



Welcome to 2025-2026 Short Course Season Registration!

The Short Course season begins on September 3rd, 2025, except for the National Team which will begin on Tuesday, August 26th, 2025
The Short Course season will end for all swimmers March 1st, 2026**

**** Last qualifying championship meet**

FMC CURRENT MEMBER REGISTRATION

Online registration is currently open for all returning swimmers. The priority registration for returning swimmers ends on July 20th, 2025. Any returning swimmer who has not registered by the end of the priority registration period, will not have a guaranteed spot on the roster and must register as a new swimmer. A returning swimmer is defined as someone who successfully completed the 2025 Long Course Season. Siblings of current swimmers will register with the returning swimmers but they must participate in the New Swimmer Evaluation and meet the minimum requirements to join the team.

[Returning Member Registration \(Click Here\)](#)

FMC NEW MEMBER EVALUATION

All prospective FMC swim team members must complete the New Swimmer Evaluation Form below. There is one evaluation date offered this season, Tuesday, July 22nd, 2025 and it is for 10 and under swimmers only. All other swimmers will be evaluated by the information provided in the New Swimmer Interest Form and by information found on the USA Swimming Database. Invitations will be sent to the email on file. We will begin accepting registrations on July 24th for new swimmers. Please use the link below to register for your swimmer's evaluation/interest.

[New Swimmer Evaluation for 10U Only \(Click Here\)](#)

[2025-2026 SCY 11+ Interest Form \(Click Here\)](#)

ONLINE REGISTRATION

FMC uses an online registration system to facilitate our registrations. During the registration process, there will not be an option to "save your work" along the way. This means that any disruption in the registration process will require you to start over. In order to make the process easier, it is important that you have the following information available before you begin.

- The name of the group in which you will be registering your swimmer (descriptions of the various groups can be found at end of this document)



- The credit card or debit card that you will be using for all charges throughout the season. This will include team fees, meet fees and other incidental charges that occur throughout the season. Credit card processing charges will apply.
- Your health insurance card
- T-Shirt and swim suit sizing for your swimmer
- Emergency contact information

Returning swimmers- please make sure you update any information which may have changed. Pay particular attention to the apparel sizing. We will be ordering shirts throughout the season and if you don't update the size, you will likely get a shirt that will not fit your swimmer.

Throughout the registration process, you will be asked to agree to many of our various club policies and rules. Please read them carefully and discuss them with your swimmer.

GROUP PLACEMENT

12 and Under Swimmers

Swimmers who are 12 & under will be placed in groups based on their age as of the first day of the Illinois Swimming Age Group Championships (March 12, 2026). For example, Margaret is 10 and she is currently in the 10 and under group. She turns 11 before next year's spring Age Group Championships so she should register for the 11-12 group of her choice.

Within the 10 and under groups, the swimmers will be placed into 1 of 3 groups based on their swimming ability. Returning swimmers should register for the group her or she is in now unless he or she has been told differently by Coach Rob.

13 and Older Swimmers:

Swimmers who are 13 or older as of March 12, 2026 will be placed in the Senior Prep, Senior or National groups based on their training capabilities and meet performance standards. All returning swimmers should register for the group they are currently in unless they have been instructed by the coach of the next level to register for that group. For example, a member of the Senior Prep group would be told by a coach of the Senior group that he or she should register for the Senior group. If your swimmer has not been told they should register for a new group, he or she should register for the group he or she is currently in. If you have any questions, please contact your Lead Coach.

For more information, see the [group descriptions](#) posted on the website.

All new swimmers should register for the group they were assigned at their evaluation/invitation. Failure to register for the correct group will result in your registration being denied and you will lose your place in line and have to re-register. If you have any questions regarding your group placement, please contact the Lead Coach of the group you were assigned. Do not contact the Lead Coach of the group above your swimmer. That coach did not do the evaluation and will not know why the decision regarding the group placement was made.



REGISTRATION FEES

At the time of registration, a one time per season registration fee of \$200, and any balances from the prior season will be collected. Since we typically have to turn swimmers away due to the limited number of entries we can accept, these fees are NON-REFUNDABLE from the time of payment.

TEAM FEES

Team fees will be collected in two installments. The 1st installment is due 9/1 and the 2nd installment will be due on 11/1.

