



## 2011-2012 Fall/Winter Registration

**Welcome to the Express Swim Team!!** 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 is a program for you.

### *Features for 2011-12:*

- Express Swim Team will host two swim meets ... one in October and one in December!!!
- *Watch for our new website .. details will be rolled out in the coming weeks*
- *Convenient Online swim meet sign-up continues*
- Age Group team fees based on age as of December 31, 2011
- Early season training format ... ALL BOYS AGES 9-13 WILL BEGIN THE SEASON IN THE SAME GROUP
- Multiple session programs are now two sessions ... great for those athletes with multiple commitments
- NOVA offers two programs: NOVA 8 for 8 & Unders ... NOVA X for 9-12 year olds
- NOVA programs move to two-day/week format and lengthen to 8-week sessions
- Volunteer leadership opportunities available
- *Consider becoming an official– fall clinics are offered – get involved!!*

*Invite your friends and neighbors to join you .... set your goals high and get ready for a great season!*

***Practice Begins for High School Swimmers on September 12<sup>th</sup> .... All others will begin on September 19<sup>th</sup>***

**Registration will take place at Downers Grove North HS Lobby/Pool Area  
August 29<sup>th</sup> & 31<sup>st</sup> – 6:00-7:00 PM  
Additional times announced as necessary**

# 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 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. **The High School swimmers will begin training on September 12<sup>th</sup>**. 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. If you do not train with your high school swim team, arrangements can be made to train with Express during that portion of the HS season.

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, we 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 December 31, 2011 will determine their fee rate. In addition, all Age Group programs are broken into two 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 Monday, September 19<sup>th</sup>** and runs through mid- March. Full season is about 26 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 with 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, 30 min.

**Juniors**- This group will be comprised of our top age group swimmers Ages 11-14 and will not exceed 30 swimmers. A series of test sets will be used to qualify for this training group. Juniors will have practice available 5 times per week for up to 1 hour 45 min. Personal equipment bags are required for this group. Team warm-ups are required for championship meets.

	Session 1 (7 weeks)	Session 2 (18 weeks)	All Sessions (25 weeks)
<b>Ages 8 &amp; Under</b>	Sept 19 – Nov. 10 \$210	Nov. 14 – Mar. 19 \$410	\$520
<b>Ages 9-10</b>	Sept. 19 – Nov. 10 \$300	Nov. 14 – Mar. 19 \$500	\$700
<b>Ages 11-12</b>	Sept. 19 –Nov. 10 \$350	Nov. 14 – Mar 19 \$610	\$820
<b>Ages 13-14</b>	Sept. 19 –Nov. 10 \$370	Nov. 14 – Mar. 19 \$660	\$870

## High School (Ages 14 & Over)

**HS Men** – 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** – 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 11/4-19)	Full Season End of your HS Season – March 16 (18-20 weeks) \$870		
	<b>HS Men</b>	<b>Session #1</b> (10 weeks) Sept 12 – Nov 18 \$550	High School Season Nov. 21 – Feb.12- 25	<b>Session #2</b> (4-6 weeks) End of HS Season – Mar 16 \$275



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 8, 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. 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 times per week for 45 minutes. Three 7-week sessions are offered.

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

	Session 1 (8 weeks)	Session 2 (9 weeks)	Session 3 (8 weeks)	All Sessions
<b>NOVA X</b>	Sept 19–Nov 10 \$150	Nov 14-Jan 13 \$150	Jan 17-Mar 8 \$150	\$400
<b>NOVA 8</b>	Sept 19-Nov 10 \$150	Nov 14-Jan 13 \$150	Jan 17-Mar 8 \$150	\$400

## 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 2011 and all of 2012.
- 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, 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

- 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
- Swim Cap Order form** - included in this packet ..order either latex or silicone caps. Personalized order placed in Fall only
- Personalized Equipment Bag order form** - included in this packet - required for high school and Junior athletes, optional for all other age group swimmers.

## ***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 W-Water D-Dryland

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thus</u>	<u>Fri</u>	<u>Sat</u>
Super Squad	6:00-6:45 @ North	6:00-6:45 @ North	No Practice	6:00-6:45 @ South	6:00-6:45 @ South	No Practice
NOVA 8	6:45-7:30 @ North	No Practice	No Practice	6:45-7:30 @ North	No Practice	No Practice
NOVA X	No Practice	6:45-7:30 @ North	No Practice	No Practice	6:45-7:30 @ South	No Practice
Blue Ribbon 1	6:00-7:30 @ South	6:00-7:00 W 7:00-7:30 D @ South	No Practice	6:00-7:30 @ North	6:00-7:00 W 7:00-7:30 D @ North	No Practice
Blue Ribbon 2	6:30-8:00 @ South	6:30-7:00 D 7:00-8:00 W @ South	No Practice	6:30-8:00 @ North	6:30-7:00 D 7:00-8:00 W @ North	No Practice
Junior	6:00-7:45 W 7:45-8:30 D @ North	6:00-7:45 W 7:45-8:30 D @ North	6:00-7:45 @ South	No Practice	6:00-7:45 @ South	8-10 AM WD @ North
High School	6:00-8:00 @ North	6:00-8:00 @ North	6:00-8:00 @ North	6:00-8:00 @ South	6:00-8:00 @ South	8-10 AM WD @ North

