



## Welcome to 2024 Long Course Registration!

**The Long Course season begins as follows, and ends 7/11/24\*\*:**

National Group: 3/28/24

All Other Practice Groups: 4/8/24

### **RETURNING\*\*\* FMC Aquatic Swimmers and Siblings:**

- **Online Registration Is now OPEN:** For current members including new siblings (new siblings should attend a swim evaluation to assess readiness; sign up [HERE](#)).
- **Priority Registration ENDS:** Monday 3/11/24 to guarantee spot on the team.

***Each roster group has a maximum number of swimmers. We cannot guarantee your spot on the team once priority registration is over.***

\*\*\*RETURNING swimmers are defined as those who participated in the 2023-2024 SCY Season.

### **NEW FMC Aquatic Members:**

- Sign up for a swim evaluation Wednesday, 2/28 or Tuesday 3/12 [HERE](#). All NEW SWIMMERS must be evaluated and approved by FMC Coaching staff. All swimmers will be notified by 8pm Thursday 3/14/24.
- NEW Swimmer Registration Opens: Saturday 3/15/24.

**To successfully complete online registration the following is needed: (Once you begin registration, there is no option to save your work and return to it later).**

- Know the name of your swimmer's current practice group, or if aging up \*\*\* see section "What group to register your swimmer" \*\*\*
- Have credit or debit card for payment of fees for the full swim season and swim meet fees. Note: Registration fees and Team fees are two separate payments.
- Have health insurance information if it has changed.
- Update your address, phone numbers, and/or cell phone numbers if they have changed.
- **Update apparel sizing for each swimmer, swimsuit size, t-shirt size, jacket size and pant size as appropriate. This is especially important for our growing swimmers!**
- Update emergency contact information (name and phone numbers) if they have changed. Please review, sign, and agree to club policy and procedures including:
  - [MAAPP - Minor athlete abuse prevention policy](#)
  - [Bullying action plan](#)
  - [FMC and USA Swimming code of conduct \(for athletes and parents\)](#)
  - [Safe Sport Best Practices and Guidelines](#)

### **\*\* Season Dates:**

Long Course Season will begin on Monday, 4/8/24 (Nationals will begin Thursday 3/28/24), and conclude on Thursday, 7/11/24 (last day before Regionals), unless your swimmer has qualified for a Championship meet. All athletes are expected to compete in season-end Championship Meets that they may qualify for. This includes Regionals, Age Group State, Senior Champs, and Senior Nationals.



**Fees: Registration, Coaching, Meet Entries, Apparel**

**Payment Method:**

You will be asked to enter a credit/debit card in our secure system when you register. (Note: Team Unify assesses a processing fee to all credit card transactions. FMC Aquatic will be splitting the credit card fees with family members at a rate of 1.5% + \$.30 per charge. These fees will be reflected on your invoice as "Auto Transaction Organization's Management Fee.") ACH payments may be made for no additional charge. Checks will no longer be accepted.

**Registration fees:**

At the time of registration, a registration fee of \$200, and any balances from the prior season will be collected. These fees are NON-REFUNDABLE from the time of payment.

**Team fees:**

Team fees will be collected in two installments by credit card/debit card on file. The 1st installment is due 4/1/24 and the 2nd installment will be due on 6/1/24.

<u>10 &amp; Under</u> 4/8 – 7/11	<u>2 installments of</u>
10 & Under Prep	\$260
10 & Under Prep Spring session only 4/8-5/24	\$260 (1 installment)
10 & Under	\$400
10 & Under Spring session only 4/8-5/24	\$400 (1 installment)

  

<u>11-12</u> 4/8 – 7/11	<u>2 installments of</u>
Full time	\$450

  

<u>Senior Prep / Senior Group</u> 4/8 – 7/11	<u>2 installments of</u>
Full time	\$550
High School – Girl /Boy Spring Sport **	\$450

  

<u>National</u> 3/28 – 7/11	<u>2 installments of</u>
Full time	\$600
High School – Girl / Boy Spring Sport **	\$475
College Returning in May	\$475

*\*\*HS Spring Sports fee is only for those participating in a high school sport and not participating at FMC for the duration of their HS sport season. This allows them to start LC training at the conclusion of their sports season.*



### Discounts:

Multi-Swimmer Discount – If three (3) or more swimmers are registered with FMC Aquatic Swim Team, there is a \$100 family discount on team fees. This credit will be applied towards the second installment.

### Withdraw/Refund Policy:

*Registration fees are non-refundable. Team fees are NON-REFUNDABLE after 2 weeks of practices for your swimmer's group .* Medical and relocation withdraw requests will require documentation. Please understand that we do have a waitlist of families anxious to join FMC Aquatic Swim Team. Interested new swimmers are unable to join us when a spot reserved on the team is not used.

