



## 2009 Fall/Winter Registration

***It just keeps getting better and better!!!*** The 2008-09 year goes down in the history books as 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. Once again, our senior program continues to turn heads in the aquatic community with our ongoing success .. our first USA Junior National team member, International competitor and medalist and national medalist, Adrienne Bicek .. Junior National Qualifiers; Haley Sims, Alexis Spivak and Ryan Downey ... the Senior Women are the 2009 Long Course STATE CHAMPIONS and Express finished in 3<sup>rd</sup> place in the combined standings the Illinois Senior State Championships ... our Age Group program continues to make noise at the Regional and State Championship meets ... 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 ... invite your friends and neighbors to join you .... set your goals high and get ready for a great season!*

*New this year ...*

- New structure for training groups ... note the new names!! Blue Ribbon .. Junior .. Senior .. National
- Most programs offer multiple sessions ... great for those athletes with multiple commitments
- NOVA now offers a Saturday program – NOVA WEEKEND!
- Technique School program expands into the fall and winter.
- Fall Fund Raiser – Express Challenge!
- *Calling all interested in becoming an official* – fall clinics are offered – get involved!!
- Expanded dual meet schedule

**All Registration will take place at Downers Grove North HS Lobby/Pool Area  
August 10<sup>th</sup> , 11<sup>th</sup> , 18<sup>th</sup> – 5:00–6:30 PM; Additional times announced as necessary**

**New Member Try-out/Evaluation – North High  
During Registration**

# 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. **The season begins on Tuesday, September 8<sup>th</sup> and runs through March.** Full season is about 30 weeks. Something new this year .... Many of the programs are broken into sessions allowing for different start and finish dates. This flexibility makes participation easy for swimmers involved in multiple

activities. The AGE GROUP programs have been redesigned overlapping ages to meet different ability levels and commitment levels. Likewise, the SENIOR programs have been redesigned to better serve the focus, commitment and ability levels of the swimmers. Please refer to Swim Meet section for additional information regarding swim meet participation.

## Age Group Programs (Ages 5-14)

**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 Ribbon** – Ages 9-14 with limited competitive experience. Blue Ribbon practices: 3-4 times per week for 1 hour, 15min.

**Juniors**- Most experienced and most advanced swimmers, ages 9-14. This “*by invitation, only*” group has a Regional-champ and State Meet focus. Juniors will have practice available 5 times per week for 1 hour 15- 30 min..

	Session 1 (8 weeks)	Session 2 (9 weeks)	Session 3 (11 weeks)	All Sessions (28 weeks)
<b>Super Squad (Ages 8 &amp; Under)</b>	Sept 8 – Oct. 30 \$250	Nov. 1 – Dec. 31 \$250	Jan. 4 – March 19 \$250	\$640
<b>Blue Ribbon (Ages 9-13)</b>	Sept. 8 – Oct. 30 \$300	Nov. 1 – Dec. 31 \$300	Jan 4 – March 19 \$300	\$760
<b>Junior (Ages 9-14)</b>	Sept. 8 – Oct. 30 \$360	Nov. 1 – Dec. 31 \$360	Jan 4 – March 19 \$360	\$920

## Senior Programs (Ages 13 & Over)

**National** – Most advanced Senior and High School swimmers ages 13 & over with a State and National focus. This is an “*invitation-only*” group with entrance requirements of both practice performance and time cuts. Attendance minimums are required to maintain participation in this training group. Practice is available 5-6 times per week for 1:45 - 2:00.

**Seniors** –Ages 13 & Up – This program will prepare athletes for upper level local, regional and state competition and work towards meeting the requirements to enter the National training group. This program also complements the High School competitive seasons ... **Please note that the IHSA requires monthly meet participation for all HS Boys and Girls during their non-high school participation.** The Senior group practice: 5 times per week for 1:45.

**HS Boys** - Season: 11-week pre-High School Season and 5-week post- HS season to include the Championship season through March. High School swimmers participate in either the Senior or National training group depending on ability and commitment level. Practice is available 5-6 times per week for 1:45 - 2:00.

**HS Girls** - Season: 19-20 week season beginning in November (at conclusion of your HS season) through Championship season in /March. Athletes will participate in either the Senior or National training groups depending on ability and commitment level. Practice is available 5-6 times per week for 1:45 – 2:00.

