



2008 Fall/Winter Registration

YOUR OLYMPIC DREAMS BEGIN HERE WITH EXPRESS!

We are coming off the most successful year in the history of our program and would like to invite you to join us as we continue to offer the BEST competitive program in the area. Our senior program continues to turn heads in the aquatic community .. our first Olympic Trial Qualifier, Adrienne Bicek .. Junior National Qualifiers, Haley Sims and Adrienne Bicek ... the Senior Women are the 2008 Long Course STATE CHAMPIONS and Express finished in 3rd place in the combined standings the Illinois Senior State Championships ... and those are just a few of the successes. Now is the time to get involved in the best age group sport with the best swimmers and the best coaching staff ... Express Swim Team offers something for everyone – from novice to elite, there's a program for you. Welcome ... set your goals high and get ready for a great season! New this year ...

- Express Renewal – streamline registration for those continuing from the Spring/Summer
- NOVA program offers three sessions this year!!
- Express swimmers will have a new look – new team suits and warm-ups!
- Express has it's own Merchant Credit Card account .. VISA, MC, Discover & AMEX
- Personal Equipment Requirement for ELITE and TURBO
- Fun stuff - Movie Night at North High!
- Fall Fund Raiser – Express Challenge Returns!
- Returning to the Calendar: BOYZ BASH and GIRLZ ROCK ... more fun stuff!

- Walk-in Registration & New Member Evaluation Opportunities -

**All Registration will take place at Downers Grove North HS Lobby/Pool Area
Tuesday, July 29th – 5:30–7:00 PM; Thursday, July 31st – 4:00-5:30 PM**

**New Member Try-out/Evaluation – North High
Tuesday, July 29th – 4:00 PM; Thursday, July 31st – 3:30 PM**

Programs and Training Groups



Swim Team

The **Express Swim Team** is designed for swimmers and families desiring a competitive and comprehensive swimming program. Training groups are generally divided by age and then further divided by ability within the training group. All Express programs include technique, dryland, training and FUN components. Space will be limited in each training group. Please refer to Swim Meet section for additional information regarding swim meet participation.

Age Group Programs (Ages 5-12)

Super Squad - All 8 & Under swimmers regardless of ability or experience level. Swimmers must be able to swim 25 yards of freestyle or backstroke. Practice: 2-3 times per week for 45 minutes.

Blue Squad – Ages 9-12 with limited competitive experience. Blue squad practices: 3-4 times per week for 1 hour, 15 minutes.

TURBO- Most experienced and most advanced swimmers, ages 9-12. This “*by invitation, only*” group has a Regional-champ and State Meet focus. TURBO Practice is available 5 times per week for 1:45 – 2:00.

Senior Programs (Ages 13 & Over)

Purple Squad –Ages 13 & Up – This program will prepare athletes for upper level local, state and national competition ... Complements the High School Competitive Season ... Meet participation is required for HS Boys and Girls during their non-high school participation. Purple groups practice: 4 times per week for 1 hour 30 minutes.

ELITE – Most advanced Senior and High School swimmers ages 13 & over with a State and National focus. Practice is available 5-6 times per week for 2:00-2:30.

HS Boys - Season: 11-week pre-High School Season and 2+ week post- HS season to include the Championship season through February/March. ELITE group practice is available 5-6 times per week for 2:00-2:30.

HS Girls - Season: 15-week season from late-November (at conclusion of your HS season) through Championship season in February/March ELITE group practice is available 5-6 times per week for 2:00-2:30.



The **NOVA Express Swim Team** is our entry level, *Introduction to Competitive Swimming Program*. This is a perfect program for boys and girls ages 5 and over who are just starting out in the sport or have never been on a swim team. The program focuses on stroke mechanics, technique, competition fundamentals and **FUN** !! NOVA Super Squad and NOVA X run for approximately 7-week sessions. Families may register for Session I, II, III or all three! Space will be limited in all programs. Please refer to Swim Meet Section for additional

information on meet participation.

NOVA Calendar – 3 Sessions! Please check website for the exact start days.

Session I - Week of 9/15 thru Week of 10/27 Session II - Week of 11/3 thru Week of 12/15 Session III - Week of 1/12/09 thru Week of 2/23

NOVA –Super Squad is for 5 -8 year old boys and girls. NOVA Super Squad participants will train with the Express Super Squad group for 45 minutes 2-3 times per week for 45 minutes. Three 7-week sessions area offered.

NOVA X participants are ages 9 & Over and will practice 2-3 times per week for 45-minute sessions. Three 7-week sessions are offered.