### Meet Entry Fee Policy:

FMC has established the following meet entry guidelines:

- Available Swim Meets to the team will be posted under the “Meets/Events” page of the website ([www.fmcaquatic.com](http://www.fmcaquatic.com)), with the meet packet and other available and pertinent information. An email notifying FMC Aquatic members when a meet entry is opened will be sent out to the team.
- FMC Aquatic members will have the ability to commit for a meet by “Events” or by “Sessions.” The Coaching Staff will be responsible for picking each swimmer’s events.
- Accounts will be charged per event for each meet a swimmer enters; each meet’s fees charged by the host team is listed in the meet packet. **These fees are billable and non-refundable once the FMC Aquatic meet entry deadline has passed, even if the swimmer does not participate. FMC pays the host team when entries are due; therefore, it is possible that meet entries are billed to your account prior to the meet date.**
- No late entries will be added after the deadline has passed.
- If the team is entered in a meet that has relays, the FMC Coaching Staff will make a decision on entering those events; relay entry fees are applicable and billed to your account.
- For Championships Meets (Regionals, Age Group State, and beyond), FMC swimmers will be entered in ALL events that they have qualified for. The FMC Coaching Staff will work with that particular swimmer to determine which events they will swim on each day during the meet.
- Swimmers are not allowed to compete in a meet or time trial that is not on the meet schedule without approval from the coaching staff.

## USA Swimming Membership

**USA Swimming Membership:** All swimmers must be a current member of USA Swimming in good standing. It is the responsibility of each family to register or submit transfer requests. USA Swimming membership will be collected during the USAS registration process. Transfer fees will be billed to your account, as it is received from Illinois Swimming.

USAS membership is valid for the calendar year. If you are a current member for the calendar year, you do not need to register again for Long Course season.

Use the link below to register your athlete:

[FMC Aquatic USAS Registration Link](#)



All athlete memberships will be reviewed to ensure “good standing” with USA Swimming; athletes 18 years and older are required to fulfill the Athlete Protection Training requirement to be in good standing. Any members NOT in good standing may be restricted from participating from any and all FMC Aquatic and USAS events, including practices and swim meets.

## What Group to Register Your Swimmer

### **12 and Under Groups: 10 and Under Prep, 10 and Under, and 11/12**

Swimmers that are 12 & under will be placed in age groups based on their age as the first day of Illinois Swimming Age Group Championships (7/18/24).

Example Registration: Margaret is 10. She is currently in the 9 & 10 age group. She turns 11 on 6/30/24, (prior to 7/18/24) – therefore, she should be registered for one of the 11 & 12 age groups. Lanes will be divided based on abilities and change within the season.

### **13 and Older Swimmers:**

Swimmers that are 13 or older as of 7/18/24 will be placed in the Senior Prep, Senior or National groups. All 13 & 14 year old swimmers will be placed in the Senior Prep group. The only exception would be for those swimmers informed by the Senior or National coach to be moved into their group. All returning Senior/National Swimmers, please register for the group you were in last season unless informed otherwise. Please see group breakdowns for more information.

## Roster Groups

As FMC continues to grow and get faster, managing group placement becomes increasingly important. FMC is committed to providing the best experiences for our swimmers and this includes controlling group sizes and managing the number of swimmers per lane.

### **10 & Under Prep: Lead Coach Rob Busby**

This group is comprised of novice swimmers. Emphasis is placed on developing the fundamentals of all four competitive strokes, starts and turns. Swimmers will learn body balance, underwater streamlining, and kick outs. They will learn how to control their body. This enhances coordination to help improve their mechanics. The practices are geared to creating a fun and enjoyable atmosphere for learning. They must compete in swim meets they qualify for.

**Practice Limits** – This swim group will be limited to 40 swimmers.

### **10 & Under: Lead Coach Rob Busby; Coaches Annie Gosselin, Ariana Trekas, Vlad Khoroletc**

Swimmers in the 9-10 group will work on refining the basics of the four competitive strokes while focusing on technique through stroke-specific drills and kicking sets. An emphasis will also be placed on aerobic development, and racing techniques will be introduced. Swimmers must demonstrate readiness for this group through listening to coaches, understanding and applying instructions, and being a great teammate. Within our age groups we understand that athletes may be at different points in their development. Coaches will work to organize swimmers in each group with lane assignments and intervals. They must compete in swim meets they qualify for.



