



## 2021-22 Fall/Winter Registration

For Express Swim Team and RecExpress

- ❖ EXPRESS RETURNS “HOME” TO DISTRICT 99 POOLS !!!  
Downers Grove North & South High Schools
- ❖ ONLINE Registration is NOW Open for NEW & RETURNING Members
- ❖ FREE STROKE CLINIC - Tuesday & Wednesday September 7 & 8  
Tuesday @ Downers South 6:00-7:30 PM  
Wednesday @ Downers Grove North 6:00-7:30 PM
- ❖ PRACTICE BEGINS - Monday, September 13<sup>th</sup> -  
@ Downers North 6:00 PM

## 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 proc

### REGISTRATION PROCESS

Express Swim Team registration will take place ONLINE registration for the Short Course 2021 Season

**2021-22 Short Course Season - September 7<sup>th</sup> – March 23<sup>rd</sup>**

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 need to create an account prior to registration.
- Again, please read all information carefully before beginning the Registration process.

# Express Swim Team Practice Groups

Express Swim Team offers six ability-based practice groups that match the swimmer's ability, athleticism and experience in the sport. As swimmers improve and develop, they will advance to the next level in the program. Returning members should consult the training group assignments and recommendations. Members new to the program will be evaluated to determine placement within the Express Swim Team program.

## **SUPER NOVA**

Super NOVA is the first competitive level of the Express Swim Team. This group will include the majority of the 8 & Under swimmers who are just starting out in the sport as well as Novice 9-10 year olds with limited swimming experience. Practices for the Super NOVA group are offered 3-4 days per week for 45-minutes. Swimmers are encouraged to attend 2- 3 of the practices. The program emphasis is on learning all four competitive strokes and other competitive skills. Swimmers will participate in dual meets, all Express-hosted meets, USS Swim meets when ready and the season-culminating Conference

## **BRONZE**

The Bronze Team is the second competitive level. Swimmers in this group are generally ages 11&Under (with the majority 9-10 year olds) with limited to some competitive experience. Practices are available 4-5 days per week for 60-75 minutes. We recommend that swimmers attend 3-4 practices per week. Bronze swimmers will focus on stroke technique, legal starts & turns. Goals are for swimmers to become legal in all four strokes and participate regularly in swim meets. Advanced Bronze swimmers will have achieved an IM Ready score in competition, and/or achieved 9-10 B time standards working towards achieving 10&Under Regional and State times. Swimmers will participate in dual meets, USS meets and all Express-hosted meets as well as any championship meets they qualify for.

## **SILVER**

The Silver level are typically 12&Under years old and have some Express or summer seasons of experience. Practices for this group are offered 4-5 days per week for 60-75 minutes. Silver swimmers will focus on stroke technique for all four strokes, starts and turns with a goal of competing legally in all 4 strokes to achieve an IM Ready score in competition. All Silver 2 swimmers will increase their aerobic training and racing strategies and will focus on achieving 11-12 "B" time standards. Swimmers will participate in dual meets, USS meets and all Express-hosted meets as well as any championship meets they qualify for.

## **GOLD**

Gold level swimmers are generally ages 14&Under. Gold swimmers will continue to focus on mastering all four competitive strokes and successful racing strategies. The Gold training group is the highest level Age Group program on the Express Swim Team. This group includes our top age group swimmers ages. Season goals for swimmers in this group by meeting standards in the following areas: IMX/IMR Score; 200 IM time; 10 X 100 @ 1:30; Regional/State time standards; and T-30. Practices are offered five days per week for up to 2-hours per day. Athletes training in this group generally maintain a 85% attendance and meet participation rate. Swimmers have a Championship-level meet focus and generally swim with Express on a year-round basis. Swimmers in this group will participate in dual meets, USS meets, all Express-hosted meets and any championship meets they qualify for.

## **SENIOR/HIGH SCHOOL**

The Senior Team is our highest competitive level and will include our most successful athletes. Practices are offered 6 days per week for 2 hours. Athletes participating in this group are generally high school-aged athletes who swim year-round and represent their high school teams during their respective seasons. Swimmers in this group are interested in taking their swimming to the next level. Many have a state and national-level focus and generally maintain an 85-90% attendance and meet participation rate. All swimmers are expected to compete in the highest level championship meets for which they qualify for.

## **HS MEN (Pre-season)**

The HS Men (Pre-season) program is designed for those HS Men wanting to prepare for their High School season. Their season runs September through November. Practices are available 4 days per week – Monday through Thursday for 90 minutes.



- **Team Fees** – Listed Below Team fees cover participation from September 7<sup>th</sup> through March 13<sup>th</sup>
- **Administration Fee - \$40** – One-time fee paid at registration. Swimmers will receive 1 latex team cap and 1 team t-shirt.
- **USA Swimming Registration Fee – \$83** One-time annual 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 2022 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 for is available on our website under the Join US tab. A Team Transfer Form must be completed and sent to Illinois Swimming. [Link to Transfer form](#)

**Payment and Policies:**

- **Registration for the Short Course 2021-22 Season will take place ONLINE.** Team Registration Fee (\$40) & USA Membership Fees (\$83) are due at the time of registration. Swimmers must be registered prior to their first day of participation.
- **Team Fees** will be collected in three (3) Installments: **September 1<sup>st</sup>, October 1<sup>st</sup> and November 1<sup>st</sup>.** **Payments** are outlined below based on the program you are registering for.

