

# DESCRIPTION OF PRACTICE GROUPS

Swimmers are divided into practice groups based on age and ability. Each group balances stroke development and endurance...with a little FUN. Group expectations increase with age and experience - so swimmers *grow* in the sport. *Team Millennium strives to challenge swimmers to commit to doing a little more each season!*

***Developmental Groups*** concentrate on teaching swimmers the foundations of competitive swimming in preparation for participation in our more competitive groups. Swimmers are encouraged to participate in our LOW KEY intra squad meets held at Fenwick. These swimmers are WELCOME to participate in other meets as their confidence and skills grow!

**COMETS** : Primarily 1st - 3rd graders. Meet 2 x week. 50 min

**METEORS** : Primarily novice 4-6th graders. Meet 3 x week 60 min

**ASTEROIDS**: Primarily novice 6-8th graders. Meet 3 x week 70 min

***Age Group Program*** practice groups continue to concentrate on stroke development and refinement - **while building endurance**. Emphasis is placed on developing GOOD workout habits, team spirit, friendships and goal setting. Swimmers are challenged to master AND race all four strokes. **Each of these groups has meet participation EXPECTATIONS. Please do not expect to participate in these groups WITHOUT MEET participation.**

**WHITE:group**: Primarily 3rd graders Meet 3 x week 60 min

**BRONZE & BLUE**: Primarily 4th & 5th graders. Meet 3-4 x week. 60-70 min

**SILVER & BLUE**: Primarily 7th&8th graders. Meet 4+ week 70-90 min

**COPPER & JUNIOR**: Primarily 8th graders. Meet 3-5 x week 70-90 min

***Senior Groups*** provide our HS swimmers with the tools they need to take their swimming to the next level...whether that is attaining Ill Regional, Senior, Sectional or National qualifying meets.

# Team Millennium OVERVIEW

TEAM MILLENNIUM is a competitive swim team. We hope to share our LOVE for the sport with your swimmer. The more practices and meets your swimmer attends - the more he/she will get out of this program. We totally support multi sport involvement and believe that learning to balance school, social and activities is important in growing into well balanced young adults. We hope that our swimmers can prioritize swimming as part of their weekly agendas.

As parents, we NEED *your* support! Getting your swimmer to and from practices - and meets is a commitment on your part! The MORE consistently we see your swimmers - THE BETTER!

In addition, we rely on our parents! We NEED parents to become officials to assist us in hosting meets...and OFTEN need your help TIMING at meets.

Team Millennium's TEAM SUIT is an A3 royal suit with black piping and our TEAM logo. THIS YEAR, EVERY SWIMMER will order a team suit AND wear a team suit in all meets. For those unsure of sizing -We will have a sizing kit available in September. TEAM CAPS are always available to buy at the pool.

## FEES FEES FEES FEES FEES

**USA Reg: \$85 per swimmer** This fee is required by Illinois Swimming / USA Swimming. This is a **YEARLY** fee that reoccurs every fall.

**THIS FEE WILL NOW BE PAID DIRECTLY TO USA SWIM BY YOU...**  
**DETAILS OF THE NEW PROCESS TO FOLLOW!**

**Family Fee: \$200 per family** This fee is applied towards the MAJOR expenses: rising POOL TIME and upkeep of Practice Equipment, and Coaches Education.

{HS groups ARE NOT assessed the Family FEE} **100% refunded if you decide not to participate.**

**TEAM SUIT & TEAM T shirt: \$58.00** All Age Groupers will complete an order form to receive a TEAM SUIT & TEE. Orders will be placed in SEPT. More info to follow.

**PRACTICE FEES represent the fees associated with the training group. You can choose to pay this fee in **one lump sum** - OR **3 payment option (at reg/Nov/Dec).****

**PRE SEASON FEE **OPTIONAL**** We offer an abbreviated 4 week practice schedule mid Sept. Great opportunity to review drills and ramp into the season! HIGHLY RECOMMENDED for NEW SWIMMERS.

**EQUIPMENT: Copper & Junior groups** will need an equipment bag with:

**SNORKEL, PADDLES, PB AND FINS.** Swimmers arrive with equipment at each practice.

**MEET ENTRY FEES** Swimmers are individually billed for all meets entered. Entry Fee charges will be added to your account MONTHLY.

**SWIM MORE A THON!** We may try to host our SWIM A THON this year - DETAILS pending. While we will NOT enforce a family contribution - we hope you consider supporting the team. Besides great fun - this income helps us meet our annual budget.

