

FOX Valley Swimming

Spring/Summer Long Course 2023 Season

Welcome to the 2023 Spring/Summer Long Course Season!

FOX Valley Swimming ("FOX") is a competitive swim program serving residents of District 204. The program is also open to Seniors outside of District 204 by head coach selection.

Registration opens for current <u>Returning</u> members:	February 11, 2023 @ 8am
Registration opens for <u>New & Prior</u> members:	February 18, 2023 @ 8am
Registration closes for ALL:	March 3, 2023-End of Day
Spring/Long Course season practice start:	Wednesday, April 5th
Last day of Spring practice:	Thursday, June 1st
Last day of Long Course practice for Non-Champ Swimmers:	Mid-July (date TBD)

No priority registration will be given to returning FOX members after February 18th. Groups WILL fill so if your swimmer is returning, please register before February 18th or you will not have a guaranteed spot.

GENERAL SPRING/SUMMER INFORMATION

The Long Course session runs from early April through mid-July for non-champ swimmers. Age Group swimmers 12 & Under and the Team Development Group (TDG) will be allowed to register for a Spring-only session. Age Group swimmers 13 & Up must swim the entire Long Course season (no Spring-only option). There is no Summer-only option for any age group.

FOX will be swimming out of Neuqua Valley High School, Waubonsie Valley High School, the Fry YMCA (early Spring only), FMC in Westmont, and possibly Metea Valley High School in the late summer when NV closes for maintenance.

Practice for the Long Course season begins on Wednesday, April 5th and will end in mid-July for all groups. For those 12 & Under or TDG swimming Spring only, the season will end on Thursday, June 1st.

Registration links can be found on our website, www.foxswimteam.com under the tab "2023 Long Course Information".

The practice schedule for the 2023 Long Course Season is available under the tab "2023 Long Course Information", but subject to change.

Parent Zoom Meeting will be held for all new and returning swimmers. The date will be determined later and will be communicated via e-mail and the weekly message.

New members: All swimmers must have a valid USA Swimming Membership. If you are accepted to the team, you are required to register within the first 30 days of the first practice. An invitation link will be sent to those who require registration. New parents will register their swimmer(s) directly on the USA

Swim site and pay USA Swimming the \$85 per swimmer fee. Transfers to FOX must register as a transfer.

PRACTICE SCHEDULES

The practice schedule can be found under the tab "2023 Long Course Information" and will be available online closer to the start of the season. It is strongly suggested that you subscribe to the online calendar.

The FOX website contains the most up-to-date schedule. Please use the online calendar as your primary source for the practice schedule and check it on a routine basis. Also, any last-minute changes are sent via email and text. You are strongly encouraged to sign up for SMS text alerts on TeamUnify during registration. FOX will utilize SMS for last minute changes and/or time sensitive information.

Please subscribe to the online calendar on your Android or iPhone. Instructions on how to subscribe can be found under the "Calendars" tab on the website (you must be logged in).

PRACTICE GROUPS

Swimmers are placed into groups based upon their age as of 7/20/23 regardless of whether or not they are swimming Spring only or the entire Long Course season. This is NEW from prior seasons when swimmers would stay in their groups from the Fall/Winter season if they were only swimming Spring.

FOX is offering the following age groups for the upcoming seasons:

Spring-ONLY Sessions: TDG, 8U, 9/10, 11/12

**Long Course Season (encompasses both Spring & Summer):
TDG, 10U, 11/12, 13/14, Sr Sports Participant, Senior, and High
Performance**

Sign up for ONE SESSION ONLY. If you want to do both Spring & Summer, sign up for the Long Course option which encompasses BOTH sessions.

IMPORTANT NOTE: No 8Us will be allowed to register for Long Course. If your 8U swimmer is interested in swimming summer, please reach out to Coach Bri, coachbri@foxswimteam.com. Acceptance to the summer portion of Long Course is by coach's recommendation only.

There will be only 2 8U groups in Spring. The groups will be announced after registration is closed and evaluations are completed.

The TDG practice groups will be determined AFTER registration closes. Team Development groups will be split by age. Group separation will depend on the registration numbers. Initially there will be only 2 groups as there is limited pool space due to Water Polo. Once water polo ends (mid-May), there is a possibility that additional groups will be added. A wait list will be offered when you register, and we will reach out to you with more information at a later date.

All 8th graders going into high school must sign up for the 13/14 group, NOT the Senior Group.

IMPORTANT INFORMATION ON AGE-UP DATE: Unlike prior Long Course seasons, there will be only one age-up date regardless of whether or not your swimmer swims Spring only or the entire Long Course season. The age-up date is 7/20/23. For example, if your 9/10 swimmer is swimming Spring only and ages up to 11 before 7/20/23, he/she will swim on the 11/12 Age Group team for the Spring.