Age Group (9/3 - 3/1*)	2 Installments (9/1 and 11/1)
10U-Dev	\$ 300
10U-Prep	\$ 365
10U	\$ 460
11 & 12	\$ 560

Senior Prep & Senior Groups (9/3 - 3/1*)	2 Installments (9/1 and 11/1)
Full Time	\$ 690
High School – Fall Sport **	\$ 500
High School – Winter Sport **	\$ 415

National Group (8/26 - 3/1*)	2 Installments (9/1 and 11/1)
Full Season	\$ 790
High School – Fall Sport **	\$ 590
High School – Winter Sport **	\$ 475

*Or last day of qualifying championship meet

**High school Sport athletes have reduced season fees, billable in 2 installments for convenience. This pricing is only for athletes participating in a Fall or Winter high school sport and not swimming at FMC at any point during their sport season. *This allows them to train when not in IHSA regulation season and maintain membership with the FMC team. Do not sign up for this option if you still intend to attend some FMC practices while simultaneously doing your HS sport.*



MULTIPLE 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.

PAYMENT OPTIONS

The primary method of payment at FMC is through a credit card or debit card. Checks are no longer accepted for payments. When you register, you will be required to enter a credit card or debit card number. This card will automatically be charged from team fees, meet fees and incidental purchases.

Team Unify, the registration company FMC uses, will charge you a processing fee for all credit card transactions; you will see this reflected on your invoice as *Auto Transaction Organization's Management Fee*. There is no processing fee for ACH (automatic clearing house) or direct bank debit. (Registration fees unfortunately are credit card only). You may update your payment preferences by logging into your account.

WITHDRAWAL/REFUND POLICY:

Registration fees are non-refundable. Team fees are non-refundable after **the first 2 weeks of the season**. Medical and relocation withdrawal requests will require documentation. Any swimmer withdrawing from the team should notify FMC Administration in writing. Please understand that a swimmer who withdraws from the team will not be considered a returning member in future registrations. Additionally, payment may still be required for future swim meets if we cannot remove the swimmer from the entry in time.

SWIM MEETS

Schedule

You can find the swim meets that FMC will be competing in on the Meets/Events tab on the FMC website (FMCAquatic.com). After clicking on the name of the meet, you will be directed to the specific meet's landing page. On this page you will find a link to the "meet packet" this is where you will find all the information you will need to know for this particular meet. This will include the times for each session and what events will be on which day. This will also include any specific rules for this meet. For example, some meets may choose to limit the longer events to a certain number of heats. Also, on this landing page we will post any changes, updates or information given to us from the host team.

Entries

Illinois Swimming is one of the largest swimming organizations in the country with over 17,000 swimmers competing each season. Because of this, swim meets fill up very quickly. Typically entries for a swim meet must be submitted 6 weeks in advance. Because of this, we complete our meet entries very early. On the Meet/Events page you will see a list of all the upcoming events and



the dates of those events. Clicking on the name of the meet will bring you to the meet "Landing Page" which will show you the date registration for that meet will close. Once that date has passed, we can no longer accept any requests to be entered into the meet. To declare your intent to have a swimmer participate in the meet, you can click on the attend/decline on the meet landing page or on the Meet/Events page. You can make any changes up until the registration date passes. FMC will send an email letting you know when entries have opened and a reminder email when entry deadlines are coming up. At no time should a parent contact the host team regarding any entries. If you have any questions or concerns, you should contact your swimmer's Lead Coach. Also, Swimmers are not allowed to compete in a meet or time trial that is not on the meet schedule without prior approval from the coaching staff.

Fees

All meets have fees associated with them. These fees are set by the host team and may also include facility fees. All of these fees are detailed in the Meet Packet. FMC pays those fees when the entries are submitted, again, typically 6 weeks in advance. Therefore, it is possible that you will be billed for a meet prior to the date of the meet. **These fees are billable and non-refundable once the FMC Aquatic meet entry deadline has passed, even if the swimmer does not participate.** Once the entry deadline has passed, we cannot make any additions or changes to the meet entries. We can remove swimmers from specific events but you will still be responsible for the fee. Any changes in commitment should be communicated with your swimmer's Lead Coach as soon as possible.

Relays

Some swim meets have relays. If the meet has relays, FMC coaches will choose who will be competing on the relay. Sometimes these choices are made to make the relay as fast as possible, sometimes they are not. It is the sole discretion of the coaching staff to determine who will or who will not be on a relay. If your swimmer is chosen to be on a relay, your account will be charged accordingly. If the relays are canceled, your swimmer will not be charged for the relay.

Championship Meets

All FMC swimmers are expected to compete in all championship meets for which they have qualified. Failure to meet this requirement may jeopardize your swimmer's priority registration for the following season which will require him or her to follow the registration process with the new swimmers. Coaches will work in conjunction with the swimmers to determine the best events for the swimmer to swim. This may mean the swimmer swims the maximum number of events possible or less. If you have any questions regarding your swimmer's events, please contact your swimmer's Lead Coach. The entry deadline for Championship meets is typically one to two weeks before the date of the meet. You can find more information regarding championship meets on the Meet Information page on the Members Only tab on the home page.

VOLUNTEER REQUIREMENTS

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.