	Full Season September 8 through April 2 (30 weeks) \$1110			
<b>Senior (Ages 13 &amp; Over)</b>	<b>Session 1</b> Sept. 8 – Oct. 30 (8 weeks) - \$360	<b>Session 2</b> November 1 – March 19 (20 weeks) \$800		<b>All Sessions</b> (28 weeks) \$990
<b>HS Girls National</b>	High School Season (ends 11/20)	<b>Full Season</b> November 23 – April 2 (19 weeks) \$830		
<b>HS Girls Senior</b>	High School Season (ends 10/30)	<b>Full Season</b> November 2 – March 19 (20 weeks) \$800		
<b>HS Boys National</b>	<b>Session 1</b> Sept 8 – Nov 20 (11 weeks) - \$480	High School Season November 23 – February 26	<b>Session 2</b> March 1 – April 2 (5 weeks) \$275	<b>All Sessions</b> (16 weeks) \$710
<b>HS Boys Senior</b>	<b>Session 1</b> Sept 8 – Nov 20 (11 weeks) - \$450	High School Season November 23 – February 5	<b>Session 2</b> Feb. 8 – March 19 (6 weeks) \$250	<b>All Sessions</b> (17 weeks) \$680



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 !!** **NEW THIS SEASON IS NOVA WEEKEND** – This Saturday-only option is great for those involved in other activities. NOVA Super Squad, NOVA X and NOVA WEEKEND run for approximately 7-week sessions.

Families may register for Session I, II, III, IV or all four! Space will be limited in all programs. Swim meets will be available for each session. We recommend at least one meet per session for those participating.

**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. Four 7-week sessions are offered.  
**NOVA X** participants are ages 9 & Over and will practice 2-3 times per week for 45-minute sessions. Four 7-week sessions are offered.  
**NOVA WEEKEND – New this season**, this all-age program is offered on Saturday mornings for 1 hour. Four 7-week sessions are offered.

	Session 1 (7 weeks)	Session 2 (7 weeks)	Session 3 (7 weeks)	Session 4 (7 weeks)	Pick Three!
<b>NOVA X</b>	Sept 8 – Oct. 23 \$250	Oct. 26 – Dec. 11 \$250	Dec. 14 – Jan 29 \$250	Feb 1 – March 19 \$250	\$690
<b>NOVA SS</b>	Sept 8 – Oct. 23 \$250	Oct. 26 – Dec. 11 \$250	Dec. 14 – Jan 29 \$250	Feb 1 – March 19 \$250	\$690
<b>NOVA Weekend</b>	Sept 8 – Oct. 23 \$80	Oct. 26 – Dec. 11 \$80	Dec. 14 – Jan 29 \$70	Feb 1 – March 19 \$80	\$220

## Fees

There are four fees involved in Express programs:

- Team Fees** – Team fees for each program are listed above with the training group and session information. Team fees also include a team t-shirt and swim cap.
- USA Membership Fees** – ONE-TIME, annual membership fee. All Express Swim Team participants must be members of USA Swimming. Fees collected now cover athletes for the remainder of 2009 and all of 2010.
- Meet Participation Fees** – Entry fees are paid to the host team for every event a swimmer enters. Express swimmers generally swim three individual events each day of a multi-day meet. In addition, Illinois swimming charges a per swimmer surcharge and most recently, host teams have started to assess a per swimmer facility fee. For a typical 2-day weekend meet, individual fees range from \$18 to \$25 per swimmer. Express is charged entry fees regardless of whether a swimmer actually swims or not. There are no refunds for “no shows”. Meet fees are held in the family name and additional deposits may be necessary throughout the season.
- Transfer Fee** - Only swimmers who are transferring from another USA Swimming team (not a summer league team) pay a one-time \$10 fee to Illinois Swimming for the club transfer. Swimmers are eligible to represent Express Swim Team in competition 120 days after their last competition representing their former team. During the “wait time”, swimmers swim in meet “unattached” and are not able to swim on Express relays.

