2010 Fall/Winter Registration

Express swimmers at every level are experiencing success at the local, state, national and international level. It's a great time to be a part of the best and most comprehensive swim team in the area! Here's just a few of the outstanding success this past year … Haley Sims competes to two International Meets – Irish National Championships and Junior Pan Pacific Championships .. she becomes the second Express swimmer to become USA National Youth Team member ,,, Senior National Qualifier – Adrienne Bicek … Junior National Qualifiers & Medalists: Haley Sims and Lisa Boyce … Four Express swimmers represent Illinois and medal at the Central Zone (Midwest) Championships … the Senior Women are the 2010 Long Course STATE CHAMPIONS and Express finished in 3rd place in the combined standings the Illinois Senior State Championships …many state champions and even a state record!! … our Age Group State Team produced numerous State Champions and state medalists! …

It truly is a great 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!

Features for 2010-11:

- New structure for fee payment … age group team fees based on age
- Expanded High School program for Men and Women. Men's fall program includes everything necessary to be ready for the upcoming high school season. Even a day trip to a Big 10 Swim Meet!
- Slight tweak in age group program – Blue Ribbon will be divided into Blue Ribbon 1 & 2
- Early season training format … ALL BOYS AGES 9-13 WILL BEGIN THE SEASON IN THE SAME GROUP
- Most programs will continue to offer multiple sessions … great for those athletes with multiple commitments
- NOVA program moves to a technique-only instructional program …. No swim meets
- Technique School program expands into the fall and winter – more information later
- Fall Fund Raiser – Express Challenge!
- New facility management structure will allow Express to host swim meets!!!! More information later
- *We would like to expand our Express Officials' pool ..consider becoming an official*– fall clinics are offered – get involved!!

Registration will take place at Downers Grove North HS Lobby/Pool Area
August 30th & 31st – 6:00-7:00 PM;
Additional times announced as necessary

Programs and Training Groups

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 water workouts; extensive stroke mechanics and technique; dryland, training and FUN components. Space will be limited in each training group.

The **High School Programs** are open to all high school swimmers regardless of age and are specifically designed to better serve the focus, commitment and ability levels of the high school swimmer**. The High School season will begin training on September 13th** The men and women will follow different schedules as the Express program works around the high school seasons. Both the men and women will finish the Express Championship season in late March.

The **Age Group Programs** will accommodate all non-high school swimmers 14 years of age and under. We have closely aligned practice times for all 9-14 year old swimmers and during the first week of practice will water test all swimmers and divide the swimmers into three training groups based on ability. Age Group swimmers will register based on age rather than training group. The swimmer's age as of March 11, 2011 will determine their fee rate. In addition. All Age Group 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 season begins training on Tuesday, September 20th** and runs through mid- March. Full season is about 25 weeks. 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 1 & 2 – Ages 8-14 competitive experience. Swimmers will be divided into Blue Ribbon 1 & 2 during the first week of practice. Blue Ribbon practices: 3-4 times per week for 1 hour, 30min.

Juniors- This group will be comprised of our top age group swimmers Ages 11-14 and will not exceed 30 swimmers. Juniors will have practice available 5 times per week for 1 hour 45 min. Team warm-ups are required for championship meets.

	Session 1 (7 weeks**)**	**Session 2** (8 weeks)	**Session 3** (10 weeks)	**All Sessions** (25 weeks)
Ages 8 & Under	Sept 20 – Nov. 5 $200	Nov. 8 – Dec. 31 $200	Jan. 3 – March 13 $200	$500
Ages 9-10	Sept. 20 – Nov. 5 $300	Nov. 8 – Dec. 31 $300	Jan. 3 – March 13 $300	$750
Ages 11-12	Sept. 20 – Nov. 5 $340	Nov. 8 – Dec. 31 $340	Jan. 3 – March 13 $340	$800
Ages 13-14	Sept. 20 – Nov. 5 $360	Nov. 8 – Dec. 31 $360	Jan. 3 – March 13 $360	$850

.

High School (Ages 14 & Over)

HS Men – Everything you need to prepare for the high school season and more. Strength conditioning, dryland training, power and core workouts are all designed to increase fitness and muscular strength. Water workouts will continue to focus on power and strength in the water. Stroke mechanic analysis along with start and turn technique work will increase swimming efficiency and speed. The competition schedule will offer opportunities to put training practices into a racing situation. See what this sport has to offer at the next level. A college swim meet day trip is planned during the pre-high school season session. The post-high school session extends the high school season through the USA championship season with competition opportunities at the conference through national levels. Season: 10-week pre-High School Season and 4+ week post- HS season to include the Championship season through late March. Practice is available 5-6 times per week for 2:00. Equipment bag is required. Team warm-ups are required for championship meets.