Performance Standards for 10 &U group <i>(meeting 3 out of 5 of the following required this group)</i>
One IL Swimming Regional time Five USA Swimming “10&U B Times” or two “10&U BB times” IMX score greater than 1000 points 200 yards Freestyle Kick under 4:00 10 minute freestyle swim 600 yards or greater

**Practice Limits** –This swim group will be limited to 40 swimmers.

**11/12 Groups: Lead Coach John Akalaitis (Red); Lead Coach Pierre Ruffin (Blue) Asst. Coaches Tony Senkevicius, John Sullivan**

**11-12 Groups:** We offer two separate practice groups for the 11 & 12 groups. You will be able to choose which group your child swims in during registration.

11-12 swimmers will focus on refining their strokes through stroke-specific technique drills, while increasing their aerobic endurance and anaerobic capacity through challenging swim and kick sets designed to prepare them for the next level. More advanced training and racing strategies will be introduced with the goal of preparing swimmers for more advanced races. Swimmers will be expected to add distances of 200 yards/meters and higher in multiple strokes (or IM) to their swim meet event lists. Within our age groups, we understand that athletes may be at different points in their development. Coaches will work to organize each group with lane assignments and intervals to fit specific skills.

**Practice Limits** – 11-12’s are allowed to train 5 practices out of the 6 offered per week. This swim group will be limited to 60-65 swimmers.

**Senior Prep (13-18 Group): Lead Coach Deryl Leubner; Coaches Andy Seibt, Jim Kesslerling**

The group that was formerly known as the 13-14 group will now be called the Senior Prep group and will include swimmers between the ages of 13-18. Aside from the name change, there will be no other changes to this group. Swimmers will still practice for 1:50 minutes and will still swim between 5,000 and 6,000 yards per day; dryland will still be offered three times per week. The coaches will still focus on technique and work to improve swimmers’ training capacities so they will be successful in their high school programs. This training will also prepare athletes to transition to the senior or national groups. Coaches will work to organize each group with lane assignments and intervals to fit specific lane



**Senior Group: Lead Coach Conor Ozog; Coaches Deryl Leubner, Barb Grosshans**

The senior group will have minimum performance and training standards that must be met prior to swimmers joining that group. This applies to swimmers moving up to the Senior Group in the fall of 2024. Swimmers will still practice for 1:50 minutes and will still swim between 5,000 and 7,000 yards per day. All swimmers who are currently in the Senior Group as of the 2024 Long Course season will remain in the Senior Group. The standards are listed below. Finally, group placement will be made solely at the discretion of the Senior and the Senior Prep coaches and may be limited due to lane space.

Training Standards for Senior Group	Performance Standards for Senior Group
20x100 Freestyle on the 1:20 10x100 Backstroke on the 1:25 10x100 Breaststroke on the 1:45 8x100 Butterfly on the 1:30 8x100 Kick 2:00 3x400 Individual Medley on the 6:00 Swimmers must have attended 75% of offered practices in the past season.	USA Swimming “13-14 A times” in the 200’s in 2 of the following strokes: Back, Breast or Fly  Swimmers must consistently attend available competitions

**National Group: Lead Coach Dave Krotiak; Coaches Mike Adams, Brian Wilson**

This group is comprised of swimmers at the highest ability level. The national group focuses on maximizing mental, physical and team building skills. Goal setting and race strategy are always being further developed. Endurance, speed, and a level of stroke technique perfection is worked on at the highest level. Total commitment to all aspects of training and competition is expected from this group.

Requirements for the National group: USA Swimming Sectional standards in LC 2024 and be able to train at the ability of the group.

**Travel Meet Practice Attendance Requirements**

**For the SENIOR PREP, SENIOR & NATIONAL GROUPS**

Practice attendance requirements are set to ensure swimmers will be in peak performance shape for Team Travel Meets. They also represent what we believe is the minimum level of dedication necessary to attend these Team Travel Meets. Please note, this is the minimum requirement. Swimmers should



strive to attend 100% of all practices offered at all times. The coaching staff reserves the right to alter attendance requirements for any meet deemed Team Travel with proper prior notice.

#### **In-Season Travel Meets:**

70% practice attendance

#### **Championship Meets beyond Senior State (Sectionals, Futures, Junior Nationals)**

80% practice attendance

### **Practice Schedule**

Practice times can change due to holidays, meets, special activities and other circumstances. We will make every attempt to keep practices consistent to the original scheduling. As we approach championship meets, we will need to change the schedule to make sure swimmers are practicing if not competing in a meet. Updated/current schedule is always on the website [here](#).

