



## RISE Aquatic Club – 2023 Long Course (LC) Spring/Summer Season Registration Information

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*The 2023 Long Course season will begin on Monday, April 9<sup>th</sup>.*

*\* Platinum may start the week of April 3.*

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Welcome back for another **MAGICAL** season! We are excited that the 2023 LC Spring/Summer Season is upon us! It's time to RISE Up! RISE Aquatic Club is a competitive swim team for swimmers of all ages, with the focus on **"TEAM"** and **"FAMILY"**. Please reference the information below for necessary details relevant to you and your swimmer(s). All RISE families are responsible for all information covered in this packet. Please review this **entire** packet carefully prior to beginning the online registration.

If you have questions regarding your registration, please contact Coach Jeff Arce at [CoachJeff@riseaquaticclub.com](mailto:CoachJeff@riseaquaticclub.com) or Team Admin Julie Keefe [adminlibertyville@riseaquaticclub.com](mailto:adminlibertyville@riseaquaticclub.com).

We're looking forward to a fun and successful LC season! Many exciting times and fun memories await. Get ready to "RISE UP"!

### **When does registration begin?**

Online registration will be open to current members on **Monday, February 20, 2023**. Potential new swimmers to the team (including siblings) will **NOT** be able to register without approval (tryouts) and access to the registration process by the RISE coaching staff.

**All** interested swimmers, who have not been a part of RISE will need to tryout. Tryouts will take place on March 14 and April 3.

[Click here](#) to sign up for a tryout spot.

**ALL returning members must be registered by 11:59pm CST on Wednesday, March 22, 2023 to guarantee their spot on the team.**

Online registration directions will be found on our website [www.riselibertyville.com](http://www.riselibertyville.com) under the "Online Registration" button once registration is open. Or [click here](#) to find our registration page.

## When does practice start?

The Long Course season starts **Monday, April 9, 2023**. We may be running pre-season practices for the Platinum and Titanium groups starting on April 3.

The season will run through Wednesday, July 26<sup>th</sup> for any swimmer not moving on to a Championship Meet (Regionals, Age Group, and/or Seniors).

## What are the session fees?

Session fees will be collected in one payment and will be due at the time of registration

**THERE ARE NO REGISTRATION FEES**

Group	Full Season (April-July 26)	Spring Only (April 9-June 2)	Spring 2 and Summer (May 22-July 26)
<b>Bronze (8 and Under)</b>	\$750	\$470	NA
<b>Gold 9-10</b>	\$830	\$525	NA
<b>Silver 11 and Over</b>	\$810	\$500	\$590
<b>Titanium 11-14</b>	\$1150	\$775	\$850
<b>Platinum 15 and Over</b>	\$1480	NA	\$920

**\*\* "Spring 2 and Summer" applies to those swimmers participating in a "Spring" High School Sport and WILL NOT be able to regularly attend RISE practices during that time.**

### Additional Fees:

#### USA Swimming Fee:

The USA Swimming Registration fee is \$85.

USA Swimming has changed their registration process. Instead of the team handling it, each swimmer will now have to register themselves. Once more information is released from USA Swimming, we will email all instructions to you.

#### Transfer Fee:

There is a \$10 Illinois Swimming transfer fee for any swimmer transferring from another club to RISE.

### Apparel Fee:

There is a \$12 per returning swimmer apparel fee that will be charged at registration for returning swimmers. This fee is for a new RISE team shirt.

There is a \$40 per new swimmer apparel fee that will be charged at registration for new swimmers. This fee is for three (3) RISE team shirts and a RISE latex cap.

### Discounts:

Multi-Swimmer Discount - \$50 off for each swimmer after the 1<sup>st</sup> registered swimmer. (ex: if you register 2 swimmers, \$50 off, if you register 3 swimmers, \$100 off, and so on)

### Refund Policy:

Team fees are non-refundable after 2 weeks of practices for your swimmer(s) group. There is a \$50 processing fee on all refunds. USA Swimming/ISI Registrations are not refundable.

## What group should I register my swimmer(s) for?

### *Returning Swimmers*

Returning swimmers will register for the group they were previously in. Swimmers who age up (ex 8 to 9, 10 to 11 or 12 to 13) prior to June 15, 2023 will have their group changed, those swimmers will be listed on our group placement list for returning swimmers. Please check this list prior to registering your returning swimmer.

### *New Swimmers*

New swimmers must tryout before registering with RISE. Tryout results will be posted on our website (under the team info tab) on April 4.

