USA Swimming Registration Fee – \$81** One-time fee paid at registration. All athletes participating in Express Swim Team programs are required to be member of USA Swimming. This is an annual fee goes directly to USA Swimming and ISI and covers your insurance and other programming opportunities. Registration fees are collected now for the 2021 calendar year.
- **Meet Participation Fees** - Meet fees will NOT be collected at registration. Meet registration will take place ONLINE when available. Meet fees will be billed as they occur. **Meet entries are submitted approximately 3-6-weeks prior to the meet. After our team entry has been submitted, swimmers / families will be responsible for their fees even if swimmers are unable to attend the meet.** In the Billing Section of the website / Payment Set-up, families should establish a credit card on file for payment of meet fees. There is a \$3 Express Swim Team surcharge for all swimmers participating in meets.
- **Transfer Fee** - All swimmers coming to Express Swim Team from another USA Swim Team are required to submit a transfer form and \$10 transfer fee to Illinois Swimming. The Illinois Swimming Athlete Transfer form is available on our website under the Join US tab.

### Payment Plans and Policies:

- **Registration for the FALL 2020 Season will take place ONLINE.** Registration Fees & Team Fee Payments are due at the time of registration. Swimmers must be registered prior to their first day of participation.
- **Payments** are outlined below based on the program you are registering for. At the time of registration, the initial monthly installment (Aug/Sept) payment is due as well as the USA Swimming Fee. Monthly installments are automatically drawn on the first of the month. FALL Session Payment schedule: Aug/Sept, Oct, Nov. ;
  - **Session 1 (Fall – September through November 15th )** – Team fees are divided into 3 monthly installments. At the time of registration the first installment will be due along with the USA Registration Fee. Additional installments are drawn on the first of the Month – Oct, Nov.
- **Refunds and Notification of Leaving the Team** -Team fees are non-refundable after 10 practices have been offered for the training group. The team must be notified in writing if you choose to leave the team. USA Swimming registration fees and any meet participation fees already paid are non-refundable.

<b>Group</b>	<b>SESSION 1 September-November  3 Installments Sept, Oct, Nov</b>
<b>SuperNOVA</b>	\$120
<b>Bronze</b>	\$150
<b>Silver</b>	\$200
<b>Gold</b>	\$250
<b>Senior</b>	\$250



**RecEXPRESS** program designed to offer novice competitive swimmers a flexible opportunity to participate in an instructional and fun-oriented swimming program. The Fall Session will track with the Express Swim Team dates August through November 15<sup>th</sup>. **RecEXPRESS** swimmers will practice 2 or 3-days per week for approximately 45 minutes. An annual USA Swimming membership or USA FLEX membership is required for participation. **RecEXPRESS** swimmers are encouraged to participate in Express-hosted intrasquad meets and competitions.

- **Team Fees** – Team fees are flexible based on the program selected. Team fees include a Rec-Express Team T-Shirt and purple Express swim cap. Additional (optional) Express Gear will be made available at an additional fee.
- **USA Swimming FLEX Registration Fee – \$20** One-time fee paid at registration. All athletes participating in Express Swim Team programs are required to be member of USA Swimming. This is an annual fee and goes directly to USA Swimming and Illinois Swimming and covers your insurance and provides other programming opportunities. Registration fees are collected now for the 2020 calendar year. FLEX Registration is a limited USA Swimming membership and allows swimmers to participate in two (2) swim competitions per calendar year. FLEX memberships are “upgradable” to Full USA Swimming memberships when swimmers are interested in additional competitive opportunities.
- **Meet Participation Fees** - Meet fees will NOT be collected at registration. Meet registration will take place ONLINE. Meet fees will be billed as they occur. **RecEXPRESS** swimmers may participate in Express dual meets, Intrasquad meets and Express-hosted USA Swim Meets.
- **Transfer Fee** - All swimmers coming to **Express Swim Team** from another USA Swim Team (not a summer-league team) are required to submit a transfer form and \$10 transfer fee to Illinois Swimming.

**Payment Plans and Policies:**

- **Registration for all RecEXPRESS sessions will take place ONLINE.** Registration Fees & Team Fee Payments are due at the time of registration. Swimmers must be registered prior to their first day of participation.
- **Payments** are outlined below based on the program you are registering for. At the time of registration, program fees and the annual FLEX USA Swimming membership are due.
  - **Session 1 September 9<sup>th</sup> through November 14<sup>th</sup>**
- **Refunds and Notification of Leaving the Team** -Team fees are non-refundable after 3 practices have been offered for the session. The team must be notified in writing if you choose to leave the team. USA Swimming registration fees and any meet participation fees already paid are non-refundable.

RecEXPRESS	Two-Days/Week 20 Sessions	Three-Days/Week 29 Sessions
Fall Session (9/9-11/15)	\$240	\$360

- **Away Meets:** Express Swim Team regularly asked to provide timers for “away” meets we participate in. It is expected that families will volunteer during the course of the season as we are asked.

## ~ MEET PARTICIPATION, TEAM UNIFORM & EQUIPMENT REQUIREMENTS ~

### SWIM MEET PARTICIPATION

Express Swim Team is a competitive program and participation in swim meets is expected. All Express swimmers will be entered in Express-hosted meets. All **GOLD, SENIOR & HIGH SCHOOL** swimmers will be automatically entered in all swim meets. To decline participation in a meet, Gold, Senior and High School swimmers must decline using the **ONLINE** meet registration system. Super Squad, Bronze and Silver swimmers should access the **ONLINE** registration system to indicate whether or not you would like to be entered into a meet. Meet Sign-ups take place about 6-weeks prior to the meet. Meet fees are non-refundable.

#### **All swimmers will wear Express-logo suits and caps when participating in competition.**

- Our Team Uniform consists of Speedo Express-logo Suits, caps and Warm-ups. Team warm-ups are **REQUIRED** for all swimmers participating in the Gold and Senior programs. We are a Speedo sponsored team and receive a significant discount on all of our Speedo team apparel and equipment. Part of our agreement with Speedo includes displaying their logo on all of our team-wear and exclusive use of their swim suits in competition. *Speedo warm-ups are required for all athletes recognized on the award podium (Regional Meets and above).*
- In addition, team shirts, team warm-ups, sweats, etc. should be worn at competition sites and whenever possible. Support your team! Parents, too!
- Speedo will outfit (warm-ups, championship suit and bag) all athletes participating in National-level meets.
- Team suits, personal equipment and bags are available through the ExpressWear link on our website: SwimExpress.com or at Swimmers Edge in Woodridge. Swimmers Edge is the exclusive supplier of all Express items.
- We recommend that team suits **NOT** be worn regularly for practice. Swimmers may wear non-Express suits for practice.
- Caps should be worn by swimmers with long hair. Goggles are required for all swimmers. All swimmers will receive one latex cap and t-shirts with their registration. Additional caps (both silicone and latex) are available for purchase. Personalized caps with names are ordered in the fall only as a minimum order is required.

### EQUIPMENT REQUIREMENTS

- **Super Squad, Bronze, Silver** - Kick Board, Fins
- **Gold & Senior** – Tempo Trainer, Fins/Zoomers, Snorkel, Pull Buoy, Paddles, Kick Board

Personalized Mesh Equipment Bags and Equipment Packages are available at Swimmers Edge – **ONLINE** or at the store.