TRAINING GROUP	3 Installments Sept/Oct/Nov
<b>SuperNOVA</b> (8 & Under – Competitive)	\$260
<b>Bronze</b> (10 & Under – Competitive)	\$290
<b>Silver</b> (12 & Under – Competitive)	\$365
<b>Gold</b> (12 & Over – Competitive)	\$425
<b>Senior</b> (13 & Over – Competitive)	\$425
<b>Senior</b> Girls Competing on HS Team	\$250
<b>Senior</b> Boys Competing on HS Team	\$175

- **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.



The **RecEXPRESS program** designed to offer a non-competitive program to novice swimmers in an instructional and fun-oriented environment. RecEXPRESS will track with the Express Swim Team dates September 13th through February 9th . **RecEXPRESS** swimmers will practice 2 or 3-days per week for 45 minutes. An annual USA Swimming membership is required for participation. **RecEXPRESS** swimmers will have an opportunity to participate in an Express-hosted intrasquad meet or time trial competitions. **RecEXPRESS swimmers must be able to swim 25 yards (1-length of the pool) using freestyle or backstroke.** **RecEXPRESS is NOT a Learn-to-Swim program – it is a developmental program that focuses on learning and refining the four competitive strokes and other competitive skills.** Swimmers are able to transfer to Express Swim Team at any time during the season. All team fees will be prorated at the time of the transfer.

- **Team Fees** - There are two sessions of RecExpress, each approximately 10 weeks long. \$300 per Session.
- **Administrative Fee – \$40 One-time fee paid at the time of registration** Swimmers will receive 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** - If your swimmer participates in swim meets - 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. [Link to Transfer form](#)

#### 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.
  - **TWO sessions of RecEXPRESS** will be offered during the season. Sessions are approximately 10-weeks long and will meet 3 times/week (depending on pool availability). Daily sessions will meet for 45 minutes.
    - **Session 1 (September 13<sup>th</sup> through November 20<sup>th</sup> )**
    - **Session 2 (December 6<sup>th</sup> through February 19<sup>th</sup> No practice 12/20-1/2)**
- **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	
Session 1 (9/13-11/20)	\$300
Session 2 (12/6-2/19)	\$300

## ~ 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, intrasquads and time trials. To enter or decline participation in a meet, use the ONLINE meet registration system. Meet Sign-ups take place about 6-weeks prior to the meet. Meet fees are non-refundable. RecExpress swimmers may participate in intrasquad and time trial meets.

- All swimmers will wear Express-logo suits and caps when participating in competition & practice.
- Team shirts, team warm-ups, sweats, etc. should be worn at competition sites and whenever possible. Support your team! Parents, too!
- Team suits, personal equipment and bags are available through the ExpressWear link on our website: SwimExpress.com or at 23 Aquatics in Woodridge. 23 Aquatics 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

- **RecEXPRESS - Kick Board & Fins**
- **SuperNOVA - Team Jacket/Sweatshirt, Team Suit, Kick Board & Fins**
- **Bronze - Team Jacket/Sweatshirt, Team Suit, Kick Board, Fins, Mesh Bag**
- **Silver - Team Jacket/Sweatshirt, Team Suit, Kick Board, Fins, Pull Buoy, Snorkel, Nose Clip, Mesh Bag**
- **Gold - Team Jacket/Sweatshirt, Team Suit, Kick Board, Fins/Zoomers, Pull Buoy, Snorkel, Nose Clip, Stroke Maker Paddles, Tempo Trainer**
- **Senior - Team Jacket/Sweatshirt, Team Suit, Kick Board, Fins/Zoomers, Pull Buoy, Snorkel, Nose Clip, Stroke Maker Paddles, Tempo Trainer**

Personalized Mesh Equipment Bags and Equipment Packages are available at 23 Aquatics (Woodridge) – ONLINE or at the store.

## ~PROCEDURES & PARTICIPATION REQUIREMENTS~ COVID-19

Participation Requirements during COVID-19 are changing on a regular basis. Express Swim Team is required to meet standards and requirements of a number of different governing bodies and organizations. At this point (August 2021), we are operating under the following requirements and restrictions:

- Everyone entering District 99 facilities must wear a mask. Masks are to be worn at all times except while swimming.
- Swimmers should plan to arrive and leave in suits – locker rooms will not be available.
- No Spectators or parents will be allowed on deck or in the buildings.
- Swimmers should not share equipment or water bottles.
- Any swimmer displaying COVID-like symptoms should not attend practice.
- Please notify Express Swim Team if your swimmer is exposed or contracts COVID.