



**2025-26  
Short Course  
REGISTRATION**

# **THE SEASON BEGINS!!**

**Welcome to Another *Express* Swim Team Season!!**

**ONLINE Registration is NOW Open for NEW & RETURNING Members**

**FREE 3-Day STROKE CLINIC ... Swimmer Evaluation &  
'Try-it-out!' Experience (No advanced registration required .. Just show-up!)**

**Mon, Tues., Wed., September 15-17**

**OPEN to ANYONE !!**

**6:00-7:00 PM**

**Downers North-Mon & Wednesday / Downers South-Tues**

**Practice ALSO Begins on Monday, Sept 15<sup>th</sup> @ Downers North 6:00 PM  
(Please see practice schedule for group training times)**

**RETURNING MEMBERS ... BRING A FRIEND PROMOTION !!**

**Bring a NEW swimmer to Express both the New member & the Returning member  
will receive a \$25 Team Fee Discount !!**

**How to Register • Fees and Payment Details  
Swim Meet Participation Expectations • Team Uniform & Equipment Requirement**

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

## REGISTRATION PROCESS

Express Swim Team registration will take place ONLINE at the Team Website for the Short Course Season  
(SwimExpress.com ... Team Unify)

### 2025-2026 Short Course FALL Season (Session 1)

September 15<sup>th</sup> – November 26<sup>th</sup>

Begin Registration 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 practice groups that match the swimmer's ability, athleticism and experience in the sport. Age and experience recommendations are included in the descriptions below. Practices will take place at [Downers Grove North and South High Schools](#).

### SUPER NOVA

Super NOVA is the first/entry level of the Express Swim Team. This group will include 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 2-3 days per week for 45-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. Meet participation is expected (in local USS Swim meets) when ready.

### SILVER

The Silver level are typically 8-12 years old and have some Express or summer seasons of experience. Practices for this group are offered 3-5 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 & IM. Swimmers are expected to participate in USS meets as well as any championship meets they qualify for.

### GOLD

Gold level swimmers are experienced swimmers 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 program on the Express Swim Team. This group includes our top age group swimmers. High School swimmers (Pre-Season Boys/Post Season Girls) will either end their Express training (Boys) or begin their Express training (Girls) based on their HS season schedule. Season performance goals/standards for swimmers are in the following areas: IMX/IMR Score; 200 IM time; Regional/State time standards; and T-30. Practices are offered four/five days per week for up to 1 ½ hours per day. Athletes training in this group generally maintain a 85% attendance rate. Swimmers have a Championship-level meet focus and generally swim with Express on a year-round basis. Swimmers in this group expected to participate in USS meets, and any championship meets they qualify for.

## TEAM FEES & MORE INFO

- **Team Fees** – Listed Below Team fees cover participation from September 18<sup>th</sup> through
- **Administration Fee - \$40** – One-time fee paid at registration. Swimmers will receive 1 latex team cap and 1 team t-shirt.
- **USA & ISI Swimming Registration Fee - \$85 annual fee (Calendar year 2025)**
- **Meet Participation Fees** - Meet fees will NOT be collected at registration. Meet registration will take place ONLINE when available. Meet fees will be billed as they occur. **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 \$5 per swimmer Express Swim Team surcharge for all swimmers participating in meets.
- **Transfer Fee** - All swimmers coming to Express Swim Team from another USA Swim Team are required to submit a transfer form and \$10 transfer fee to Illinois Swimming. The Illinois Swimming Athlete Transfer form is available on our website under the Join US tab. A Team Transfer Form must be completed and sent to Illinois Swimming. [Link to Transfer form](#)

### Payment and Policies:

- **Registration for the 2025-26 Short Course Season will take place ONLINE.**
- **Team Fees will be collected in three (3) Installments: September (@ Registration), October & November**
- **Payments** are outlined below based on the program you are registering for.

TRAINING GROUP	3 Monthly Installments (Sept/Oct/Nov)
<b>SuperNOVA</b> - (10 & Under – Novice Developmental)	\$125 / \$125 / \$125
<b>Silver</b> - (8-12 – Competitive)	\$140 / \$140 / \$140
<b>Gold</b> - (12 & Over – Competitive)	\$160 / \$160 / \$160
<b>Senior</b> - Girls Competing on HS Team	\$0 / \$0 / \$160
<b>Senior</b> - Boys Competing on HS Team	\$160 / \$160 / \$0

- **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 ~

### SWIM MEET PARTICIPATION

Express Swim Team is a competitive program and participation in swim meets is expected. All Express swimmers will be entered in Express-hosted meets, intrasquad and time trials. 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. Check the Express website for the meet schedule (not finalized at this time).

- **All swimmers will wear Express-logo suits and caps when participating in competition & practice.**
- 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 through the ExpressWear link on our website: SwimExpress.com or 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 Team Suit, Kick Board, Fins, Mesh Equip Bag
- Silver - Team Suit, Kick Board, Fins, Pull Buoy, Mesh Equip. Bag
- Gold/HS - Team Suit, Kick Board, Fins/Zoomers, Pull Buoy, Snorkel, Paddles, Mesh Equip. Bag

Personalized Mesh Equipment Bags and Equipment Packages are available at  
23 Aquatics (Woodridge) – ONLINE or at the store