Swim Meet Participation

Express Swim Team is a competitive program and all participants are expected to compete during the season (High School swimmers must compete during the club season to meet IHSA eligibility requirements). Our meet schedule includes intrasquad meets, dual meets and USA Swim Meets and will be finalized in late August. We will offer approximately one meet per month during the non-championship season. As a reminder, our entries are submitted to the host teams six weeks prior to the actual meet. Advanced planning will be necessary. All swimmers will participate in an end-of-season championship meet based on their abilities and time standards (B Conference, Conference, Regional Champs, State Champs, Sectionals, or Juniors). Meet Participation fees are collected at registration and used to enter swimmers and relays in meets throughout the season. Swimmers are charged for each race they are entered in. There are no “refunds” if swimmers do not participate in a race, session or meet. Family meet participation accounts may need additional deposits during the season to continue meet participation.

Swim Suit Policy, Practice Suits & Equipment: *Express team suits are the required uniform for all meet participation.* It is expected that swimmers will wear Express-logo suits and caps when participating in competition. USA Swimming rules do not allow swimmers to wear suits or caps from teams they are not representing in competition. In addition, team shirts, sweats etc. should be worn at competition sites and whenever possible-support your team! Parents, too. We recommend that team suits **not** be worn regularly for practice. Swimmers may wear non-Express suits for practice. Caps should be worn by swimmers with long hair and goggles are required. Team suits, personal equipment and bags are available through the ExpressWear link on our website: SwimExpress.com.



2008 - 2009 FALL/WINTER SHORT COURSE 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

Team T-Shirt _____

Team Swim Cap _____



Swim Team

2008-2009 FEE CALCULATION SHEET

Training Group	Team Fees	USA Registration	Meet Fee	Training Group	Team Fees	USA Registration	Meet Fees
Super Squad	\$645	\$60	\$100	NOVA X – Session 1	\$250	\$60	\$25
Blue Squad	\$730	\$60	\$150	NOVA X – Session 2	\$250	\$60	\$25
TURBO	\$950	\$60	\$150	NOVA X – Session 3	\$250	\$60	\$25
Purple Squad	\$885	\$60	\$150	NOVA X - All	\$690	\$60	\$50
ELITE	\$1050	\$60	\$150	NOVA Super Squad 1	\$250	\$60	\$25
HS Girls - ELITE	\$780	\$60	\$100	NOVA Super Squad 2	\$250	\$60	\$25
HS Girls - Purple	\$685	\$60	\$100	NOVA Super Squad 3	\$250	\$60	\$25
HS Boys - ELITE	\$685	\$60	\$60	NOVA Super Squad All	\$690	\$60	\$50
HS Boys - Purple	\$585	\$60	\$60				

Family Name _____

Swimmer Name	Training Group	Team Fee	USA Registration Fee	Meet Participation Fee
TOTALS				

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

Payment Options:

- Payment in Full
 Payment Plan

Payment Method

- Check
 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 September 15, 2008	\$ _____	CK# _____	Expiration Date _____
Fees Due on October 20, 2008	\$ _____	CK# _____	Name on Card _____
			Authorizing Signature _____

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 September 15, 2008 and October 20, 2008. 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 _____



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

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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



Swim Team

Excellence • Athleticism • Education • Fun

900 Ogden Ave., #440 Downers Grove, IL 60515
www.SwimExpress.com

High School Fall Conditioning

This program is designed for high school swimmers who are looking for an early fall conditioning program – meet are required to meet IHSA eligibility rules. The program will run from September 15th through November 19th, three days per week for 1-hour, 30-minute sessions. Specific times will be confirmed when the high school use is finalized. Practice schedule will follow the **TECHNIQUE SCHOOL CONDITIONING** practice time on our website.

DG North HS - M & W DG South HS - F. 2007 USA Swim Membership is required. Fee: \$45 per week

High School Fall Conditioning

Swimmer Name _____
(Last) (First) (MI)

Address _____
(Street) (Town) (Zip)

Home Phone _____ Cell Phone _____ E-Mail _____

Parent Name _____

Emergency Contact _____ Phone _____

High School _____ Grade _____

USA Swim Team _____ USA Number _____

Birth Date _____ Age _____

Parent Consent and Medical Release: I hereby give my permission for participation and consent to any emergency treatment.

(Parent Signature)

(Date)

Select weeks of participation

Week of: 9/15 ___ 9/22 ___ 9/29 ___ 10/6 ___ 10/13 ___ 10/20 ___ 10/27 ___ 11/3 ___ 11/10 ___ 11/17 ___

Number of weeks _____ @ \$45/week = _____ + USA Membership fee of \$60 (if not a 2008 member)

Total Amount _____

Please make checks payable to ***EXPRESS SWIM TEAM***. Complete form and please mail to the address above.