HS Women – Pick-up where your high school season leaves off! The Women's training program incorporates all of the components of the Men's program with the focus of increasing power, speed and endurance and incorporating technique to increase performance. The 18-20 week season culminates in a championship series that has something for everyone regardless of your level of performance. Championship meets offer competition at the conference through national levels. Season: 18-20 week season beginning in November (at conclusion of your HS season) through Championship season in late March Practice is available 5-6 times per week for 2:00. Equipment bag is required. Team warm-ups are required for championship meets.

HS Women	High School Season (ends 11/8-20)	**Full Season** End of your HS Season – March 20 (18-20 weeks) $850		
HS Men	**Session 1** (10 weeks**)** Sept 13 – Nov 19 $550	High School Season Nov. 22 – Feb.12- 26	**Session 2** End of HS Season – March 20 (4-6 weeks**)** $275	**All Sessions** (14-16 weeks) $700

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 6-week sessions. Families may register for Session I, II, III, IV or all four! Space will be limited in all programs. No Swim Meets.

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 6-week sessions are offered.
NOVA *X* participants are ages 9 & Over and will practice 2-3 times per week for 45-minute sessions. Four 6-week sessions are offered.

	Session 1 (6 weeks**)**	**Session 2** (6 weeks**)**	**Session 3** (7 weeks**)**	**Session 4** **(**6 weeks)	**Pick Three!**
NOVA X	Sept 20 – Oct. 29 $150	Nov. 1 – Dec. 10 $150	Dec. 13 – Jan 28 $150	Jan 31 – March 11 $150	$400
NOVA SS	Sept 8 – Oct. 23 $150	Oct. 26 – Dec. 11 $150	Dec. 14 – Jan 29 $150	Feb 1 – March 19 $150	$400

Fees

There are four fees involved in Express programs:

1. **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.
2. **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 2010 and all of 2011.
3. **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.
4. **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:

1. **Credit Card**: VISA, Master Card, Discover or American Express accepted for either In-Full or Payment Plan.
2. **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.*
3. **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, 2010 … the remaining 1/3 will be deposited or charged on November 15, 2010. Post-dated checks or credit card information must be turned in at the time of registration.

Forms

1. **Express Registration form** – included in this packet .. basic family, swimmer and emergency info.
2. **Fee Payment form** –included in this packet
3. **USA Membership form** – included in the packet – only one form per swimmer is necessary
4. **Swim Cap Order form -** included in this packet ..order either latex or silicone caps. Personalized order placed in Fall only
5. **Personalized Equipment Bag order form -** included in this packet **-** required for high school athletes, optional for age group swimmers.

Tentative Practice Schedule

Fall Practice Schedule (September-November) - Below please find a tentative practice schedule for the fall season. CHANGES AND MODIFICATIO|NS 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

	Mon	Tue	Wed	Thus	Fri	Sat
Super Squad & NOVA SS	**6:00-6:45 @ North**	**6:00-6:45 @ North**	**6:00-6:45 @ North**	**6:00-6:45 @ North**	**No Practice**	**No Practice**
NOVA X	**6:45-7:30 @ North**	**6:45-7:30 @ North**	**No Practice**	**6:00-6:45 @ South**	**6:00-6:45 @ South**	**No Practice**
Blue Ribbon 1 & 2	**6:30-8:00 @ South**	**6:30-8:00 @ South**	**No Practice**	**6:30-8:00 @ North**	**6:30-8:00 @ North**	**No Practice**
Junior	**6:00-8:00 @ North**	**6:00-8:00 @ North**	**No Practice**	**6:00-8:00 @ South**	**6:00-8:00 @ South**	**8-10 AM @ North**
High School	**5:15-7:15 @ North**	**5:15-7:15 @ North**	**5:15-7:15 @ North**	**6:00-8:00 @ South**	**6:00-8:00 @ 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. All swimmers will receive a latex cap with the Express logo. Additional caps (both silicone and latex) are available for purchase. Personalized caps with names are ordered in the fall only as a minimum order is required.
- Personal Equipment bags are required for all high school swimmers … optional for age group swimmers.
- Team warm-ups are ***required*** for athletes participating in Championship meets – Regional and above.
- We are a Speedo sponsored team and receive a significant discount in all of our Speedo team apparel and equipment. Part of our agreement with Speedo includes displaying their logo on all of our team-wear and exclusive use of their swim suits in competition. Speedo warm-ups are required for all athletes recognized on the award podium.
- Speedo will outfit (warm-ups, championship suit and bag) all athletes participating in National-level meets.
- Team suits, personal equipment and bags are available through the ExpressWear link on our website: SwimExpress.com. or at Swimmers Edge in Woodridge. Swimmers Edge is the exclusive supplier of all Express items.