8U's ONLY: If your swimmer is aging up, acceptance to the 9/10 Age group will be at the discretion of the 8U Lead Coach. No formal evaluation will be required, but if Coach Bri feels that your swimmer is not ready for Age Group, you will need to register for the Team Development Group (TDG). Please reach out to Coach Bri, coachbri@foxswimteam.com, with questions regarding your swimmer.

GROUP PLACEMENT & EVALUATIONS

FOX is an age group team with group placement within age groups at the sole discretion of Head Coach, Michael Hamann.

All NEW swimmers require an evaluation and will receive an email prior to the evaluation. The following are the evaluation dates & times:

- **Monday, March 6th from 7:30-8:45pm at Neuqua Valley HS**
 - 10 & Under 7:00-7:30pm
 - 11 & Over 7:45-8:15pm

Please arrive 20 minutes early for check in.

Swimmers must be registered prior to evaluation. Evaluation results will be emailed within a few days of the evaluation date and will indicate which group he/she has been assigned to or if continuation of swim lessons is recommended. If your swimmer is not placed in a group, a full refund of your registration fee will be issued.

Current swimmers in 8U moving to 9/10 and TDG swimmers who wish to move up to Age Group will be moved at the lead coach's recommendation. No formal evaluation will be required for those returning members as the swimmer will be evaluated during practice. If the coach recommends that your swimmer is best suited for TDG, please register for that group.

Below describes some, but not necessarily all, of the criteria used to determine group placement.

Please see the FOX website for a full description of the practice groups.

Team Development Group	For swimmers not quite ready for the training of the Age Group team. TDG is NOT a beginner swim lesson group. Athletes must be able to swim freestyle with face in the water and side breathing, refine backstroke for 25 yards, and proficiency (close to legal)
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	fly and breaststroke. TDG focuses on endurance, and stroke and turn development. TDG participates in all home meets.
Age Group & Seniors	Athletes can legally swim all four strokes and maintain competitive level training for age group. Age group swimmers are expected to compete in both home and away meets.

Regular participation in practices & eligible meets is expected of ALL swimmers.

REGISTRATION & PRICING

Registration opens **Saturday, February 11th at 8am** for current Short Course FOX members and their siblings. Registration opens to new and prior members on **Saturday, February 18th**. Registration will close at 11:59pm on **Friday, March 3rd**. After the practice groups have been finalized, registration may open back up for those groups with availability.

If you are a returning member, please check your account for accuracy and update your information, as that can change from year to year.

All fees are per swimmer, not per family. FOX is offering a multiple swimmer discount for those families who sign up for the entire Long Course Season (both Spring/Summer). The discount is \$50 per swimmer for 2 or more swimmers (1st swimmer does not receive a discount).

When registering for the Long Course Season, you will have the option to pay in full or split your fees into two installment payments. In addition, a non-refundable registration fee of \$150 will be due upon registration. If you elect the installment payment plan, the payments will auto run on April 1 and May 1.

If you register for Spring only, your fees are due in full upon registration along with a \$75 non-refundable registration fee.

There is NO separate registration for summer only. You must either register for Spring Only (12U & TDG Only) or the Long Course Season (both Spring & Summer).

We will also be offering our high school students who participate in Spring Sports an opportunity to join the Spring Season after their sport has ended. Cost is \$75 a week plus a \$75 non-refundable registration fee. If you're interested in this option, the system will automatically register you for one week AND enroll you in the Summer program. The registrar will reach out to you regarding the return date. If your swimmer will be participating in more than one week of practice, your account will be assessed the appropriate additional fee.

All payments to FOX shall be made electronically through the TeamUnify system. A valid card must be on file for team charges. Neither cash nor checks are accepted.

SPRING ONLY	Non-Refundable Registration Fee	Spring Team Fee
TDG	75	90
Spring 8U	75	85
Spring 9/10	75	185
Spring 11/12	75	315

LONG COURSE BOTH Spring & Summer	Non-Refundable Registration Fee	LC Team Fee Due 4/1	LC Team Fee Due 5/1	Long Course Team Fees
TDG Spring/Summer	150	80	80	160
Long Course 10U*	150	162.50	162.50	325
Long Course 11/12	150	300	300	600
Long Course 13/14	150	492.50	492.50	985
Long Course Senior	150	665	665	1,330
High Performance Grp**	150	762.50	762.50	1,525
Spring Sports Participant/LC Senior	75 + 75***	322.50	322.50	645

* Only swimmers 9 & Over will be allowed to register for this group. All 8Us aging up must register for Spring Only. 8U swimmers aging up to 9/10 who wish to swim 10U can do so by coach's recommendation. The transfer to Long Course will be handled manually by the registrar.

** **High Performance Group:** Swimmers selected for this group will initially register for the Senior Group. If selected, your swimmer will be moved to this group AFTER registration closes and the selection is finalized.