# FEES

In addition to the \$200 FAMILY FEE and USA registration (\$85/swimmer) - there are a few other fees:

## Training Group practice fees

CHOOSE *pay in FULL -.*

**OR** *3 monthly payments (now OCT DEC),*

**Meet Entry Fees** Fees associated with entering meets. Billed in meet month.

**PRE SEASON (optional)** Paid at registration

**TEAM SUIT & TEE package** - Paid at REG \$58 package

<b>TRAINING GROUP</b>	<b>PRACTICE FEE</b>		<b>Pre SEASON</b>
	<b>IN FULL</b>	<b>OR / 3 PAYMENTS **</b>	<b>*4 WK</b>
		<b>BILLED NOW/OCT/DEC</b>	
<b>COMET</b>	<b>\$450</b>	<b>/ \$175</b>	<b>\$50</b>
<b>WHITE</b>	<b>\$500</b>	<b>/ \$190</b>	<b>\$50</b>
<b>METEOR</b>	<b>\$500</b>	<b>/ \$190</b>	<b>\$50</b>
<b>BRONZE</b>	<b>\$560</b>	<b>/ \$210</b>	<b>\$50</b>
<b>BLACK</b>	<b>\$600</b>	<b>/ \$225</b>	<b>\$50</b>
<b>ASTEROIDS</b>	<b>\$560</b>	<b>/ \$210</b>	<b>\$75</b>
<b>SILVER</b>	<b>\$650</b>	<b>/ \$240</b>	<b>\$75</b>
<b>BLUE</b>	<b>\$700</b>	<b>/ \$260</b>	<b>\$75</b>
<b>COPPER</b>	<b>\$700</b>	<b>/ \$260</b>	<b>\$75</b>
<b>JUNIOR</b>	<b>\$750</b>	<b>/ \$275</b>	<b>\$75</b>

## **\*\*\*PRE SEASON SEPTEMBER 19                      4 WEEKS**

An abbreviated practice schedule will be offered for all groups! All groups will practice 2 or 3 times a week for this month. This is a good way for NEW members to get comfortable with the team, coaches and some basics! WE PURPOSELY PRICE this season LOW - so anyone who can start - WILL! This is a GREAT OPPORTUNITY for returning swimmers to get back in the water and be prepared for the start of the season! - This option is available during registration.

## **REGULAR SEASON :    OCT 17 - FEB 17, 2023**

**As usual, the schedule for the FIRST 2-3 weeks will be a bit abbreviated as we work around other schedules and ramp into the season. STARTING November, we will settle into our regular practice schedule. This approx schedule can be found on the NEXT PAGE.**

**I guarantee that there will be changes - as we are STILL waiting for pool time commitments.**

## **POST SEASON :            FEB 20 - MARCH 20, 2023**

There are a number of POST season CHAMPIONSHIP MEETS. Swimmers *qualifying* for these meets will continue to train **through** their championship meet.

ILL REGIONALS,

ILL AGE GROUP CHAMPS,

ILL SENIOR STATE,

SPEEDO SECTIONALS,

NCSA JR NATIONALS & AGE Group Showcase

# 2022-23 REGULAR PRACTICE SCHEDULE

## OCT 17 - FEB 17 2023

THIS SCHEDULE IS **NOT FINAL** JUST AN EDUCATED GUESS...  
ONCE POOL TIME IS SECURED - SCHEDULE WILL BE UPDATED  
WE DO OUR BEST TO STAY AS CLOSE TO THIS SCHEDULE  
BUT SOMETIMES COACHES AND POOLS HAVE CONFLICTS

Comets: Tues & Thurs: 5:55-6:45 pm

White: Mon, Tues & Thurs: 6:00-7:00 pm

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Meteors: Tues, Thurs & Fr 6:00-7:00 pm

Bronze: Mon, Wed TH Fri 6:00-7:00pm

Black: Mon, Tues, W Fri 5:50 - 7:00 pm

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**ASTEROIDS** TUES TH 7:00-8:15PM  
FRI 6:50-8:00PM

**Silver** Mon Wed Th 7:00-8:15pm  
Fri 6:50-8:00pm

**BLUE** Mon Tues Wed & Thur 7:00-8:30pm  
FRI 6:50-8:00pm

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**Copper Group** Mon Thur Fri 7:15-8:30p  
Wed 4:45-6:00p

**Junior Group** Mon, Tues & Thurs 6:50-8:30p  
WED 4:30-6:00P  
FRI 5:50 - 7:00P

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