



**2025
Spring Registration
For Express Swim Team**

Welcome to another GREAT Express Swim Team Season!!

The information in this packet includes details on:
How to Register • Fees and Payment Details •
Swim Meet Participation Expectations • Team Uniform & Equipment Requirements

Please read everything carefully and completely prior to beginning the ONLINE Registration process

- ❖ LONG COURSE – SPRING EXPRESS SWIM TEAM REGISTRATION
- ❖ ONLINE Registration is NOW Open for NEW & RETURNING Members
- ❖ TEAM PRACTICE BEGINS - Monday, March 31 - All Groups @ Downers South 6:00 PM

REGISTRATION PROCESS

Express Swim Team registration will take place ONLINE for the Spring-Only Long Course 2025 Season

Spring '25 Long Course Session – March 31st - May 29th

Begin by clicking on the Swim Team “**ONLINE Registration**” button on the right side of the website home page and then simply follow the step-by-step process.

- Returning members have an existing account and should sign into their account to complete the registration process.
- New members will need to create an account prior to registration.
- Again, please read all information carefully before beginning the Registration process.

Express Swim Team Practice Groups

Express Swim Team offers three ability-based practice groups that match the swimmer's ability, athleticism and experience in the sport. All new members must be able to swim one length of the pool freestyle and backstroke.

SUPER NOVA Super NOVA is the first competitive level of the Express Swim Team. This group will include Novice 10&Under swimmers who have limited competitive swimming experience or just starting out in the sport. All swimmers must be able to swim 1 length of freestyle and one length of backstroke. Practices for the Super NOVA group are offered 5 days per week for 60-minutes. Swimmers are encouraged to attend as many of the practices as possible! The program emphasis is on learning all four competitive strokes and other competitive skills.

SILVER The Silver level swimmers are typically 8-12 years old and have some Express or summer season experience. Practices for this group are offered 5 days per week for 60-75 minutes. Silver swimmers will focus on stroke technique for all four strokes, starts and turns with a goal of competing legally in all 4 strokes.

GOLD Gold level swimmers are generally ages 12 & Over. Gold swimmers will continue to focus on mastering all four competitive strokes and successful racing strategies. The Gold training group is the highest level Age Group & Senior program on the Express Swim Team. This group includes our top age group swimmers and High School swimmers (and rising HS swimmers). Season performance goals for swimmers in this group are in the following areas: 200 IM time; Regional/State time standards; and T-30. Practices are offered four-to-five days per week for up to 1 ½ hours per day. Swimmers in this group will compete in dual meets, USS meets and any championship meets they qualify for.

TEAM PARTICIPATION FEES

- **Team Fees** – Listed Below Team fees cover participation from **March 31st through May 29th** . (9-weeks).
- **Administration Fee - \$30** – One-time fee paid at registration. Swimmers will receive 1 latex team cap and 1 team t-shirt.
- **USA Swimming Registration Fee** – **All athletes participating in Express Swim Team programs are required to be a member of USA Swimming.** Swimmers/Families will register athletes directly with USA Swimming. Specific instructions and procedures are included in this flyer.
- **Meet Participation Fees** – Our meet schedule has not been finalized at this time ... However, meet fees will NOT be collected at registration. Meet registration will take place ONLINE. Meet fees will be billed separately. **Meet entries are submitted approximately 3-6-weeks prior to the meet. After our team entry has been submitted, swimmers / families will be responsible for their fees even if swimmers are unable to attend the meet.** In the Billing Section of the website / Payment Set-up, families should establish a credit card on file for payment of meet fees. There is a \$3 Express Swim Team surcharge for all swimmers participating in meets.
- **Transfer Fee** - All swimmers coming to Express Swim Team from another USA Swim Team (NOT a Summer League team or YMCA team) are required to complete a transfer form with USA Swimming..

Payment and Policies:

- **Registration for the SPRING Long Course 2025 Session will take place ONLINE.** Team Registration Fees (\$30 per swimmer) are due at the time of registration. USA Membership fees are the responsibility of the swimmer/family. Swimmers must be registered prior to their first day of participation. Register directly with USA Swimming.
- **Team Fees** will be collected in two (2) Installments: **At the time of Registration and May 1st.** Payments are outlined below based on the program you are registering for.

TRAINING GROUP	2 Installments At Registration & May 1st
SuperNOVA - Ages 10 & Under	\$150 x 2
Silver - Ages 12 & Under	\$200 x 2
Gold - Ages 13 and Over	\$250 x 2

- **Refunds and Notification of Leaving the Team** -Team fees are non-refundable after 10 practices have been offered for the training group. The team must be notified in writing if you choose to leave the team. USA Swimming registration fees and any meet participation fees already paid are non-refundable.

~ MEET PARTICIPATION, TEAM UNIFORM & EQUIPMENT REQUIREMENTS ~

THERE ARE VERY FEW SWIM MEETS AVAILABLE DURING THE SPRING SESSION.
We continue to look for competitive opportunities in the area. A Meet Schedule will be posted
As Soon As Possible!

SWIM MEET PARTICIPATION

Express Swim Team is a competitive program and participation in swim meets is expected. To enter or decline participation in a meet, use the ONLINE meet registration system. Meet Sign-ups take place about 6-weeks prior to the meet. Meet fees are non-refundable.

- **All swimmers will wear Express-logo suits and caps when participating in competition & practice** (if available)
- Team shirts, team warm-ups, sweats, etc. should be worn at competition sites and whenever possible. Support your team! Parents, too!
- Team suits, personal equipment and bags are available at 23 Aquatics in Woodridge. 23 Aquatics is the exclusive supplier of all Express items.
- Caps should be worn by swimmers with long hair. **Goggles are required for ALL SWIMMERS.** All swimmers will receive one latex cap and t-shirts with their registration. 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.

EQUIPMENT REQUIREMENTS

- **SuperNOVA - Kick Board & Fins**
- **Silver - Kick Board, Fins, Pull Buoy, Snorkel, Mesh Equipment Bag**
- **Gold - Kick Board, Fins/Zoomers, Pull Buoy, Snorkel, Paddles, Mesh Equipment bag**