



2009 Spring/Summer Registration

IT'S TIME TO THINK SPRING AND SUMMER SWIMMING!! Registration materials and information are included in this packet for the *Express* Spring and Summer programs. Again this year, our Long Course season includes a cooperative program/schedule with **Community High School District 99**. Together, **District 99 and Express Swim Team** offer a comprehensive training program; an instructional opportunity; and a competition schedule to meet the needs of Downers Grove area swimmers of all ages. We are looking forward to another exciting Express Long Course Season – Highlights ..

- Express Renewal – streamline registration for those continuing from the Fall/Winter season – one form only! – Fee Calculation/Express Renewal Form
- Multiple Family member discount
- Premium Weight Training Program available for all Senior Athletes
- Dryland Program available for all Age Group Athletes.
- Express accepts credit cards .. VISA, MC, Discover & AMEX
- Personal Equipment Requirement for off-site Senior and Age Group participants
- Outdoor Long Course Summer Training – *to be finalized!*
- Spring Fund Raiser – Express Challenge Returns! - Tuesday, 5/19
- Conference Meet – Chicagoland Conference A & B Meets
- Returning to the Calendar: BOYZ BASH and GIRLZ ROCK - Spring

- Initial walk-in Registration -

**Downers Grove North HS Pool Area
Monday April 13th – 4:00 PM**

- On-Going Walk-in Registration Weeks -

**Downers Grove North HS Pool Area
Monday-Wednesday April 13-17 and 20-22, – 5:00 PM
Downers Grove South HS Pool Area
Thursday & Friday April 16-17 and 23-24, - 6:30 PM**



EXPRESS SWIM TEAM PROGRAMS

SENIOR PROGRAMS

- **FULL LONG COURSE SEASON - Spring & Summer Training - Long Course Meets.**
 Spring – begins 4/13 Three mornings (TWF) @ North 6:00-7:15 AM
 Five evenings (MTW) @ North 5:00-7:00 PM (RF) @ South 6:00-8:00
 Saturday - 7:30-9:30 AM
 Summer - begins on 6/8 Mornings – District 99 Summer Camp
 Note: morning practices during the summer are only available through the District 99 program and requires separate registration for Sessions I, II & III. Alternate site AM water may be available – TBA
 Saturday AM – Time TBA
 Afternoons – Express @ South High
 Four afternoons available (MTWR) 3:00-5:00
- **SPRING-ONLY – 8-week training & Spring Meets (meets REQUIRED for IHSA compliance)**
 Begins 4/13 Three mornings (TWR) @ North 6:00-7:15 AM
 Five evenings (MTW) @ North 5:00-7:00 PM (RF) @ South 6:30-8:30
 Saturday - 7:30-9:30 AM
- **SUMMER-ONLY PM – 8-week afternoon training & Summer Meets**
 Begins 6/8 Express swimmers must register for this program to participate in Long Course swim meets and Championship meets during the summer.
 Four afternoon practice available (MTWR) 3:00-5:00
- **SENIOR DRYLAND ADD-ON PACKAGE - 12-week program – 3 days per week**
 - ◊ a premium weight training program (begins wk 4/20) ◊ Wetland one day per week
 - ◊ four-month membership at X-Sport Fitness ◊ Weight training two days per week
 - ◊ 24 semi-private one-hour weight training sessions ◊ Open to all Senior athletes