## How are meet entry fees handled?

Accounts will be charged per event for each meet a swimmer is entered. These fees are non-refundable once the meet registration process has been completed (even if the swimmer does not participate in the meet). There is a \$3 RISE surcharge for each swimmer that attends a local meet and a \$10 RISE surcharge for travel meets.

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

1. Practice Group Descriptions and Breakdowns
2. SPEEDO Sponsored Team
3. Team Equipment Requirements

- 4. Speed Suit Policy**
- 5. Meet Entry Policy**
- 6. Parent Volunteer Requirements**
- 7. Team Travel Meet Practice Requirements**

## **1. Practice Group Descriptions and Breakdowns**

### **Bronze Group 8 and Under:**

The Bronze group will consist of all swimmers ages 8 or younger on June 15<sup>th</sup>, 2023. The focus of this group is to instill a love for the sport while teaching the importance of being a team. Swimmers will learn the fundamentals of the sport and how to work together in practices and at meets.

Practice Recommendation: We recommend swimmers make two (2) to three (3) practices a week to see improvement.

***The minimum requirement to qualify as a new member of the Bronze Group, swimmers must be able to complete 25 yards of freestyle with rotary breathing and 25 yards of backstroke.***

### **Gold Group 9-10:**

The Gold group will consist of all swimmers ages 9 or 10 years old on June 15<sup>th</sup>, 2023. Practices will consist of mainly technique work while slowly adding a little endurance work. Swimmers will learn the love of racing and cheering for their teammates.

Practice Recommendation: We recommend swimmers make at least three (3) practices a week to see improvement.

***The minimum requirement to qualify for the Gold Group swimmers must be 9-10 years old. Swimmers must be able to swim 50 yards of freestyle with rotary breathing and 25 yards of both backstroke and breaststroke to be considered for the team***

### **Silver Group 11 and Over:**

The Silver group will consist of all swimmers ages 11 years old on July 15<sup>th</sup>, 2023. Practices consist of proper stroke mechanics balanced with building a base for endurance training for competition racing in meets. Swimmers will learn the proper breath techniques for all four strokes and the beginning of race strategies.

Practice Recommendation: We recommend swimmers make three (3) to four (4) swim practices and one (1) dryland practice a week to see improvement

***To qualify for the Silver Group swimmers must be 11 years of age or older. Swimmers must be able to swim 100 yards of freestyle with rotary breathing, 50 yards of both backstroke and breaststroke and 25 yards of butterfly to be considered for the team***

### **Titanium Group 11-14:**

The Titanium group will consist of all swimmers ages 11 to 14 years old on June 15<sup>th</sup>, 2023, who will **NOT** be going to High School in the fall or already in High School. Swimmers will continue to grow their endurance base and discover new training thresholds. Goal setting will be introduced but more

importantly, a season plan will be put into effect on how to reach that goal. Swimmers will continue to work on their breath technique and will start working on expanding their lung capacity.

Practice Recommendation: We recommend swimmers make four (4) to five (5) swim practices and one (1) to two (2) dryland practices a week to see improvement.

***To qualify for the Titanium Group swimmers must have previous swim team experience. Coaches will decide if a swimmer is to swim in this group.***

### **Platinum Group:**

The Platinum group will consist of all swimmers who are in high school or will be in the fall or older and have met the criteria below. This group will consist of advanced training in the water and out, with aggressive goal setting. The bar is set high, and participants are expected to have the desire and commitment to train diligently with a positive and team attitude. This group is expected to set the example for the entire team.

Practice Recommendation: We recommend swimmers make five (5) to six (6) swim practices and two (2) to three (3) dryland practices a week to see improvement.

***To qualify for the Platinum Group swimmers must have previous swim team experience. Coaches will decide if a swimmer is to swim in this group.***

As with everything else we do at RISE Aquatic Club, we try to stay as consistent as possible and look out for the best interests of the swimmers and team as a whole. To maintain consistency we do not allow swimmers to practice in different groups. We sincerely hope you understand that we must have that rule in order to keep order during practices and not have swimmers swimming in different practices groups randomly. If we allow one swimmer to do it, we will have to let everyone, and we can't accommodate that.

## **2. Speedo Sponsored Team**

We will be a Speedo Sponsored team this season. What does this mean? 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.