Payment options:

- Credit Card:** VISA, Master Card, Discover or American Express accepted for either In-Full or Payment Plan.
- Checks:** In-full or Payment Plan. Please post-date check for payment plan option to be deposited on the payment plan scheduled date. Please make checks payable to *Express Swim Team*.
- Payment Plan:** Options are available for all multiple-session and full season programs. One third of balance is due at the time of registration ... 1/3 will be deposited via post dated check or charged to your credit card on October 1, 2009 ... the remaining 1/3 will be deposited or charged on November 15, 2009. Post-dated checks or credit card information must be turned in at the time of registration.

## Forms

- Express Registration form** – included in this packet .. basic family, swimmer and emergency info.
- Fee Payment form** –included in this packet
- USA Membership form** – included in the packet – only one form per swimmer is necessary
- Technique School form** – for registration in all Express camps and clinics.
- Meet participation form** – VERY IMPORTANT form .. when the meet schedule is finalized, this form is used to enter swimmer in meets. Families select meets and days they would like to participate in ... coaches decided on the events swimmers will swim.

## ***Tentative Practice Schedule***

Fall Practice Schedule (September-November) - Below please find a tentative practice schedule for the fall season. **CHANGES AND MODIFICATIONS ARE EXPECTED** to accommodate participation numbers. As a reminder, we will experience MANY interruptions in the schedule due to the pool use by the high school swim teams and other school programs. For example, most of our THURSDAY practices are interrupted by home swim meets at both campuses. Additionally, we will experience significant changes at the completion of the Girls high school competitive season as our pool and staff availability will change. The website will have the most current practice times posted on the home page and on the practice schedule page

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thus</u>	<u>Fri</u>	<u>Sat</u>
Super Squad & NOVA SS	5:45-6:30 @ South	6:00-6:45 @ North	6:00-6:45 @ North	6:00-6:45 @ North	No Practice	No Practice
NOVA X & WEEKEND	5:45-6:30 @ South	5:45-6:30 @ South	No Practice	5:15-6:00 @ North	6:00-6:45 @ North	9-10 AM @ North (Weekend)
Blue Ribbon	5:45-7:00 @ South	5:45-7:00 @ South	6:00-7:15 @ North	No Practice	6:00-7:15 @ North	No Practice
Junior	6:00-7:30 @ North	5:45-7:00 @ South	No Practice	5:45-7:00 @ South	6:00-7:30 @ North	8-9:30 AM @ North
Senior	5:15-7:00 @ North	5:15-7:00 @ North	5:15-7:00 @ North	5:45-7:30 @ South	5:45-7:30 @ South	No Practice
National	5:15-7:15 @ North	5:15-7:15 @ North	5:15-7:15 @ North	5:45-7:45 @ South	5:45-7:45 @ South	8-10 AM @ North

## ***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.



## 2009 – 2010 FALL/WINTER SHORT COURSE REGISTRATION FORM

Last Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_ Mother's Name: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Cell #1 (\_\_\_\_) \_\_\_\_\_ Cell #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/publications/newspapers?      \_\_\_yes \_\_\_no



## 2009-2010 FEE CALCULATION SHEET

### Swim Team

Age Group Training Group	Team Fees	USA Registration	Meet Fee	Training Group	Team Fees	USA Registration	Meet Fees
Super Squad - #1	\$250	\$60	\$60	NOVA X – Session 1	\$250	\$60	\$25
Super Squad - #2	\$250	\$60	\$60	NOVA X – Session 2	\$250	\$60	\$25
Super Squad - #3	\$250	\$60	\$60	NOVA X – Session 3	\$250	\$60	\$25
Super Squad - All	\$640	\$60	\$175	NOVA X – Session 4	\$250	\$60	\$25
Blue Ribbon - #1	\$300	\$60	\$60	NOVA X – Pick 3	\$690	\$60	\$75
Blue Ribbon- #2	\$300	\$60	\$60	NOVA Super Squad 1	\$250	\$60	\$25
Blue Ribbon - #3	\$300	\$60	\$60	NOVA Super Squad 2	\$250	\$60	\$25
Blue Ribbon - All	\$760	\$60	\$175	NOVA Super Squad 3	\$250	\$60	\$25
Junior - #1	\$360	\$60	\$60	NOVA Super Squad 4	\$250	\$60	\$25
Junior - #2	\$360	\$60	\$60	NOVA Super Pick 3	\$690	\$60	\$75
Junior - #3	\$360	\$60	\$60	NOVA Weekend	\$80	\$60	\$25
Junior - All	\$920	\$60	\$175	NOVA Weekend 2	\$80	\$60	\$25
<b>Senior/High School Training Groups</b>				NOVA Weekend 3	\$70	\$60	\$25
				NOVA Weekend 4	\$60	\$60	\$25
				NOVA Weekend Pick 3	\$220	\$60	\$75
Senior #1	\$360	\$60	\$50	HS Boys Senior - #1	\$40	\$60	\$50
Senior - #2	\$600	\$60	\$150	HS Boys Senior - #2	\$250	\$60	\$75
Senior - All	\$990	\$60	\$200	HS Boys Senior – All	\$710	\$60	\$125
National	\$1110	\$60	\$200	HS Boys National - #1	\$480	\$60	\$50
HS Girls Senior	\$800	\$60	\$150	HS Boys National - #2	\$275	\$60	\$75
HS Girls National	\$830	\$60	\$150	HS Boys National - All	\$680	\$60	\$125