AGE GROUP PROGRAMS

TRAINING GROUPS – Ages 5-12

9-12 year olds with experience - Practice 5days/week for 1:30

10 & Under – Practice 3-4 days per week for 1:00

- **FULL LONG COURSE SEASON - Spring and Summer Training - Long Course Meets 4/20-7/31**
 Begins 4/20 Spring and Summer Schedule below
- **SPRING-ONLY – 7-week training & Spring Meets - 4/20 – 6/5**
 Begins 4/20 Five evenings (MTW) @ North 5:00-6:30 (9-12); 5:00-6:00 (10&U)
 (TF) @ South 6:00-7:30 (9-12); 6:00-7:00 (10&U)
- **SUMMER-ONLY – 8-week afternoon training & Summer Meets - 6/9 – 7/31**
 Begins 6/31 Five afternoons (MTWRF) @ South 3:00-4:30 (9-12); 3:00-4:00 (10&U)
- **AGE GROUP DRYLAND ADD-ON PACKAGE - Spring-only, Summer-only, or Full Season – 3 days per week**
 - ◊ 30-45 minute sessions, 3 times per week ◊ Med balls, Cords, Core Training
 - ◊ after water workout ◊ Aerobic Activities & Team Games
 - ◊ on site program ◊ Open to all Age Group athletes

	Spring-Only	Summer PM – Only	Express Full Season (Discount)	Multiple Swimmer Discount
Senior Team	\$400	\$300	\$625	\$600
Senior Dryland Package			\$550	n/a
Age Group – 9-12	\$300	\$300	\$500	\$480
Age Group – 10 & Under	\$250	\$250	\$450	\$430
Age Group Dryland Package	\$70	\$80	\$130	n/a



2009 SPRING/SUMMER LONG COURSE NEW MEMBER REGISTRATION FORM

Last Name: _____ Father's Name: _____ Mother's Name: _____

Address _____ City _____ Zip _____

Home Phone (____) _____ Cell Phone #1 (____) _____ Cell Phone #2 (____) _____

E-Mail #1 _____@_____ E-Mail #2 _____@_____

In case of emergency, whom should we contact if you are unavailable?

Name _____ Phone (____) _____

Name _____ Phone (____) _____

Allergies _____

Other Medical Conditions _____

The undersigned, for and in consideration of EXPRESS Swim Team's agreement to provide swim instruction, the receipt and sufficiency of which is hereby acknowledged, waives any or all liability against EXPRESS Swim Team or any of its instructors, agents, officers or employees arising out of or in any way connected with the swim instruction. The undersigned also agrees to indemnify and hold EXPRESS Swim Team and its instructors, agents, officers and employees harmless from any or all liabilities arising out of or in any way connected with any such instruction. Where the swim student is a minor, this agreement is made by and on behalf of said minor by his parent or guardian.

In the event of emergency, EXPRESS Swim Team is authorized to perform first aid or CPR and to authorize such emergency medical treatment as it deems appropriate.

Signature of Parent or Guardian _____ Date _____

Swimmer's Name	Middle Initial	Birth Date	Age	M/F	T-Shirt Size
_____	_____	_____	_____	_____	YL AS AM AL AXL
_____	_____	_____	_____	_____	YL AS AM AL AXL
_____	_____	_____	_____	_____	YL AS AM AL AXL

OK to put name/info in Team Directory? yes no

OK to put name/image on website? yes no

Received: USA Swim form _____ X-wear order form _____ Participation form _____
 Team T-Shirt _____ Team swim cap _____



2009 FEE CALCULATION SHEET and Express Renewal for Returning Members

Training Group	Team Fees	Multi Family	USA Registration	Meet Fee	Training Group	Team Fees	Multi-Family	USA Registration	Meet Fees
Senior Spring & Summer	\$625	\$600	\$60	\$175	Age Grp 10&U Sp & Sum	\$450	\$430	\$60	\$150
Senior Spring-only	\$400	n/a	\$60	\$75	Age Grp 10&U Spring-only	\$250	n/a	\$60	\$50
Senior Summer-only	\$300	n/a	\$60	\$100	Age Grp 10&U Summer-only	\$250	n/a	\$60	\$100
Senior Dryland Pkg	\$550	n/a			Age Grp Dryland Sp & Sum	\$130	n/a		
Age Grp 9-12 Sp & Su	\$500	\$480	\$60	\$175	Age Grp Dryland Spring-only	\$70			
Age Grp 9-12 Spring-only	\$300	n/a	\$60	\$75	Age Grp Dryland Sum-only	\$80			
Age Grp 9-12 Sum-only	\$300	n/a	\$60	\$100	College - Spring/Summer	75/100	n/a	\$60	TBD

