



Spring/Summer Registration 2020

~ IMPORTANT DATES & INFORMATION - LONG COURSE SEASON ~

- ONLINE Registration Open for New & Returning Members ... **OPEN NOW!**
- **No Fees Collected at the time of Registration**
- First Day of Practice – To Be Determined
- *Multi-Swimmer Discount – 20% discount on the third swimmer registered*

~ EVALUATION / TRY-OUTS FOR NEW SWIMMERS ~

Evaluations will take place when access to District 99 pools is available.

Our program is generally Age-Based and new members may “register” for training groups and programs based on swimmer’s end of summer age.

SuperNOVA – Ages 8 & Under Bronze – Ages 9-10 Silver – Ages 11-12 Gold – Ages 13-14
ELITE/Senior /High School – 14 & Over Current College Students – 18 & Over
RecExpress – Ages 11&Under

~ REGISTRATION PROCESS ~

Express Swim Team registration will take place ONLINE registration for the Spring/Summer 2020 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. Technique School, Camp and Clinic Registration will take place ONLINE in the Express Swim School area of the website. **NO REGISTRATION FEES WILL BE COLLECTED AT THIS TIME.**

~ PROGRAM LOCATIONS ~

Express Spring programs will take place at both Downers Grove North & South High School pools when they become available. Currently, all rentals have been cancelled until April 30th. There is a possibility that this date may be extended. Summer dates at times will be announced. The District 99 “shut-down for maintenance schedule” and construction interruptions for each campus have not been announced. We are also in the process of securing additional short course/long course water for training.

~ PROGRAMS AND TRAINING GROUPS ~

THE ORIGINAL PLAN

Start dates, etc. will be UPDATED as they become available

SENIOR / HIGH SCHOOL PROGRAMS

Training Groups – Ages 13 & Over

Practices 8-10 sessions/week; Spring-PM; Summer-AM & PM sessions; PM dryland/weight training; (Variety of experience; High School preparation; Ages 13 & Over).

- **ELITE Long Course Season** (April 6th – August 2nd)
- **Full Long Course Season** (April 6th – August 2nd)
- **Spring Session** (April 6th – May 23rd)
- **Summer Session – Full Program** (May 26th – Aug 2nd)
- **AM-Only Summer** (May 26th – July 31st)
- **PM-Only Summer** (May 26th – July 31st)
- **College – Returning College Students** (May – July)

AGE GROUP PROGRAMS

Training Groups – Ages 6 - 13

- **Full Long Course Season** (April 6th – Aug 2nd)
- **Spring-only Session** (April 6th – May 23rd)
- **Summer-only Session** (May 26th – July 31st)

Training Groups: *Swimmers should register for the training group that includes their age at the end of the Summer Long Course Season*

- **Gold** (Ages 13-14) - Practice available 6 days/week for 2:00
- **Silver** (Ages 11-12) – Practice available 5 days/week for 1:30
- **Bronze** (Ages 9-10) – Practice available 4-5 days/week for 1:15
- **Super Squad** (Ages 8&Under)– Practice available 3-5 days/week for :45

~ PRACTICE SCHEDULE - Spring 2020 ~

GENERAL Spring Practice Schedule (Start Date – TBD)

| Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|----------------------|----------------------|--------------------------------|----------------------|----------------------|-------------------------------|
| Senior/Elite | 6:00-8:00 @ South | 6:00-8:00 @ North | 6:00-8:00 @ North | 6:00-8:00 @ South | 6:00-8:00 @ North | 10:00-12:00 @ North |
| Gold | 6:00-8:00 @ South | 6:00-8:00 @ North | 6:00-8:00 @ North | 6:00-8:00 @ South | 6:00-8:00 @ North | 10:00-12:00 @ North |
| Silver | 6:00-7:30 @ South | 6:00-7:30 @ North | TBA on weeks with Fri Meets | 6:00-7:30 @ South | 6:00-7:3- @ North | 10:00-11:30 @ North |
| Bronze | 6:00-7:15 @ South | 6:00-7:15 @ North | 6:00-7:15 @ North | 6:00-7:15 @ South | No Practice | TBA 10:00-11:15 @ North |
| SuperNOVA | 6:00-6:45 @ South | 6:00-6:45 @ North | 6:00-6:45 @ North | 6:00-6:45 @ South | No Practice | No Practice |

There are interruptions in the Spring schedule due to other District programming and priorities. The most current practice schedule is always available on the team website.

Summer Practice Schedule (June through August) Location & Schedule TBA

The Summer Practice Schedule has not been finalized at this time. Details will be made available on the Express Swim Team website as soon as we have confirmation of our water time. At this point it looks like both District 99 pools are expected to be closed for the summer and we are in the process of securing practice time at different locations.

