

## Welcome to the 2022 Returning Member Short Course Registration!



The Short Course swim season begins on  
**Wednesday September 8<sup>th</sup>**

**Online Registration opens at 6:00pm CST on 7/9/21 and closes on 7/23/21 for current members including new siblings.**

**ALL returning members must be registered by 11:59pm CST on July 23rd, 2021 to guarantee their spot on the team.**

**To successfully complete online registration the following info is needed: (Once you begin registration, there is no option to save your work and return to it later).**

- Know the name of your swimmer's current practice group, or if aging up  
\*\*\* see example below\*\*\*
- Have credit or debit card for payment of fees for the full swim season and swim meet fees. Note: Registration fees and Team fees are two separate payments.
- Have health insurance information if it has changed
- Update your address, phone numbers, cell phone numbers if it has changed
- Update emergency contact information (name and phone numbers) if changed

### **Season Dates:**

Short Course season will begin on Wednesday, September 8<sup>th</sup>. The last day of the season for 8&Unders will be February 23, 2022. The last day for everyone else unless the swimmer qualifies for a Championship meet will be March 2, 2022. All Athletes are expected to compete in year-end Championship Meets that they qualify for.

This includes: Regionals, Age Group State, Senior Champs, Senior Nationals

### **Payment**

You will be asked to enter a credit or debit card in our secure system and pay the registration fee of \$200. Checks will no longer be accepted (note: *you will not be billed credit card fees*). This \$200 fee will be reflected in the two

installments. Failure to register your swimmer online by 7/23/21 forfeits your swimmer's spot on the team for next season. Registration fee (\$200) is nonrefundable from the date of payment.

### Session fees:

Team fees will be collected in two installments by credit card. The 1<sup>st</sup> installment is due September 1<sup>st</sup>, 2021 and the 2<sup>nd</sup> installment will be due on November 1<sup>st</sup>, 2021. These fees below reflect the deduction of the \$200 registration fee.

AGE GROUP	2 installments of
8&Under	\$340
9&10	\$430
11&12	\$510

13&14/ Senior Group	2 installments of
Full time	\$630
High School – Girl Fall Sport **	\$475
High School – Boy Winter Sport **	\$370

National Group	2 installments of
Full time	\$725
High School – Girl Fall Sport **	\$545
High School – Boy Winter Sport **	\$430

*\*\*HS sport is for those athletes participating in a Fall or Winter high school sport, and will not be able to attend the full season. \*\**

### What age group to register your swimmer:

**\*\*\*12 and Under Groups: 8&U, 9/10 and 11/12 13/14\*\*\***

Swimmers that are 12 & under as of March 10<sup>th</sup>, 2022 will be placed in age groups based on their age as of March 10<sup>th</sup>, 2022. Example Registration: Harper is 10. She is currently in the 9 & 10 age group. She turns 11 on Feb 2<sup>nd</sup>, 2022 (prior to March 10<sup>th</sup>, 2022 date) – therefore, she should be registered for one of the 11 & 12 age groups. Lanes will be divided based on abilities and change within the season.

**\*\*\*13 and older swimmers\*\*\***

Swimmers that are 13 or older as of March 10<sup>th</sup>, 2022 will be placed in the 13/14, Senior or National groups. All 13 and 14 year old swimmers will be placed in the 13/14 group (Exception: Swimmers who have been informed by the Senior or National coach to be moved into their group). All returning Senior/National Swimmers, please register for the group you were in last season unless informed otherwise. Please see group breakdowns for more information.

**Additional Fee:**

- All swimmers will also be charged the USA Swimming/Illinois Swimming, Inc. Registration fee which is currently \$83 per swimmer. The registration is good from September 1, 2021 through August 31, 2022. This payment covers on-deck insurance.
- All members will be charged \$40 and receive (3) t-shirts and (2) latex caps. FMC silicone caps, team suits and all team equipment can be purchased through Urban Tri-Gear

**Discounts:**

Multi-Swimmer Discount – If three (3) or more swimmers are registered with FMC Aquatic Swim Team, there is a \$100 discount on team fees. This credit will be applied to the second installment.