Family Name _____

Swimmer Name	Training Group	Team Fee	USA Registration Fee	Meet Participation Fee
			\$60	
			\$60	
			\$60	
TOTALS				

Team Fee Total	
USA Registration Total	
Meet Fee Total	
USA Transfer Fee	
Total	
Discounts/Balance Due	(+/-)
TOTAL DUE	

Payment Options: Payment Method

Payment in Full Check

Payment Plan Credit Card

VISA Discover

MasterCard AMEX

Check Information:	Credit Card Information:
Fees Paid at Registration (At least 1/3 of total due) \$ _____ CK# _____	Card # _____
Fees Due on May 15, 2009 \$ _____ CK# _____	Expiration Date _____
Fees Due on June 15, 2009 \$ _____ CK# _____	Name on Card _____
	Authorizing Signature _____

Multi-Family Discount: Discounted rate for all family members.

Payment Plan: The payment plan option by check or credit card is offered. One third of total fees are due at the time of registration. Installment payment via credit card or post-dated checks will be deposited on May 15, 2009 and June 15, 2009. Post-dated checks or credit card information is to be turned in at the time of registration.

Pro-Rated Fees Swimmers must pay the full fee regardless of the start date. There will be no pro rations.

Refund Policy: Team fees are non-refundable after the first two weeks of the published start date of practice. USA Membership fees are non-refundable. Withdrawal and refund requests must be submitted in writing and postmarked by the deadline.

Meet Participation Fee accounts are kept for each swimmer/family participating in the Express Swim Team. Additional escrow deposits may be required during the season depending on championship meet participation. All escrow accounts must be in good standing for swimmers to participate in USA Swim meets.

Transfer Fee; Swimmers transferring from another USA Swim team must pay a transfer fee of \$10.

Signature _____ Date _____

2009 Long Course Swim Meet Schedule

Swimmer Name _____ Phone _____ Training Group _____

Age _____ Birthday _____

Date	Entry Due	Host	Session Info	Senior/ ALL	Location	Fri	Sat	Sun	Time
4/26	4/4	CATS Aquatics	Pentathlon – 1-day only Sun AM – 10&U/11-12 Sun PM – 8&U/Open	ALL	Vernon Hills HS Vernon Hills, IL	N/A	N/A		
5/9- 5/10	4/15	St. Charles	Pentathlon – 1-day only Sat AM-10 &U Sat PM-11/12 Sun AM-13/14 Sun PM-Senior	ALL	Norris Center St. Charles East HS	N/A			
5/14- 5/17	4/1	Ultra Swim Grand Prix *	<i>Senior ELITE Swimmers with Qualifying times</i>	S	Mecklenberg, NC	N/A	N/A	N/A	N/A
6/6 – 6/7	5/3	Arlington Alligators	Sat/Sun AM: 13/14, Senior Sat/Sun PM: 10&U, 11-12	ALL	UIC Chicago, IL	N/A			
6/11- 6/13	4/30	Santa Clara Grand Prix*	<i>Senior ELITE Swimmers with Qualifying times</i>	S	Santa Clara, CA	N/A	N/A	N/A	N/A
6/12- 6/14	4/30	Joliet Jets Dr. Pepper Meet	Fri PM: 12&U, Open Sat/Sun AM: 11/12 Sat/Sun Mid: 10&U Sat/Sun PM: 8&U, Open	ALL	UIC Chicago, IL				
6/20- 6/21	4/30	Midway Aquatics	Sat/Sun AM – 10&U, 11/12 Sat/Sun PM – 13/14, Open	ALL	University of Chicago Chicago, IL	N/A			
6/25- 6/28	4/15	International Age Group Invite *	<i>Swimmers with Qualifying Times</i>	ALL	Hall of Fame Pool Ft. Lauderdale, FL	N/A	N/A	N/A	N/A
7/7- 7/12	6/1	USA National Champs World Trials	<i>Senior ELITE Swimmers with Qualifying times</i>	S	IUPUI Indianapolis, IN	N/A	N/A	N/A	N/A
7/10 – 7/12	6/5	Hinsdale Swim Club	Fri/Sat/Sun AM-10&U, 11-12 Fri/Sat/Sun PM-13/14, Senior	ALL	Hinsdale Community Pool Hinsdale, IL				
7/25- 7/26	6/26	St. Charles	Sat/Sun AM: Open Sat/Sun PM: 10&U, 11/12	ALL	Norris Center St. Charles East HS	N/A			
			<u>CHAMPIONSHIP</u>		<u>MEETS</u>				
7/16 – 7/19		Senior State Championships Hosted by Midway	<i>Prelim-Final Format Qualifying Times Required</i>	S	University of Chicago	N/A	N/A	N/A	N/A
7/17 – 7/20		Speedo Sectionals*	<i>Prelim-Final Format Qualifying Times Required Senior Swimmers</i>	S	Univ. of Minnesota Minneapolis, MN	N/A	N/A	N/A	N/A
7/31 – 8/2		Age Group State Championships Hosted by PAC	<i>Prelim-Final Fomatt Qualifying Times Required</i>	Age Group	Stevenson HS Lincolnshire, IL	N/A	N/A	N/A	N/A
6/4 – 8/8		US OPEN*	<i>Prelim-Final Format Qualifying Times Required Senior Swimmers</i>	S	Federal Way, WA	N/A	N/A	N/A	N/A
8/7 – 8/8		Central States Zones	<i>Qualifying Times Required Team Illinois Selection</i>	ALL	Noblesville, IN	N/A	N/A	N/A	N/A
8/10 – 8/14		Junior Nationals*	<i>Prelim-Final Format Qualifying Times Required Senior Swimmers</i>	S	Federal Way, WA	N/A	N/A	N/A	N/A