Swim meets are volunteer run and FMC relies upon family support to host events for our swimmers. A fully staffed event with every single work slot filled is required to provide our swimmers the chance to compete. Because of this, all families are required to volunteer for at least two sessions throughout the season. This can be at one of our hosted invitationals or even a time trial. A typical session lasts about four hours. This rule applies to all swimmers enrolled for the team. There are no exceptions for those high school swimmers who are currently competing for their high school teams.

The total number of volunteer sessions required 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.

The online registration for the volunteer position will open approximately 3 weeks prior to the event. This will be communicated to the families through an email. Positions will be filled on a first come first served basis. 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.

This commitment is required as a condition of membership on the team. Failure to fulfill the required volunteer expectation will result in \$150 fine per shift applied to your account. Continued failure to meet the volunteer commitment may result in the swimmer's loss of his or her Priority Registration. A swimmer who loses his or her priority registration must follow the registration process with the new swimmers.

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

Any volunteer questions may be directed to volunteer@fmcaquatic.com

USA SWIMMING REGISTRATION

All swimmers must be a current member of USA Swimming in good standing. FMC will submit new and renewal memberships this season and the fees billed to your account. Transfer families may need to submit the transfer and any fees will be billed to your account, as it is received from Illinois Swimming.

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 in FMC Aquatic and USAS events, including practices and swim meets.

FMC TEAM APPAREL AND REQUIRED EQUIPMENT

Like all other youth sports, swimming requires its own unique equipment and uniforms. This season each swimmer will be billed a \$75 apparel fee and receive a new specialty item. New swimmers to the team will also be billed \$80 for a "New Swimmer Apparel Package" consisting of 3 team t-shirts (one red, one white and one blue) and one latex team cap; these will be distributed to your swimmer in the first few weeks of the season.



Swimmers who need a replacement cap, can purchase them from the Front Desk. Swimmers do not need to have money, the charge for the replacement cap will be applied to your account. Every swimmer must compete in an FMC team suit. In order to make certain the suit will last the entire season, swimmers are not required to practice in their team suit. However, all swimmers are required to only wear an FMC team cap during practice. Swimmers may choose not to wear a cap, but if they do, it must be a FMC team cap unless approved by your swimmer's Lead Coach. **This season a navy speedo FMC Backpack is required by the first meet.** The spirit wear shop is open periodically throughout the season and during special events. The shop stocks replacement team shirts, silicone caps and other apparel. There is a wide variety of items available for parents to purchase as well. It is a great opportunity to show your support for your swimmer.

All swimmers participating in a championship meet will receive a championship team shirt. This charge will automatically be billed to your account. Age Group State and Senior State qualifiers will receive a t-shirt and a swag bag, which will also be billed to your account.

Required Training Equipment

Each training group has specific equipment needs for practice. These have been determined by the coaches and must be purchased as soon as possible. If your swimmer does not have this equipment, they will have to go without. This may mean they won't be able to keep up or successfully participate in an activity. Long-term failure to have the right equipment will result in decreased performance. The equipment required for each group is listed below

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

Your swimmer's name should be clearly labeled on each piece of equipment.

Optional Equipment

FMC strongly encourages swimmers to have an FMC team jacket, FMC parka and a mesh bag to carry equipment. We will have an apparel night where families can purchase all of this equipment and website to Urban Tri Gear on FMC team unify

We are proud to be a SPEEDO Sponsored team. This means that our families will receive a 25% discount on SPEEDO clothing and equipment (purchased through Urban Tri Gear). In return, we will



only use SPEEDO team gear whenever possible. Purchases can be made through Urban Tri-Gear. A link to the store can be found at FMCaquatic.com.

PRACTICE SCHEDULE

FMC understands that families have different schedules and are involved in many activities and a change in one activity can impact attendance in another activity. Because of this, FMC tries to keep our practice schedule as close to the original schedule as possible. However, practice times can change due to holidays, meets, special activities and other circumstances. During the championship season, schedules may change so we can group the swimmers appropriately and have the championship teams train together

If there is a change in our schedule, FMC will try to inform families as early as possible by sending an email and posting on social media and the website. If it is an emergency, we will also communicate through text. The updated/current schedule is always on the website [here](#).

PRACTICE/MEET ATTENDANCE RECOMMENDATIONS

FMC is a competitive program and is dedicated to creating athletes who wish to perform at his or her highest level. In order to reach those goals, practice attendance is essential. However, the coaching staff also understands that kids want to be involved in many activities and that being involved in many activities can increase a swimmer's overall athleticism. To help parents understand the importance of practice attendance and how to maintain a proper balance between swimming and other activities, FMC has provided the following attendance recommendations .