**Refund Policy:**

Registration fees are non-refundable. Team fees are non-refundable after 2 weeks of practices for your swimmer's group. USA Swimming/ISI Registrations are non-refundable. Please understand that we do have a waitlist of families anxious to join FMC Aquatic Swim Team. We turn away interested swimmers when a spot is reserved on the team.

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## What are the IMPORTANT Policies for the SC Session?

1. Practice Group Options
2. Group Breakdowns and Expectations
3. Parent Volunteer Requirements
4. Team Equipment Requirements
5. Team Sponsor
6. Speed Suit Policy
7. Meet Entry Policy
8. Team Travel Meet Practice Requirements

### 1. Practice Group Options

**9&10 (9/10 Red and 9/10 Blue groups)** - We will be offering two separate practice groups for the 9 & 10 groups this season. You will be able to choose which group is convenient for you to have your child swim during registration. The only difference between the groups are the practice times. There will be limits on these and it will be first come first serve basis.

**11/12: 11/12 Coach Adam (Red) and 11/12 Coach Pierre (Blue)** – We are fortunate enough this season to be able to offer two outstanding 11/12 programs for our swimmers. We have two groups that will be training at both the FMC Natatorium and Superior pools following the 11/12 Group (Red) and 11/12 Group (Blue) on the practice schedule. Coach Adam Cremieux will be the lead coach of the 11/12 Coach Adam (Red) group and Coach Pierre Ruffin will be the lead coach of the 11/12 Coach Pierre (Blue). You will be able to choose which group your child swims during registration. There will be limits on these groups and selection will be on a first come first serve basis.

### 2. Group Breakdowns and Expectations

**8 & Under Group: Lead Coach – Kirby Igoe, Amanda Collins**

This group is comprised of novice swimmers. Emphasis is placed on developing the fundamentals of all four competitive strokes, starts and turns.

Swimmers will learn how to control their body; this enhances coordination to help improve their mechanics. The practices are geared to creating a fun and enjoyable atmosphere for learning.

**Practice Limits** – 8 & Unders are allowed to train four (4) practices out of the five (5) offered a week.

**9-10 Group Red & Blue: Lead Coach – Kirby Igoe**

Swimmers in 9-10's will work to refine the basics of the four competitive strokes while focusing on technique through stroke-specific drills and kicking sets. An emphasis will also be placed on aerobic development, and racing techniques will be introduced. Swimmers must demonstrate readiness for this group through listening to coaches, understanding and applying instructions, and being a great teammate. Within our age groups we understand that athletes may be at different points in their development. Coaches will work to organize swimmers in each group with lane assignments and intervals.

**Practice Limits** – 9-10's are allowed to train four (4) practices out of the five (5) offered a week.

**11/12 Group: Lead Coach – Adam Cremieux (Red) / Pierre Ruffin (Blue)**

11-12 swimmers will focus on refining their strokes through stroke-specific technique drills, while increasing their aerobic endurance and anaerobic capacity through challenging swim and kick sets designed to prepare them for the next level. More advanced training and racing strategies will be introduced with the goal of preparing swimmers for more advanced races. Swimmers will be expected to add distances of 200 yards/meters and higher in multiple strokes (or IM) to their swim meet event lists. Within our age groups, we understand that athletes may be at different points in their development. Coaches will work to organize each group with lane assignments and intervals to fit specific lanes.