### **Volunteer Requirements**

Swim meets are volunteer run and FMC relies upon family support to host events for our swimmers. **All families are required to volunteer a maximum of 2 shifts at each of our hosted meets. Families with only a HS sport swimmer must also fulfill the volunteer requirement.** A fully staffed event with every single work slot filled is required to provide our swimmers the chance to compete. FMC has a history of hosting successful events because of our families and future success depends on you!

Hosting swim meets is a significant source of fundraising for our team. Whether your swimmer participates in the meet or not, every family benefits from reduced session fees, social events and funds put back into the program.

***This commitment is required as a condition of membership on the team.***

The total number of sessions worked, and dates will be emailed at the beginning of the season. Sign-ups will be first-come first-serve and announcement of sign-up opening will be via email at least 3 weeks prior to the event. Our anticipated schedule is subject to change, but may include the following:

**May 3-4 – FMC Time Trial, Mid Distance**  
**May 17-19 - Spring Into Summer, all age group meet hosted at FMC**  
**July 11-14 – Speedo Sectionals**

**\* Failure to fulfill the required volunteer expectation either by lack of signing up or being a “no show” will result in \$150 fine per shift applied to your account.** Please note your family slot may be filled by anyone you designate including teen siblings or even your swimmer if over the age of 13. *The financial*



*penalty is not intended as a "buy-out" as we need your presence to fill slots, sometimes as many as 350 volunteers are required in 1 weekend.*

Additional volunteer opportunities may be added for time trials and social events.

Any volunteer questions may be directed to [volunteer@fmcaquatic.com](mailto:volunteer@fmcaquatic.com)

### **FMC Apparel and Team Equipment Requirements**

For swimmers **new** to the team, 3 T-shirts (red, white and blue) and two FMC Latex caps will be distributed prior to the start of the season. A fee of \$60 will be charged to your account.

Current swimmers needing updated/new t-shirt sizes may also request this and a \$60 fee will be charged to your account. Individual shirts/caps can always be purchased at the Front Desk, and fees billed to your account.

All championship meets participants will receive a championship team shirt, billed to your account.

Age Group State and Senior State qualifiers will receive a t-shirt and a swag bag billable to your account.

- All swimmers must have a team suit to compete in meets.
- Only FMC team swim caps may be worn at practice and swim meets. Replacement team caps may be purchased from the natatorium front desk; fees will be billed to your account.
- Swimmers are expected to come to practice with the assigned practice training equipment for their group. Swimmers may be asked to sit out portions of practice if they do not have the appropriate practice equipment.
- All equipment and WATER BOTTLES need to be marked with swimmer's name and carried in a mesh equipment bag.

We highly recommend the following items be purchased. Purchases can be made through Urban Tri-Gear. An online store will be available shortly for you to purchase these items. Please purchase as soon as possible due to potential shipping and inventory delays.

- Speedo Navy Suit
- Speedo Navy Backpack – **Please clearly mark your Athlete's name on the backpack.**

**OPTIONAL:** Speedo parka or team jacket and pants in navy/red





Below is a breakdown of the equipment list for each group. **Please clearly label all equipment items in the bag (and including the bag) with your athlete's name.**

10 & Under Prep	Fins / Water Bottle
10 & Under	Fins / Water Bottle
11 and 12	Fins / Water Bottle/ Snorkel / Small Paddles (Preferred: Strokemaker paddle) / <b>Optional:</b> Nose Clip
Senior Prep	Fins / Water Bottle / Pull Buoy / Paddles (Preferred: Speedo IM tech paddles) / Snorkels / <b>Optional:</b> Nose Clip
Senior	Fins / Water Bottle / Drag Sox (30's) / Paddles / Tempo Trainer / Snorkel / <b>Optional:</b> Training Strap / Nose Clip
National	Fins / Water Bottle / Drag Sox (30's and 60's) / Paddles / Snorkel / Training Strap / Nose Clip / Tempo Trainer

### Team Sponsor

We are proud to be a SPEEDO Sponsored team. This means that the team will receive a 25% discount on SPEEDO clothing (purchased through Urban Tri Gear) and other benefits on SPEEDO equipment, along with support at high level meets. In return, we will be sporting only SPEEDO team gear when possible.

### FMC Natatorium Benefits and Opportunities

#### FMC Aquatic Swim Team Open Lap Swim

FMC Aquatic Swim team members enrolled in the season in the 11/12, Senior Prep, Seniors or Nationals groups can register [FMC Aquatic Open Lap Swim at the Natatorium](#). This is a one-time fee and allows the swimmer to swim during open lap hours when unable to make a team practice or a swim meet. Swimmers must be an active member with FMC Aquatic and member in good standing with USAS. If this fee has been paid in the 2023-2024 SCY season, there is no need to repurchase again.