~ FEES - PAYMENT SCHEDULE - POLICIES ~

NO REGISTRATION FEES WILL BE COLLECTED AT THIS TIME

- **Team Fees** - Team fees cover participation during the Long Course Season from April through late-May (Spring) and June through July (Summer). 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 - \$78** 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 2016 calendar year.
- **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 \$2 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 2019 Spring & Summer Sessions will take place ONLINE.** Team Fees are due in-full at the time of registration unless you select one of the payment plan options. Swimmers must be registered and fees paid prior to their first day of participation.
- **Payment Plan options** are outlined below based on the program you are registering for.
 - For those opting for the **Full Season** (April through July), a four installment payment option is available. At the time of registration, you will be billed for your first installment (April payment). Payment #2 – May 1st; Payment #3 – June 1st; Payment #4 – July 1st
 - **Spring-only or Summer-only** Programs have a two installment plan option. Please see details below.
- **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 ~

To be Adjusted when we know what our schedule will be

| GROUP | SPRING 2 Installments April & May | SUMMER 2 Installments June & July | FULL SEASON 4 Installments April/ May/ June/July | USA Fee** |
|-------------------|---|---|---|-----------|
| Super Squad | \$120 | \$120 | \$120 | \$79 |
| Bronze | \$180 | \$180 | \$180 | \$79 |
| Silver | \$225 | \$225 | \$225 | \$79 |
| Gold | \$320 | \$320 | \$320 | \$79 |
| Senior | \$320 | \$320 | \$320 | \$79 |
| ELITE | \$340 | \$340 | \$340 | \$79 |
| SR-Summer AM-Only | - | \$200 | - | \$79 |
| SR-Summer PM-Only | - | \$200 | - | \$79 |
| SR-College | - | \$150 | - | \$79 |

**USA Fee will be billed separately for New members only. Returning members have already paid 2020 USA Membership fee.

~ SWIM MEET PARTICIPATION ~

The Spring & Summer Long Course Meet Schedule will be posted on the Express website. Express Swim Team is a competitive program and all participants are expected to compete during the season. Our meet schedule includes intrasquad meets, dual meets and USA Swim Meets and will be finalized in April. We will offer multiple meets per month during the "short" non-championship season. Most of the meets we participate in are "local", but we will offer at least one "travel meet" during the season. 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. All swimmers will participate in an end-of-season championship meet based on their abilities and time standards (Conference, Regional Champs, State Champs, Sectionals, Juniors, or Nationals).

~ 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 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

- **SuperNOVA** - Fins
- **Bronze** – Fins
- **Silver** – Fins
- **Gold** – Tempo Trainer, Fins/Zoomers, Snorkel, Pull Buoy, Paddles
- **Senior** – Tempo Trainer, Fins/Zoomers, Snorkel, Pull Buoy, Paddles

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

REC *Express*

RecEXPRESS is a VERY POPULAR Express program which was introduced in the Fall. RecExpress is designed to offer novice competitive swimmers a flexible opportunity to participate in an instructional and fun-oriented swimming program. Three Sessions will be offered in the Spring/Summer. The Spring Session (Session #1) is a 7-weeks in length with 3 class sessions offered per week (both campuses). The Summer Sessions (June – Session #2 and July – Session 3) are 4-weeks in length and 4 class sessions are offered weekly – Monday thru Thursdays. Additionally, families may select their level of commitment and participation by registering for 1-day, 2-days or 3-days of attendance per week. The current calendar (subject to change!) is posted on the Express website. An annual USA Swimming membership or USA FLEX membership is required for participation. **RecEXPRESS** swimmers are encouraged to participate in Express-hosted meets and competitions.

- **Team Fees** – Team fees are flexible based on the program selected. Swimmers may participate one-day/week, two-days/week or three-days/week. 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.
 - **Three sessions of RecEXPRESS** will be offered during the season. Sessions are approximately 7-weeks long and will meet for 22 sessions. Daily sessions will meet for 45 minutes.
 - **Session 1 Spring #1(April 6th – May 22nd)**
 - **Session 2 Summer #2 (June 1st - June 25th)**
 - **Session 3 Summer #3 (July 6th – July 30th)**
- **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 | One-Day/Week 7 Sessions | Two-Days/Week 14 Sessions | Three-Days/Week 22 Sessions |
|-----------------------------|----------------------------|------------------------------|--------------------------------|
| Session 1 (4/6-5/22) | \$95 | \$155 | \$235 |

| RecEXPRESS | Two-Days/Week 8 Sessions | Three-Days/Week 12 Sessions | Four-Days/Week 16 Sessions |
|-----------------------------|-----------------------------|--------------------------------|-------------------------------|
| Session 2 (6/1-6/25) | \$105 | \$132 | \$160 |
| Session 3 (7/6-7/30) | \$105 | \$132 | \$160 |