**Practice Limits** – 11-12's are allowed to train five (5) practices out of the six (6) offered a week.

**13-14 Group: Lead Coach – Kyle Kummer**

This group is designed to meet the needs of the 13 -14 swimmer who has been in the program and has achieved a designated level of success based

on effort, practice consistency, meet participation, and time standard achievement. This group will allow a much smoother and more prepared transition to the Senior & National groups. This group will be specifically working towards seasonal goals which include developing a good work ethic, continued stroke and technique development, goal setting for meets, and a love of racing! Within our age groups, we understand that athletes may be at different points in their development. Coaches will work to organize each group with lane assignments and intervals to fit specific lanes. **If you are 14 years old and in high school, you will be placed in the senior group.**

**Senior Group: Lead Coach – Conor Ozog**

Swimmers in this group are introduced to more advanced mental and physical training concepts and learn how to maximize these skills. Goal setting and race strategies also continue to be developed. Workouts are designed to improve endurance, speed, and stroke technique. Another main goal within this group is to be a gateway to the National Team. Still at this level, we understand that athletes swim for both performance and social reasons.

**National Group: Lead Coach – Dave Krotiak**

This group is comprised of swimmers at the highest ability level. The national group focuses on maximizing mental, physical and team building skills. Goal setting and race strategy is always being further developed. Endurance, speed, and a level of stroke technique perfection is worked on at the highest level. Total commitment to all aspects of training and competition is expected from this group.

Requirements for the National group: USA Swimming Sectional standards in LC 2021 and be able to train at the ability of the group.

**All Athletes are expected to compete in year-end Championship Meets that they qualify for. This includes: Regionals, Age Group State, Senior Champs, Senior Nationals**

**3. Parent Volunteer Requirements – SC 2022**

Your role as a volunteer is very important to the sport of swimming. We depend on support from all families. No experience is necessary for most of the jobs and it allows you to actively participate in your child's activity, meet new people, and help promote the success of the club. Swim meets are an important source of fundraising for the team which allows funds to be put back into the program to aid in the development and success of the swimmers.

Each season, every family will have a minimum volunteer commitment. The commitment at each meet varies by the type of event the club is hosting.

- FMC hosted meet. The expectation is that each family will work a minimum of one shift.

- Age group and Senior level qualifying meets. Each family of qualifying swimmers will be expected to work two shifts and all other families one shift.

*\*Failure to fulfill your volunteer expectation will result in a \$150 fine per missed shift.*

At the time of registration, the following hosted meets are anticipated. Due to uncertainty with COVID restrictions this is subject to change:

Date	Event	Commitment per Family	Failure to Fulfill Commitment Fine
10/9	<b>Pentathlon</b>	Each family is required to work one shift	<b>\$150 per missed shift</b>
11/19-21	<b>Prelim/Final Senior Meet</b>	Qualifying swimmer families will be required to work two	<b>\$150 per missed shift</b>

		shifts, all other families one shift.	
TBA	<b>January Meet</b>	Each family is required to work one shift	<b>\$150 per missed shift</b>

There will be other available swim meets to the team that will be posted under the “Meets/Events” page of the website ([www.fmcaquatic.com](http://www.fmcaquatic.com)), with the meet packet and other available and pertinent information.

#### 4. Team Equipment Requirements

- All swimmers must have a team suit to compete in meets.
- Only **FMC team swim caps, warm ups and backpacks** may be worn/used at practice and swim meets.
- Swimmers are expected to come to practice with the assigned practice training equipment for their group. Swimmers may be asked to sit out portions of practice if they do not have the appropriate practice equipment.
- All equipment and WATER BOTTLES need to be marked with swimmer’s name and carried in a mesh equipment bag.

Below is a breakdown of the equipment list for each group. You can find a more detailed list online.