2010 – 2011 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

Express Swim Team

2010-2011 FEE CALCULATION SHEET

Training Group	Team Fees	USA Registration	Meet Fee	Training Group	Team Fees	USA Registration	Meet Fees
Full Seasons				***High School***			
Ages 8 & Under - All	$500	$60	$175	High School Men - Full	$700	$60	$125
Ages 9-10 - All	$750	$60	$175	High School Women	$850	$60	$150
Ages 11-12- All	$800	$60	$175	HS Men – Session #1	$550	$60	$75
Ages 13-14 - All	$850	$60	$175	HS Men – Session #2	$275	$60	$50
Sessions				***NOVA***			
Ages 8 & Under #1	$200	$60	$60	NOVA X – Session #1	$150	$60	
Ages 8 & Under #2	$200	$60	$60	NOVA X – Session #2	$150	$60	
Ages 8 & Under #3	$200	$60	$60	NOVA X – Session #3	$150	$60	
Ages 9-10 - #1	$300	$60	$60	NOVA X – Session #4	$150	$60	
Ages 9-10 - #2	$300	$60	$60	NOVA X – Pick 3	$400	$60	
Ages 9-10 - #3	$300	$60	$60	NOVA SS – Session #1	$150	$60	
Ages 11-12 - #1	$340	$60	$60	NOVA SS – Session #2	$150	$60	
Ages 11-12 - #2	$340	$60	$60	NOVA SS – Session #3	$150	$60	
Ages 11-12 - #3	$340	$60	$60	NOVA SS – Session #4	$150	$60	
Ages 13-14 - #1	$360	$60	$60	NOVA SS – Pick 3	$400	$60	
Ages 13-14 - #2	$360	$60	$60				
Ages 13-14 - #3	$360	$60	$60				

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

Team Fee Total	
USA Registration Total	
Meet Fee Total	
USA Transfer Fee (if necessary)	
TOTAL DUE	

Payment Options:

_____Payment in Full

_____Payment Plan

Payment Method:

☐ _____Check

☐ _____Credit Card (circle)

☐ VISA ☐ Discover

☐ MasterCard ☐ AMEX

		Check Information:	Credit Card Information:
Fees Paid at Registration **(At least 1/3 of total Due)**	**$_____**	**CK#_____**	**Card # _____**
			Expiration Date _____
Fees Due on October 1, 2010	**$_____**	**CK#_____**	
			Name on Card _____
Fees Due on November 15, 2010	**$_____**	**CK#_____**	**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, 2010 and November 15, 2010 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
(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 _____ **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**_____

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 _____ **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

EXPRESS SWIM CAPS

"PLAIN" – NO NAME

ORDER BY THE "EACH"

PERSONALIZED WITH NAME

"ORDERS" ARE TWO CAPS

LATEX (THIN CAPS)
SILICONE (THICK CAPS)

Name _____

- Latex caps (plain) with logo # ____ @ $5.00 each _____
- Silicone caps (plain) with logo # _____ @ 12.00 each _____

- Latex personalized (2 cap order) $15.00/order _____
  Name _____
- Silicone personalized (2-cap order) $30.00/order _____
  Name_____

Order Total _____

Personalized caps ordered in early fall only. Bulk order required.
All caps must be ordered through Express, NOT Swimmers Edge.

Express Personal Equipment Bags

High School (required) and Age Group (optional)

Name _____

Item	Price	High School	Age Group
Stroke Makers Paddles Choose: ☐ Blue (Small) ☐ Green (Medium) ☐ Yellow (Large) ☐ Red (Extra-Large)	**$19.00**	_____	_____
Pull Buoy	**$ 6.50**	_____	_____
Kickboard	**$ 8.00**	_____	_____
Fins Choose: ☐ Adult 1-3 (orange-blue) ☐ Adult 3-5 (blue-black) ☐ Adult 5-7 (yellow-blue) ☐ Adult 7-9 (lime green-blue) ☐ Adult 9-11 (grey-blue) ☐ Adult 11-13 (black-blue) ☐ Adult 13-15 (Kelly green-blue)	**$20.00**	_____	_____
Mesh Bag with Express Name	**$12.50**	_____	_____
☐ Add name in block letters Name: _____	$ 5.00	_____	_____
Finis Training Snorkel	**$31.00**	_____	N/A
Medicine Ball ☐ 4# ☐ 6#	**$36.00**	_____	N/A
Whole Package Discount		**$135.00**	**$70.00**
	TOTAL_____	_____	

Checks or Credit Cards to *Express* Swim Team