*** **Spring Sports Participants:** Your registration fee consists of a \$75 non-refundable registration fee along with one week of training. If your swimmer plans to return for more than one week prior to June 5th (start of summer training), an additional fee will be assessed. Please reach out to the registrar, Sonia Hertogs, with a return date so that she can activate your account at the proper time.

The exception to the non-refundable fee are those swimmers not placed on a team after evaluations are completed. Your fees will be returned to the credit card used at the time of registration.

Refunds: Refunds will be granted as follows:

Long Course/Spring refunds requested through April 12, 2023	100% Full Refund (less non-refundable registration fee)
Spring Refunds After 4/12/22	None
Long Course Refunds requested April 13 th through April 21, 2023	75% Refund (less non-refundable registration fee)
Long Course Refunds After 4/21/23	None

MEETS (HOME & AWAY)

A final decision has not been made as to whether or not FOX will host a home meet this Long Course season.

All meet information will be posted on the FOX website under *Team Events* as it comes available. Please visit the website and click on each event for specific information regarding a meet. Information includes the timeframe to commit to a meet, general meet information, the host meet website, and the host meet packet which details specific information for the meet.

Swimmers are encouraged to attend all meets for which they are eligible and qualified. Meets have different entry fees which will be charged to a swimmer's account when they are entered into a meet. Meet fees are non-refundable after the meet's registration is closed regardless of whether or not your swimmer attends the meet. Meet entry fees are detailed in the host meet packet.

Prelim/Finals: Some meets are structured with preliminary sessions early in the day and final sessions in the evening. All FOX swimmers who commit to a meet with prelim/finals and qualify for finals are expected to swim in finals. If there are special circumstances where a swimmer cannot swim finals, the swimmer must inform his/her group coach prior to the start of the meet.

Championship Meets: Swimmers who qualify for Regionals, Age Group and Senior State Championships, Sectionals and any other championship meets are expected to attend in all qualified events.

Meets will be conducted in accordance with the guidelines set forth by USA & Illinois Swimming along with any applicable federal and state guidelines. We will follow the guidelines and plan to schedule time trials/meets that conform to them.

Please note that meet fees are billed separately and will be charged to your card on the 1st of the month following the posting of the fees (beginning June 1). A 3% credit card processing fee is assessed for those charges that run on the 1st of each month. ACH fees incur only a \$1.25 per monthly transaction fee.

PARENT WORK COMMITMENT

The success of FOX depends not only upon the swimmers, but also on the parents. FOX is looking into the possibility of hosting a summer meet at a long course pool. More information will be released as it becomes available.

Parents will be required to work our team-hosted and possibly some away meets. For home meets, the number of sessions a family will be required to work is dependent upon the number of swimmers registered and will be announced once registration for the meet closes. Registration for worker positions will be handled online. Families who do not register for a job, but are required to work, will be assigned a job and assessed a fee (see below). It is the family's responsibility to double-check work commitments to see if they are assigned a position.

There are times when FOX is required to supply timers for away meets. This is a required commitment and part of our team's obligation to attend meets. Host meet directors inform us a few days before a meet if we are to supply timers. We

will first ask for volunteers and attempt to create shifts for shortened timing commitments so families can volunteer when convenient for them. Please sign up. However, if those positions are not filled, timers will be assigned based upon whether your child is registered for the meet/session. It is the timer's responsibility to find a replacement if he/she is unable to fulfill the commitment. The missed worker fee applies to away meets, as well.

If a family misses their assigned work time for either home or away meets, the family's account will be assessed a \$100 charge for each session missed.

In addition, if your family does not sign up to volunteer for a home meet that your swimmer is participating in, your account will be assessed a \$50 per job fee and the volunteer coordinator will assign you a job that you will be required to work.

Families may wish to find a substitute for their work commitment. Substitutes must be over 14 years old and be appropriate for the position. (Example: please do not sign up to be head timer and then have a substitute who has never timed). **Families are responsible for their substitutes. If a substitute does not show for a job assignment, the \$100 fee missed assignment will apply.**

CODES OF CONDUCT & MINOR ATHLETE ABUSE PREVENTION POLICY

As a USA Swimming Club, FOX aims to provide a fun, competitive, and safe environment for all of our swimmers, swim families, coaches, and spectators. FOX follows the USA Swimming Codes of Conduct and Safe Sport program, including the Minor Athlete Abuse Prevention Policy. For more information, please visit usaswimming.org and the FOX website.

CONTACT INFORMATION

For additional questions regarding registration, payment, and other administrative details, please contact Sonia Hertogs, Finance/Registrar, at registrar@foxswimteam.com.

For all swim related and/or questions related to practice group placement or the practice schedule, please contact Michael Hamann, Head Coach, at coachmichael@foxswimteam.com.