



**2022  
Spring Registration**  
For Express Swim Team and RecExpress

- ❖ **SPRING-ONLY EXPRESS SWIM TEAM REGISTRATION**
- ❖ **ONLINE Registration is NOW Open for NEW & RETURNING Members**
- ❖ **PRACTICE BEGINS - Wednesday, April 6<sup>th</sup> -  
@ Downers South 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 process

**REGISTRATION PROCESS**

Express Swim Team registration will take place ONLINE for the Spring-Only Long Course 2022 Season

**Spring 2022 Long Course Session - April 6<sup>th</sup> – June 3<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 five 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. New and Returning members should consult the training group descriptions and recommendations. All new members must be able to swim one length of the pool freestyle and backstroke.

## **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.

## **BRONZE**

The Bronze Team is the second competitive level. Swimmers in this group are generally ages 10&Under (with the majority with limited to some competitive experience). Practices are available 4-5 days per week for 60 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 swimmers are typically 12&Under years old and have some Express or summer season 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 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 13&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 1:45-2 hours. Athletes participating in this group are generally rising Freshmen or current HS students 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.



- **Team Fees** – Listed Below Team fees cover participation from April 6<sup>th</sup> through June 3<sup>rd</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 for the 2022 calendar year. New Members will be billed separately for this Fee.
- **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 Long Course 2022 Session will take place ONLINE.** Team Registration Fee (\$40) are due at the time of registration. USA Swimming Membership Fees will be billed separately for New Members. Swimmers must be registered prior to their first day of participation.
- **Team Fees** will be collected in two (2) Installments: **At the time of Registration and May 1<sup>st</sup>.** **Payments** are outlined below based on the program you are registering for.

TRAINING GROUP	2 Installments Registration & May
<b>SuperNOVA</b> (8 & Under – Competitive)	\$140
<b>Bronze</b> (10 & Under – Competitive)	\$ 168
<b>Silver</b> (12 & Under – Competitive)	\$ 200
<b>Gold</b> (13 & 14) Competitive)	\$ 220
<b>Senior</b> (13 & Over – Competitive)	\$ 240

- **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.

# REC *Express*

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, 3 weeks in length. **Session 1 – April 11-29 Session 2 – May 2-May 20.** \$150 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 3-weeks long and will meet approximately times/week (depending on pool availability). Daily sessions will meet for 45 minutes.
    - **Session 1 (April 11-29)**
    - **Sesswion 2 (May 2-20)**
- **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	
<b>Session 1 (April 11-29)</b>	\$150
<b>Session 2 (May 2-20)</b>	\$150

## ~ 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

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