## **3. Team Equipment Requirements**

- All swimmers must have a team suit to compete in meets.
- Only **RISE team swim caps** may be worn 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

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

Group	Kickboard	Fins	Snorkel	Pull Buoy	<a href="#">Drag Sox</a>	Paddles	Water Bottle
Bronze	YES	YES	NO	NO	NO	NO	YES
Gold	YES	YES	YES	NO	NO	NO	YES
Silver	YES	YES	YES	YES	NO	NO	YES
Titanium	YES	YES	YES	YES	YES	YES	YES
Platinum	YES	YES	YES	YES	YES	YES	YES

#### 4. 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. The swimmer makes the swim, not the suit.*** Swimming fast is more based on how much a swimmer trained over the season, the level they are at without a racing suit and whether the swimmers are mentally ready to swim fast among other things. *The swimsuit is just a little extra piece of the puzzle.* To keep the emphasis on the training aspect of swimming to go fast, the RISE Aquatic Club 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. At this age, the focus should be on *technique, training, and race strategies...not a swimsuit.* The swimmers need to learn that they don't need a suit to swim FAST. Any swimmer qualifying or swimming in the Age Group State Championship Meet will be allowed to wear the RISE State Championship Suit - jammer for boys and non-leg suit for girls.

**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 RISE State Championship Suit for this age. In other words, swimmers may wear any SPEEDO technical racing suit that they desire that is allowed by USA Swimming.

\*\* 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 SPEEDO technical racing suit during a Mid-Season meet. The Coaching Staff will inform swimmers of these Mid-Season opportunities where a SPEEDO speed suit can be worn.

## 5. Meet Entry Policy

RISE 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.riselibertyville.com](http://www.riselibertyville.com)), with the meet packet and other available and pertinent information. An email notifying RISE Aquatic Club members when a meet entry is opened will be sent out to the team.
- RISE members will either have the ability to commit for a meet by “Events” or by “Sessions” where then the Coaching Staff will pick or approve each swimmer’s events.
- The preliminary meet entries will be posted on the RISE website and sent in a mass email to the team. Parents, guardians, and swimmers will have a designated time to review the entries and email to discuss any potential additions or changes with the coaching staff. **Note, however, that although changes to the meet entry may be discussed, the RISE Coaching Staff has final say in what events a swimmer will be entered.**
- **If the internal RISE meet entry deadline is missed, RISE Aquatic Club members may ask to have late entries put through, however it will be done ONLY if the meet still has space for all RISE Swimmers on the waiting list.**
- If the team is entered in a meet that has relays, the RISE Coaching Staff will decide on entering those events. **The decision on which swimmers will be placed in any entered relay will be made solely by the coaching staff.** Except for Championship Meets, relays will be decided upon by the RISE Coaching Staff at the time of the meet.
- For Championships Meets (Regionals, Age Group State, and beyond), RISE swimmers will be entered in ALL events in which have qualified. If the swimmer is qualified in more events than they are allowed to swim for a particular day or the entire meet, the RISE Coaching Staff will work with that swimmer to determine which events should be scratched.
- 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.

## 6. Parent Volunteer Requirements

RISE Aquatic Club will be hosting two meets during the Long Course Season, one in June (PAC/RISE Open June 16-18) and one in July (RISE Last Splash July 7-9, 2023). Participation in any of the Club’s 2023 Long Course program requires each member family to commit to supporting these hosted meets as outlined below.

*This commitment is required as a condition of membership and applies to all families signed up whether their swimmer(s) is participating.*

The commitment required is as follows:

### **PAC/RISE Open June 16-18, 2023**

- **Each family is required to work a minimum of 1 session at this meet.**

## **RISE Last Splash July 7-9, 2023**

- **Each family is required to work a minimum of 1 session at this meet.**

For families that are unable to make some or all the above requirements, **the Club assesses a \$300 financial contribution for each missed work session.** Please note this is NOT a financial opt-out provision, as the Club needs EVERY SINGLE work session filled to make the meet run properly. The financial contribution is only for exceptional circumstances preventing the family from completing their commitment. Member families who do not comply with the terms of this pledge will immediately have their membership and swimming privileges suspended. Reinstatement/re-enrollment will only be permitted after settlement of any outstanding financial contributions associated with this pledge. **There are no exceptions for any reason to these provisions.**

Your role as a swim parent on **RISE Aquatic Club** is very important to the success of the club. We are a family at RISE and it takes everyone working together and looking out for the benefit of the team as a whole to provide the best environment possible for our swimmers and team to succeed.

## **7. Team Travel Meet Practice Requirements**

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 always offered. Also note that attendance percentages will not be rounded up, so 79.99% is not rounded up to 80.00%. The coaching staff reserves the right to alter attendance requirements for any meet deemed Team Travel with proper prior notice.

### **In-Season Travel Meets:**

70% practice attendance

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

85% practice attendance