



## Welcome to 2026 Long Course Season Registration!

**The Long Course season begins on Monday, April 6, 2026**

**The Long Course season will end for all swimmers not competing in a championship meet on Friday, July 24, 2026**

### FMC CURRENT MEMBER REGISTRATION

Online registration is currently open for all returning swimmers. The priority registration for returning swimmers ends on 2/27/26. 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 2025-2026 Short 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 are two evaluation dates offered this season, **Monday, February 23rd and Tuesday, March 3rd** 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 in the USA Swimming Database. Invitations will be sent to the email on file. We will begin accepting registrations on Monday, **March 9th** for new swimmers. Please use the link below to register for your swimmer's evaluation/interest.

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

[2026 LCM Summer Season Interest Form \(Click Here\)](#)

### ONLINE REGISTRATION

FMC uses an online registration system to streamline registration. 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. To make the process easier, please have the following information available before you begin:

- The name of the group in which you will be registering your swimmer
- 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.
- Your health insurance card
- Swimmer t-shirt and swimsuit size; National Team, please include warm-up jacket & pant sizes
- Emergency contact information



Returning swimmers- please make sure you update any information that 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.

### 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 registrations we can accept, these fees are NON-REFUNDABLE from the time of payment.

Team fees will be collected in two installments. The 1st installment is due 4/1 and the 2nd installment will be due on 6/1.

<b>Age Group (4/6 - 7/24)*</b>	<b>2 Installments (4/1 and 6/1)</b>
8U	\$ 400
8U (Spring Only) 4/6 - 5/24	\$ 400 (1 installment, 4/1)
9/10	\$ 480
9/10 (Spring Only) 4/6 - 5/24	\$ 480 (1 installment, 4/1)
11/12	\$ 520

<b>Senior Prep &amp; Senior Groups (4/1 - 7/24)*</b>	<b>2 Installments (4/1 and 6/1)</b>
Full Time	\$ 640
High School – Girl/Boy Spring Sport **	\$ 640 (1 installment, 6/1)

<b>National Group (4/7 - 7/24)*</b>	<b>2 Installments (4/1 and 6/1)</b>
Full Season	\$ 720
High School – Girl/Boy Spring Sport **	\$ 720 (1 installment, 6/1)
College Returning in May	\$ 720 (1 installment, 6/1)

High school sports athletes have reduced season fees. This pricing is only for athletes participating in a Spring high school sport and not swimming at FMC at any point during their 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 also participating in 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.

## USA SWIMMING REGISTRATION

All swimmers must be a current member of USA Swimming in good standing. FMC Aquatic will submit 2026 USA Swimming athlete memberships and bill your account for the fees for any swimmers who do not have a current 2026 athlete membership. Transfer athletes will need to submit a club transfer and any transfer 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. 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.

*All swimmers who qualify at a championship meet will receive a championship team shirt. This charge will automatically be billed to your account.*

## PAYMENT OPTIONS

The primary method of payment at FMC is by credit or debit card. When you register, you will be required to enter a credit card or debit card number. This card will automatically be charged for team fees, meet fees and incidental purchases.

## 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 by emailing [info@fmcaquatic.com](mailto:info@fmcaquatic.com). 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

You can find the swim meets that FMC will be competing in on the Meets/Events tab on the FMC website ([FMCAquatic.com](http://FMCAquatic.com)). After clicking the meet name, 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 need for this 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 provided by the host team.

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 well in advance. On the Meet/Events page, you will see a list of all upcoming events and their dates. 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 approaching. 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.**

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.

Some swim meets have relays. If the meet has relays, FMC coaches will choose who will compete 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 selected for a relay, your account will be charged accordingly. If the relay is canceled, your swimmer will not be charged for it.

FMC is a competitive swim team and as such, swimmers are expected to swim in a minimum of (3) meets during the regular season, including Time Trials. All FMC swimmers are expected to compete in all championship meets for which they have qualified. Failure to meet this requirement will 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 with swimmers to determine the best events for each swimmer. This may mean the swimmer swims the maximum number of events possible or fewer. 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.



## 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 work slot filled, is required to give our swimmers a 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 4-5 hours. This rule applies to all swimmers enrolled for the team. There are no exceptions for high school swimmers currently competing in a spring sport for their high school teams. If you will have a Sectionals swimmer this season, your volunteer slot should be fulfilled at this meet.

The total number of volunteer sessions required and dates will be emailed at the beginning of the season.

The online registration for the volunteer position will open approximately 3 weeks prior to the event. This will be communicated to the families via email. Positions will be filled on a first-come, first-served basis. Please note that your family slot may be filled by anyone you designate, including teen siblings or your swimmer if they are over 13.

***This commitment is required as a condition of membership on the team. Failure to meet the required volunteer expectations will result in a \$150 fine per shift, applied to your account.***

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 TEAM APPAREL AND REQUIRED EQUIPMENT

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.