8 and Under	Fins/ Water Bottle
9 and 10 TDG	Fins/ Water Bottle
9 and 10	Fins/ Water Bottle
11-13 Junior Groups	Fins/ Drag Sox (30’s)/ Water Bottle/ Nose Clip
11 and 12	Fins/ Drag Sox (30’s)/ Water Bottle/ Nose Clip
13 and 14	Fins/ Drag Sox (30’s)/ Water Bottle/ Nose Clip/ Pull Buoy/ Paddles/ Snorkels
Senior	Fins/ Drag Sox (30’s)/ Paddles/ Water Bottle/ Nose Clip/ Tempo Trainer, Snorkel & training Strap
National	Fins/ Drag Sox (30’s and 60’s)/ Paddles/ Snorkel/ training strap/Water Bottle/ Nose Clip/ Tempo Trainer



\*\*\* Every FMC Swimmer should have a FMC Team backpack

## 5. Team Sponsor

We are proud to be a **SPEEDO** Sponsored team. This means that the team will receive discounts and other benefits on **SPEEDO** equipment, along with support at high level meets. In return, we will be sporting **only SPEEDO** team gear when possible.

## 6. Speed Suit Policy

There will be selected meets during the season in which swimmers will have the opportunity to wear a speed suit (aka tech suit or racing suit). If allowed at a meet, wearing a speed suit is optional and not a requirement. **Swimmers need to remember that so much more goes into fast swimming than just wearing a special suit.** Swimming fast is based on how much a swimmer trains over the season. In order to keep the emphasis on the training aspect of swimming the FMC Aquatic Coaching Staff has implemented the following swimsuit policy (applicable by age level at the time of registration):

**10 & Under Swimmers:** Swimmers in this age group will NOT be allowed to wear a speed suit for any regular season meets and Regional Championships. Any swimmer qualifying or swimming in the Age Group State Championship Meet will be allowed to wear an approved 12 and under technical racing suit (no leg covering for girl suits).

**11-12 Year Old Swimmers:** Swimmers may wear a speed suit at Championship Meets only (Feed the Fire, Regionals, Age Group State, and beyond). There is no specific FMC State Championship Suit for this age. In other words, swimmers may wear any technical racing suit that they desire.

\*\* During the LC Season, this group may also wear a speed suit at one of the last regular season meets as designated by the coaching staff. This is only allowed in the LC Season since the Championship meets are in long course, but Regionals is in Short Course. \*\*

**13 & Older Swimmers:** Swimmers may wear a Speedo speed suit at Championship Meets, the last regular season meet of the season that they will be attending and may also be allowed to wear a technical racing suit during a

Mid-Season meet like a Pro Series or Team Travel Meet. The Coaching Staff will inform swimmers of these Mid-Season opportunities where a speed suit can be worn.

## 7. Meet Entry Policy

FMC has established the following meet entry guidelines:

- Available Swim Meets to the team will be posted under the “Meets/Events” page of the website ([www.fmcaquatic.com](http://www.fmcaquatic.com)), with the meet packet and other available and pertinent information. An email notifying FMC Aquatic members when a meet entry is opened will be sent out to the team.
- FMC Aquatic members will have the ability to commit for a meet by “Events” or by “Sessions”. The Coaching Staff will be responsible for picking each swimmer’s events.
- Accounts will be charged per event for each meet a swimmer enters. These fees are non-refundable once the meet registration process has been completed, even if the swimmer does not participate in the meet. This includes time trials.
- The preliminary meet entries will be posted on the FMC website and sent in a mass email to the team. Parents, guardians, and swimmers will have a designated time to review the entries and discuss any potential additions or changes with the coaching staff. **The FMC Coaching Staff has final say in the events a swimmer will be entered.**
- If the team is entered in a meet that has relays, the FMC Coaching Staff will make a decision on entering those events.
- For Championships Meets (Regionals, Age Group State, and beyond), FMC swimmers will be entered in ALL events that they have qualified in. The FMC Coaching Staff will work with that particular swimmer to determine which events they will swim on each day during the meet.
- Swimmers are not allowed to compete in a meet or time trial that is not on the meet schedule without approval from the coaching staff.