National Group	5 out of 6 practices per week	over 80%
Senior Group	5 out of 6 practices per week	over 80%
Senior Prep Group	5 out of 6 practices per week	over 80%
11-12 Group	4-5 out of 6 practices per week	over 70%
10 and under Group	4-5 out of 5 practices per week	over 75%
10 and under Prep Group	3-4 out of 4 practices per week	over 60%
10 and under Dev Group	2-3 out of 3 practices per week	over 60%

It is important for swimmers to attend swim meets. Meets are where swimmers can measure improvement and demonstrate mastery of the skills that they have been working on. We have a wide variety of types of swim meets ranging from one day time trials in our own pool to travel



meets which are out of state. The FMC coaching staff understands that families who are newer to the sport may need some guidance on what meets and how many meets are appropriate for their level of swimmer. To help parents understand the commitment expected of swimmers at FMC, the coaching staff has put together the following guidelines.

It is recommended that all swimmers in groups other than the 10 and under Prep and Dev Groups should attend nearly all scheduled sessions of all scheduled meets. Swimmers in the 10 and under Prep/Dev Groups should attend at least one session of all meets offered at the FMC Natatorium.

Swimmers who fail to meet these expectations may lose their Priority Registration for the upcoming season. This will require the swimmer to follow the registration procedures of a new swimmer.

Travel Meet Attendance Requirements

Travel meets are an exciting reward for the swimmers and a great time for the family to bond over swimming. However, these elite level meets require the most dedication from the athletes. In order to make certain that we are properly rewarding the athletes for their hard work, FMC requires all athletes who wish to attend a travel meet to be currently meeting the minimum attendance requirement for his or her group.

NATATORIUM OPPORTUNITIES

FMC Aquatic Swim Team Open Lap Swim

Any FMC Aquatic Swim team member who is at least 11 years of age and enrolled in a 11-12 group or above may purchase an open lap pass. There is a one-time fee for this that allows the swimmer to swim during open lap hours when unable to make a swim meet. Swimmers must be an active member with FMC Aquatic and a member in good standing with USAS. If this fee has been paid in the 2025 LCM season, there is no need to repurchase again. To purchase this pass, please use the link here: [FMC Aquatic Open Lap Swim at the Natatorium](#).



2025 – 2026 Fall/Winter Meet & Event Schedule

Schedule subject to change

Date	Event
9/03	All Team Practice Begins
9/10	FMC Annual Parent Meeting: Time TBA ** Parents of new/younger swimmers should attend.
9/17	Parent meeting with Lead Coach
9/27 - 9/28	Highland Park Aquatic Center Invite HPAC Sprint Fest
10/8	Parent Meeting with Lead Coach
10/17 - 10/19	World Aquatic Championship @ FMC
10/25 - 10/26	Dual Meet FMC vs. TBA @ FMC Natatorium
10/31 - 11/2	MAC A3 Performance Invitational
11/12	Parent Meeting with Lead Coach
11/14 - 11/15	IHSA Girls State Championships @ FMC Natatorium
11/21 - 11/23	Speedo Senior Challenge Prelims/Finals @ FMC Natatorium presented by FMC/Hinsdale (Qualifying times) Speedo Fall Classic Prelims/Finals @ Hinsdale Central (prelims/finals), All 14U at Hinsdale Central
12/6 - 12/7	CWAC/Rise Mid-Season Challenge at UIC
12/7	St. Charles 8 & Under Meet
12/10	Parent Meeting with Lead Coach
12/11 - 12/14	PST 35th Annual Winter Championships - Plantation, FL (All groups, Meet Packet Qualifying Standards)**
12/11 - 12/14	Speedo Winter Jr Championship West Austin, TX**
12/30	FMC Mid-Distance Time Trial @ FMC Natatorium – All Groups
1/9 - 1/11	Hornets Meet @ FMC Natatorium – All Groups
1/23 - 1/25	Circle City Classic, Prelims/Finals @ Indianapolis (Qualifying times)**
1/23 - 1/25	Lincoln Way Swim Club Invite
2/7 - 2/8	Patriot PX3 (Sat & Sun, AM Sessions All groups)
2/21 - 2/22	MAVS Feed the Fire Meet @ TBA
2/27 - 3/1	IL Regionals @ TBA (Qualifying times)
2/27 - 2/28	IHSA Boys State @ FMC Natatorium
3/4 - 3/7	TYR Pro-Series @ FMC Natatorium
3/5 - 3/8	Senior Championships @ TBA
3/7 - 3/8	Age Group Championships 10 and Under @ TBA
3/12 - 3/15	Age Group Championships @ TBA
3/17 - 3/22	NCSA Championships Junior Nationals, Orlando, Florida **

Highlight - HOSTED MEET **BOLD** - Event held @ FMC Natatorium ** - Away meet; Hotel info available on [members page](#).