Swimmers who need a replacement cap can purchase it from the Front Desk. Swimmers do not need to pay; the replacement cap charge will be applied to your account. Every swimmer must compete in an FMC team suit. To ensure the suit lasts the entire season, swimmers are not required to practice in their team suits. However, all swimmers are required to wear only an FMC team cap during practice.

Swimmers may choose not to wear a cap, but if they do, it must be an FMC team cap unless approved by your swimmer's Lead Coach. 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. A wide variety of items is available for parents to purchase as well. It is a great opportunity to show your support for your swimmer.

Your swimmer's name should be clearly labeled on each piece of 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 participate successfully 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/ 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 / Paddles / 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

## 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](#).

FMC is a competitive program dedicated to developing athletes who wish to perform at their highest level. To achieve those goals, consistent attendance is essential. However, the coaching staff also understands that kids want to be involved in many activities, and that involvement 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 expectations.



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 75%
9/10 Group	3-4 out of 5 practices per week	over 75%
8U Group	2-3 out of 4 practices per week	over 60%

It is important for swimmers to attend swim meets. Meets are where swimmers can measure their improvement and demonstrate mastery of the skills they have been working on. We have a wide variety of swim meets, ranging from one-day time trials in our own pool to out-of-state travel meets. The FMC coaching staff understands that families new to the sport may need guidance on which meets to attend and how many meets are appropriate for their swimmer's level. To help parents understand the commitment expected of swimmers at FMC, the coaching staff has put together the following guidelines.

It is expected that all swimmers attend nearly all scheduled sessions of all meets, a minimum of 3 LCM meets for the season. 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 for a new swimmer.

## TRAVEL MEETS

Travel meets are an exciting reward for swimmers and a great time for families to bond over swimming. However, these elite-level meets require the most dedication from the athletes. To ensure we properly reward athletes for their hard work, FMC requires that all athletes who wish to attend a travel meet currently meet the minimum attendance requirement for their group.

### TRAVEL MEET BEHAVIOR EXPECTATIONS

When swimmers and families attend travel meets, they represent FMC. FMC's reputation depends on its members' conduct. If a team member fails to meet the following expectations, as determined by the coaching staff, they may be sent home, suspended from practices, or dismissed from the team.

\*Team members are expected to show respect toward their peers, coaches, parents, host pool and hotel staff, and guests. Anyone who is asked to change or stop inappropriate behavior and does not comply will be required to leave the meet.

\*Consumption of alcohol, smoking, vaping, or use of illegal or USOC-banned drugs is strictly prohibited. Being present where these substances are used may also result in disciplinary action.

\*Loud behavior in common areas, including hallways, is not permitted. Any damage caused at the hotel will be the responsibility of the swimmer's family assigned to that room.



## 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 an 11-12 group or above may purchase an open lap pass. There is a one-time fee that allows the swimmer to swim during open lap hours when the team is not practicing or has an away swim meet. Swimmers must be active members of FMC Aquatic and in good standing with USAS. If this fee has been paid for the 2025-2026 SCY season, there is no need to repurchase it. To purchase this pass, please use the link here:

[FMC Aquatic Open Lap Swim at the Natatorium.](#)



## 2026 Summer Meet & Event Schedule

*Schedule subject to change*

Date	Event
4/6	Practices Start
<b>5/1-5/2</b>	<b>FMC Time Trial</b>
TBD	Banquet
<b>5/15-5/17</b>	<b>Spring Into Season Meet</b>
<b>5/29-5/31</b>	<b>Duel in the Pool (invite only)</b>
<b>6/5-6/7</b>	<b>Wheaton Summer Blast Off</b>
6/11-6/12	Central Zone Open Water Championship (Lake Andrea, WI)
<b>6/26-6/28</b>	<b>Hornets/Wheaton Last Chance Meet</b>
6/26-6/28??	Eric Namesnik Memorial Open (MI)
<b>7/9-7/12</b>	<b>Speedo Sectionals (qualifying times)</b>
7/10-7/12	Mundelein Swim Meet @ Pleasant Prairie, WI
7/15	End of Season BBQ
7/17-7/19	Regionals (TBD)
<b>7/23-7/26</b>	<b>Senior Championships (@ FMC)</b>
7/25-7/26	10U Championships (Libertyville HS)
7/29-8/1	Futures (qualifying times) (Madison, WI)
7/30-8/2	11-14 Age Group Championships (Hobart, IN)
8/4	IL Swimming Open Water State Championships
8/6-8/9	Central Zones Championships (MN)
8/6-8/9	Jr National Championships (qualifying times) (Irvine, CA)

Highlight - HOSTED MEET (Volunteer Requirements)

**BOLD** - Event held @ FMC Natatorium

\*\* - Away meet; Hotel info avail on [members page](#).