Swimmer Name	Training Group/Session #	Team Fee	Meet Fee	USA Fee
<b>TOTALS</b>				

Team Fee Total	
USA Registration Total	
Meet Fee Total	
USA Transfer Fee (if necessary)	
<b>TOTAL DUE</b>	

Payment Options:

- Payment in Full  
 Payment Plan

Payment Method

- Check  
 Credit Card  
 VISA       Discover  
 MasterCard    AMEX

		Check Information:	Credit Card Information:
<b>Fees Paid at Registration</b> (At least 1/3 of total Due)	\$ _____	CK# _____	Card # _____
<b>Fees Due on October 1, 2009</b>	\$ _____	CK# _____	Expiration Date _____
<b>Fees Due on November 15, 2009</b>	\$ _____	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 October 1, 2009 and November 15, 2009. Post-dated checks or credit card information must 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_



USA Swimming Registration Information
(New Members only – one per swimmer)

Last Name \_\_\_\_\_ Legal First Name \_\_\_\_\_ Middle Name \_\_\_\_\_

Preferred Name \_\_\_\_\_ Date of Birth: Mo. \_\_\_ Day \_\_\_ Year \_\_\_ Sex: M \_\_\_ F \_\_\_ Age \_\_\_

Father/Guardian First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Mother/Guardian First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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 \_\_\_\_\_ Club Code \_\_\_\_\_ LSC Code \_\_\_\_\_ If you are registered with a different USA swimming club last year, enter that and the date of your last competition representing that club \_\_\_/\_\_\_/\_\_\_.

Sign Here \_\_\_\_\_
Signature of Athlete, Parent or Guardian



USA Swimming Registration Information
(New Members only - one per swimmer)

Last Name \_\_\_\_\_ Legal First Name \_\_\_\_\_ Middle Name \_\_\_\_\_

Preferred Name \_\_\_\_\_ Date of Birth: Mo. \_\_\_ Day \_\_\_ Year \_\_\_ Sex: M \_\_\_ F \_\_\_ Age \_\_\_

Father/Guardian First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Mother/Guardian First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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 \_\_\_\_\_ Club Code \_\_\_\_\_ LSC Code \_\_\_\_\_ If you are registered with a different USA swimming club last year, enter that 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 participation is required to meet IHSA eligibility rules.** The program will run from September 8<sup>th</sup> through November 20<sup>th</sup>, 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. Meet participation is included in the per week fee. (For full season – register for the Express HS Senior program)

**DG North HS - M & T DG South HS - F. 2009 USA Swim Membership is required. Fee: \$50 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: 9/8 \_\_\_ 9/14 \_\_\_ 9/21 \_\_\_ 9/28 \_\_\_ 10/5 \_\_\_ 10/12 \_\_\_ 10/19 \_\_\_ 10/26 \_\_\_ 11/2 \_\_\_ 11/9 \_\_\_ 11/16 \_\_\_

Number of weeks \_\_\_\_\_ @ \$50/week = \_\_\_\_\_ + USA Membership fee of \$60 (if not a 2009 member)

Total Amount \_\_\_\_\_

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