* additional meet entry fees required

Dual Meets and Conference Meet dates to be announced



DISTRICT 99 SUMMER SWIM CAMP PROGRAMS

Again this summer! Here is an opportunity to train and learn from the best District 99 has to offer. Two summer camps are offered to District 99 residents by the high school swim coaches at North and South High Schools. The 13 & Over camp is a 3-hour training camp that will include both water and dryland/weight training. Swimmers will continue their spring training and prepare for summer Championship Meets (Senior Champs/Age Group Champs, Sectionals, Junior Nationals and Olympic Trials) and/or prepare for the upcoming high school competitive season.

The Age Group (Ages 6-12) camp has an instructional technique focus. Swimmers will learn stroke mechanics and techniques used by competitive swimmers. This camp program will include instruction in all competitive strokes, starts and turns.

Most camp days and sessions will be held at South High School as North High will be closed for summer maintenance (Reopen Mid-July). Senior swimmers should register for ALL camp sessions (I, II & III) for a complete summer training experience. Swim meet participation is not part of either camp program.

Senior (Ages 13 & Over) Training Camp-

Session I	June 8 – June 19	South High	M-F	6:00-9:00	AM	\$75
Session II	June 22 – July 10	South High	M-F	6:00-9:00	AM	\$90
Session III	July 13 – July 31	So/No High	M-F	6:00-9:00	AM	\$90

Age Group (Ages 6-12) Instructional/Technique Camp-

Session I	June 8 - June 19	South High	M-F	8:45-9:15 AM 9:30-10:00 AM 10:15-10:45 AM		\$45
Session II	June 22 – July 3	South High	M-F	8:45-9:15 AM 9:30-10:00 AM 10:15-10:45 AM		\$45
Session III	July 6 - 17	South High	M-F	8:45-9:15 AM 9:30-10:00 AM 10:15-10:45 AM		\$45
Session IV	July 20 – July 31	North High	M-F	8:45-9:15 AM 9:30-10:00 AM 10:15-10:45 AM		\$45

Register for Summer Camps by using the District 99 Summer Camp Registration form included in this packet. Please make checks payable to *District 99*.