## ***First Weeks of Practice – Tentative Schedule***

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
12 HS – 5:15-6:45 @ North High	13 HS – 5:15-6:45 @ North High	14 HS – 5:15-6:45 @ North High	15 HS – 5:15-6:45 @ North High	16 HS – 5:15-6:45 @ North High	17
19 <u>South High</u> HS-6-8 <u>North High</u> 10&U-6-6:45 11-14-6:45-8:00	20 <u>South High</u> HS-6-8 <u>North High</u> 10&U-6-6:45 11-14-6:45-8:00	21 <u>South High</u> HS-6-8 <u>North High</u> 10&U-6-6:45 11-14-6:45-8:00	22 <u>South High</u> HS-6-8 <u>North High</u> 10&U-6-6:45 11-14-6:45-8:00	23 <u>South High</u> HS 6-8 <u>North High</u> No Practice All Age Groups	24 No Express Practices – HS Home Meet

## ***Parent Meet Worker Requirement***

Express Swim Team is entering the world of “Hosted Swim Meets” and has two meets on the Illinois Swimming calendar this short course season. These Express hosted meets will serve as our yearly fundraisers. Our first meet, The Express Fall Splash will be held at Downers Grove North on October 8-9, 2011 and the second meet, The Express Winter Classic, will be held at Downers Grove South HS on December 3-4, 2011.

Running a smooth and efficient swim meet will take the combined efforts of all Express parents. All parents will need serve in some capacity for all hosted meets. For both the Fall Splash and the Winter Classic, parents will be required to work all sessions that their swimmers are entered in. Your account will be charged \$50 per missed session. We need you, not your money!

## ***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 & Junior swimmers ... optional for all other 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.



## 2011 – 2012 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



## 2011-2012 FEE CALCULATION SHEET

### Swim Team

Training Group	Team Fees	2012 USA Registration	Meet Fee	Training Group	Team Fees	2012 USA Registration	Meet Fees
<i>Full Seasons</i>				<i>Sessions</i>			
Ages 8 & Under - All	\$520	\$60	\$175	Ages 8 & Under #1	\$210	\$60	\$60
Ages 9-10 - All	\$700	\$60	\$175	Ages 8 & Under #2	\$410	\$60	\$70
Ages 11-12- All	\$820	\$60	\$175	Ages 9-10 - #1	\$300	\$60	\$60
Ages 13-14 - All	\$870	\$60	\$175	Ages 9-10 - #2	\$500	\$60	\$80
High School Men	\$720	\$60	\$125	Ages 11-12 - #1	\$350	\$60	\$60
High School Women	\$870	\$60	\$150	Ages 11-12 - #2	\$610	\$60	\$80
NOVA X	\$400	\$60	N/A	Ages 13-14 - #1	\$370	\$60	\$60
NOVA 8	\$400	\$60	N/A	Ages 13-14 - #2	\$660	\$60	\$80
				HS Men - #1	\$550	\$60	\$75
				HS Men - #2	\$275	\$60	\$50
				NOVA X or 8- Session #1	\$150	\$60	N/A
				NOVA X or 8- Session #2	\$150	\$60	N/A
				NOVA X or 8- Session #3	\$150	\$60	N/A

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>	

Select Payment Options:      Select Payment Method:

Payment in Full       Check  
 Payment Plan       Credit Card (circle)  
     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, 2011</b>	\$ _____ CK# _____	Expiration Date _____
<b>Fees Due on November 15, 2011</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, 2011 and November 15, 2011. 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

Name \_\_\_\_\_

Training Group \_\_\_\_\_

<u>Item</u>	<u>Price</u>	
<b>Stroke Makers Paddles</b>	<b>\$19.00</b>	_____
<input type="checkbox"/> _____ Blue (Small)		
<input type="checkbox"/> _____ Green (Medium)		
<input type="checkbox"/> _____ Yellow (Large)		
<input type="checkbox"/> _____ Red (Extra-Large)		
<b>Pull Buoy</b>	<b>\$ 9.00</b>	_____
<b>Kickboard</b>	<b>\$ 9.00</b>	_____
<b>Fins</b>	<b>\$20.00</b>	_____
<input type="checkbox"/> _____ Adult 1-3 (orange-blue)		
<input type="checkbox"/> _____ Adult 3-5 (blue-black)		
<input type="checkbox"/> _____ Adult 5-7 (yellow-blue)		
<input type="checkbox"/> _____ Adult 7-9 (lime green-blue)		
<input type="checkbox"/> _____ Adult 9-11 (grey-blue)		
<input type="checkbox"/> _____ Adult 11-13 (black-blue)		
<input type="checkbox"/> _____ Adult 13-15 (Kelly green-blue)		
<b>Mesh Bag with Express Name</b>	<b>\$ 13.00</b>	_____
<input type="checkbox"/> Add name in block letters	<b>\$ 7.00</b>	_____
Name: _____		
<b>Finis Training Snorkel</b>	<b>\$31.00</b>	_____
<b>Whole Package Discount</b>	<b>\$95.00</b>	
	<b>TOTAL</b>	_____

**Credit Card or Check to *Express Swim Team***

**Credit Card Information:**

**Card #** \_\_\_\_\_

**Expiration Date** \_\_\_\_\_

**Name on Card** \_\_\_\_\_

**Authorizing Signature** \_\_\_\_\_