



2021 Winter Session 2 Registration

-Express Swim Team-

- ❖ ONLINE Registration is NOW Open !!
- ❖ The Season Begins !! – Monday, January 25th
- ❖ PRACTICE LOCATIONS – FMC NATATORIUM & 5 SEASONS

We're BACK!! WELCOME to Express !!

The information in this packet includes details on:
How to Register • Fees and Payment Details •

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 Winter 2021 Session Season (January 25th – March 26th). 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. Returning member should register for the **RENEWAL** version of the training group to avoid duplicate charges.
- New members will be accepted. New members will need to create an account prior to registration.
- 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 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 January through March. 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** – THE STATUS OF SWIM MEETS IS UNKNOWN AT THIS TIME. Hopefully, meet participation will return soon! 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.

Payment Plans and Policies:

- **Registration for the WINTER 2021 Session 2 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. **Returning Member should register for the RENEWAL options of the training groups.**
- **Payments** are outlined below based on the program you are registering for. At the time of registration, the initial installment (January/February) payment is due as well as the USA Swimming Fee. Session 2 will have two payments: at registration and the second automatically drawn on Monday, March 1st.
- **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.

TRAINING GROUPS

SuperNOVA – Entry level program for swimmer 10 & Under with limited or no experience.

BRONZE – Beginning swimmers Ages 11 & Under

SILVER – Swimmers Ages 12 & Under

GOLD – Competitive Swimmers Ages 12 – 14

SENIOR – Competitive Swimmers Ages 13 and Over

TRAINING GROUP	SESSION 2 January - March 2 Payments- Registration & March 1st
SuperNOVA	\$180
Bronze	\$225
Silver	\$300
Gold	\$375
Senior	\$375

Practice Schedule and Locations

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
@ FMC SN-1:10-1:55 BZ-12:10-1:10 SV-12:10-1:40 G/SR-12:10-1:55	@ 5 Seasons SN— No Practice BZ-8-8:45 SV-8-9:30 G/SR-8-9:30	@ FMC SN-7:45-8:30 BZ-7:45-8:45 SV-7:45-9:15 G/SR-7:45-9:30	@ 5 Seasons & FMC SN— No Practice BZ— 8:00-8:45 SV-8:00-9:00 G/SR-6-7:15 A (FMC) G/SR 8-9:30 (5 Seasons)	No Practice	@ 5 Seasons SN-No Practice BZ-No Practice SV-4:30-6 G/SR— 4:30-6	@ 5 Seasons & FMC SN-8-9 AM(5 Seasons) BZ-8-9 AM (5 Seasons) SV-12:10-1:40 (FMC) G/SR-12:10-1:55(FMC)