DISTRICT 99 SUMMER CAMP REGISTRATION

**REGISTRATION MUST BE DONE IN THE ATHLETIC OFFICE AT NORTH OR SOUTH H.S.
COACHES MAY NOT ACCEPT FORMS OR FEES.**

Family Last Name		
Address	City	Zip Code
Home Phone	Cell Phone	

Student's Name	Program Name	Session #	Time	Fee \$
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total Fee Due _____

- There is a **10% discount** applied (to each camp): **(1) if one student registers for more than one sport camp; and/or (2) if more than one student from the same family registers for a Sport Camp(s).** Make the check for the camp out to District 99.
- Any District 99 student may register for a camp at either campus.
- Students living outside District 99 boundaries may enroll in a Sports Camp(s). The fee will be twice (2x) the published registration fee for each camp.

Register in person or mail to:

Downers Grove North H.S.
 Department of Athletics
 4436 Main St.
 Downers Grove, IL 60515

Downers Grove South H.S.
 Department of Athletics
 1436 Norfolk Ave.
 Downers Grove, IL 60516

*** Classes will start on Monday June 8**

This "RELEASE AND HOLD HARMLESS" must be signed by a parent or guardian of participating children under 18 years of age. Without the proper signatures, your registration cannot be processed and will be returned to you.

RELEASE AND HOLD HARMLESS AGREEMENT

Please read this form carefully and be aware that, in signing up and participating in the above program, you will be waiving and releasing all claims for injuries, arising out of this program, that you or the above participant might sustain. The terms "I", "me", and "my" also refer to parents or guardians as well as the participants in the program. In registering for the program, you are agreeing as follows: As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, including death, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities connected with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims that I may have as a result of participating in the program against the Community High School District 99 any and all independent contractors, officers, agents, servants, and employees of the District, and any and all other persons, and entities, of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain while participating in the program. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of the Agreement.)

I do hereby fully release and discharge the Community High School District 99 and the other released parties from any and all claims for injuries, including death, damage or loss which I may have or which may accrue to me on account of my participation in the program.

I further agree to indemnify, hold harmless and defend the Community High School District 99, and any and all other released parties, from any and all claims resulting from injuries, including death, damages or losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of the program.

I further understand and agree that the terms such as "participation," "program," and "activities," referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in the program, and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities or premises involved in the program.

I understand the nature of the program for which I am registering, and have read and fully understand this Waiver, RELEASE AND HOLD HARMLESS AGREEMENT. I further understand that any advisement or warnings of the particular risks of this program that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

 Signature of Parent or Guardian of Participant(s) under the age of 18 years of age

 Date

USA Swimming Registration Information
(one per swimmer)

Last Name _____ Legal First Name _____ Middle Name _____

Preferred Name _____ Date of Birth: Mo. ___ Day ___ Year ___ Sex: M ___ F ___ Age ___

Mailing Address _____

City _____ State _____ Zip _____

Phone: (___) _____ Club Code: **EXPR** Club you Represent: **Express Swim Team**

USA Citizen: Yes ___ No ___ Dual Citizen: Yes ___ No ___

Year Last Registered _____ If you are registered with a different USA swimming club last year, enter that Club Code _____ LSC Code _____ and the date of your last competition representing that club ___/___/___.

Sign Here _____
Signature of Athlete, Parent or Guardian

USA Swimming Registration Information
(one per swimmer)

Last Name _____ Legal First Name _____ Middle Name _____

Preferred Name _____ Date of Birth: Mo. ___ Day ___ Year ___ Sex: M ___ F ___ Age ___

Mailing Address _____

City _____ State _____ Zip _____

Phone: (___) _____ Club Code: **EXPR** Club you Represent: **Express Swim Team**

USA Citizen: Yes ___ No ___ Dual Citizen: Yes ___ No ___

Year Last Registered _____ If you are registered with a different USA swimming club last year, enter that Club Code _____ LSC Code _____ and the date of your last competition representing that club ___/___/___.

Sign Here _____
Signature of Athlete, Parent or Guardian