**2021 Spring Registration**

**~ IMPORTANT DATES & INFORMATION - LONG COURSE SEASON ~**

* ONLINE Registration Open for New & Returning Members ... ***OPEN NOW!***
* First Day of Practice – Wednesday, April 7th … Spring Session will end on May 31st (Memorial Day)

**~ REGISTRATION PROCESS ~**

Express Swim Team registration will take place ONLINE registration for the Spring 2021 Season. 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.

**~ PROGRAM LOCATIONS ~**

Express Spring programs will take place **FMC Natatorium** in Westmont and **5 Seasons** in Burr Ridge.

**~ PROGRAMS AND TRAINING GROUPS**

**Training Groups**

*Swimmers should register for the training group that includes their age at the end of the Spring Se**ssion*

* **Senior/Gold** (Ages 13-18) - Practice available 6 days/week for 1:30
* **Silver (**Ages 11-12) – Practice available 5 days/week for 1:15
* **Bronze (**Ages 9-10) – Practice available 4 days/week for 1:00
* **SuperNOVA** (Ages & Under)– Practice available 4 days/week for :45/1:00

**~ PRACTICE SCHEDULE - Spring 2021 ~**

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| **Group** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Senior/Gold** | **8-9:30 PM @ 5 Seasons** | **8:00-9:30 @ FMC** | **8:00-9:30 @ 5 Seasons** | **8:00-9:30 @ FMC** | **6:00-7:30 @ 5 Seasons** | **12:00-1:30 @ FMC** |
| **Silver** | **8:00-9:15 @ 5 Seasons** | **8:00-9:15 @ FMC** | **No Practice** | **8:00-9:15 @ FMC** | **6:00-7:15 @ 5 Seasons** | **12:00-1:15 @ FMC** |
| **Bronze** | **No Practice** | **8:00-9:00 @ FMC** | **8:00-9:00 @ 5 Seasons** | **8:00-9:00 @ FMC** | **No Practice** | **8:00-9:00 AM**  **@ 5 Seasons** |
| **SuperNOVA** | **No Practice** | **8:00-8:45 @ FMC** | **8:00-8:45 @ 5 Seasons** | **8:00-8:45  @ FMC** | **No Practice** | **8:00-9:00 AM**  **@ 5 Seasons** |

**~ FEES - PAYMENT SCHEDULE - POLICIES ~**

* **Team Fees -** Team fees cover participation during the Spring Long Course Season from April through late-May. Swimmers will receive an Express swim cap and team t-shirts as part of their team fees. Team fees are listed below.
* **USA Swimming Registration Fee - $79** 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. **New Members** will be billed separately for USA Membership Fees. Returning 2021 members have already paid this fee.
* **Registration Fee – $40 Spring/Summer.** This ‘one-time per season per swimmer fee’ is paid at the time of registration and covers administrative fees; Express swim cap and Team T-shirt.
* **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. Meet entries are submitted approximately 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.

**Payment Plans and Policies:**

* **Registration for the 2021 Spring Session will take place ONLINE.** Swimmers must be registered and fees paid prior to their first day of participation.
* **Spring Session Team Fees are paid in 2 installments – at the time of registration and May 1st.**
* **Late Registration** – Swimmers who register late will need to make-up any missed payments that have been processed prior to beginning practice.
* **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**.**

**~ TEAM FEES ~**

|  |  |
| --- | --- |
| **GROUP** | **SPRING**  **2 Installments**  **April & May** |
| SuperNOVA | $120 |
| Bronze | $180 |
| Silver | $225 |
| Gold | $320 |
| Senior | $320 |

**\*\*USA Fee will be billed separately for New members only. Returning members have already paid 2021 USA Membership fee.**

**~ SWIM MEET PARTICIPATION ~**

**The Spring & Summer Long Course Meet Schedule will be posted on the Express website**. Swim Meets are starting to become available in the Illinois area!!! Express Swim Team is a competitive program and all participants are expected to compete during the season. Our meet schedule will be posted on the website when details become available. Registration for meet participation will take place ONLINE where families can select the meets and sessions they would like to participate in. Meet participation fees are billed monthly. Meet participation fees for a typical weekend meet (2-3 days) are approximately $25-$30. There are no "refunds" if swimmers do not participate in a race, session or meet they have signed-up for. As a reminder, our entries are submitted to the host team six weeks prior to the actual meet. Advanced planning will be necessary. Once the meet sign-up window has closed, no additions or changes are possible.no The status of End-of-season Illinois Championship meets is still unknown at this time. More information will become available as the season progresses.

**~ TEAM UNIFORM, SWIM SUIT POLICY & EQUIPMENT REQUIREMENTS ~**

**TEAM UNIFORM REQUIREMENTS**

* **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 Junior, Senior and ELITE 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 will be available when the new vendor/store opens in the area.
* 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** - Fins
  + **Bronze** – Fins
  + **Silver** – Fins
  + **Gold** – Tempo Trainer, Fins/Zoomers, Snorkel, Pull Buoy, Paddles
  + **Senior** – Tempo Trainer, Fins/Zoomers, Snorkel, Pull Buoy, Paddles

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