**8. Team Travel Meet Practice Requirements** *(once resumed)*  
***(For the 13&14, SENIOR, & NATIONAL GROUP)***

Practice attendance requirements are set to ensure swimmers will be in peak performance shape for Team Travel Meets. They also represent what we believe is the minimum level of dedication necessary to attend these Team Travel Meets. Please note, this is the minimum requirement. Swimmers should be striving to attend 100% of all practices offered at all times. The coaching staff reserves the right to alter attendance requirements for any meet deemed Team Travel with proper prior notice.

FMC is a competitive swim team, and the expectation is that our athletes participate participant in as many meets as possible, if not all. As a team we support all athletes competing at Finals, if qualified, at home and away meets.

**In-Season Travel Meets:**

70% practice attendance

**Championship Meets beyond Senior State (Sectionals, Futures, Junior Nationals . . .)**

80% practice attendance



## 2022 SCY Practice Schedule

*This practice schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8 &amp; Under Swim</b>	5:30p-6:30p FMC- Training Pool	5:30p-6:30p Superior Training	5:30p-6:30p FMC- Training Pool	No Practice	5:30p-6:30p FMC- Training Pool	12p-1p FMC- West Pool	No Practice
<b>9-10 (Red Group)</b>	4p-5:25p FMC- Training Pool	4p-5:25p Superior Training	4p-5:25p FMC- Training Pool	No Practice	4p-5:25p FMC- Training Pool	11a-12:30p FMC- East Pool	No Practice
<b>9-10 (Blue Group)</b>	6:35p-8p FMC- Training Pool	6:35p-8p Superior Training	6:35p-8p FMC- Training Pool	No Practice	6:35p-8p FMC- Training Pool	11a-12:30p FMC- East Pool	No Practice
<b>11-12 (Blue Group) Pierre's Group</b>	5:50p-7:30p Superior Training	6p-7:40p FMC-East Pool	No Practice	6:15p-7:55p FMC- West Pool	6p-7:40p FMC- West Pool	10a-11:45a Superior Training	10a-11:50a FMC- West Pool
<b>11-12 (Red Group) Adam's Group</b>	6:15p-7:55p FMC- West Pool	6p-7:40p FMC-East Pool	6:15p-7:55p FMC- West Pool	4:20p-6:20p Superior Training	6p-7:40p FMC-East Pool	10:15a-11:55a FMC-West Pool	No Practice
<b>13-14 (Dryland)</b>	5:10p-5:55p FMC- Dryland		5:10p-5:55p FMC- Dryland			8:10a-8:55a FMC- Dryland	No Practice
<b>13-14 (Swim)</b>	6:05p-7:45p FMC- East Pool	6:15p-8p FMC- West Pool	6:05p-7:45p FMC- East Pool	6p-7:45p FMC-East Pool	5:30p-7:15p Superior Training	9:05a-10:50a FMC- East Pool	No Practice
<b>Senior (Dryland)</b>		6p-6:50p FMC- Dryland		6p-6:50p FMC- Dryland		9:10a-10a FMC- Dryland	No Practice
<b>Senior (Swim)</b>	4:10p-6:00p FMC- East Pool	4:10p-5:50p FMC- East Pool	4:10p-6:00p FMC- East Pool	4:10p-5:50p FMC- East Pool	4:10p-5:55p FMC- East Pool	7:15a-9a FMC-East Pool	No Practice
<b>National (Dryland)</b>		5:30a-6:45a FMC- Dryland		5:30a-6:45a FMC- Dryland		10:20a-11:30a FMC-Dryland	No Practice
<b>National (Swim)</b>	4:10p-6:10p FMC- West Pool	4:10p-6:10p FMC- West Pool	4:10p-6:10p FMC- West Pool	4:10p-6:10p FMC- West Pool	4p-5:55p FMC- West Pool	8a-10:10a FMC- West Pool	No Practice

**FMC Natatorium**

Training Pool

East Competition Pool

West Competition Pool

**Superior Training**

Superior Training

**All Swimmers must bring the required equipment items to practice everyday.**

Athletes should be on deck 10 min prior to practice sessions to stretch out.