



Welcome to METS Swimming 2024-2025 Short Course Season!

We are excited to welcome new and returning swimmers to the 2024-2025 short course season with Metro East Titans Swimming (METS)! Online registration is now open.

Practices begin:

Senior Titans-Monday, August 19

Junior Titans-Monday August 26

Age Group Titans-Tuesday September 3

Tiny Titans-Monday September 9

All practices will be held at the Chuck Fruit Aquatic Center, located at the Edwardsville High School Sports Complex at 6168 Center Grove Road in Edwardsville Illinois.

Enclosed you will find all the registration information for the 2024-2025 short course season. If you are unsure of which group to register for or have any questions, please contact Coach Bob at metsswim@gmail.com or 618-407-7665.

Online Registration Process:

- Go to metsswim.com and click the 2024-2025 SC Registration button on our main page. Complete all the steps, logging in with your current email and password or creating a new account, if you don't already have one.
- You have the option of paying for the entire season in full or by installments.
- Registration payments must be made by credit card/debit card. After registration, you will be able to set up ACH processing, if you prefer, through your account. Please remember, you must have a valid payment method on your account to attend practice and participate in meets.
- You will need to agree to the following policies and documents during registration: Medical Release & Liability Waiver, Code of Conduct, MAAPP, Electronic Communication Policy, Photo Release, Bullying Policy, Parent Volunteer Worker Policy. All of these are available to view on metsswim.com under the documents tab.

GROUPS:

Tiny Titans: This introductory level group is designed for new swimmers and swimmers 8 and under, especially those who are being introduced to competitive swimming for the first time. Swimmers should be able to complete 25 yards of both freestyle and backstroke.

Age Group Titans: This group will serve a wide range of swimmers, primarily 12 years of age and younger. This group is designed for those looking to explore the sport of competitive swimming, achieve the highest level for your age group, or take the next steps to future levels. Training will place the highest priority on fundamental disciplines of the sport, such as stroke technique, clock knowledge, lane etiquette, training terminology, meet preparation, and goal setting, body health, and safety. As with all our groups, the team concept will be promoted through swim training, swim meets, team goals, and service to team and community.

Junior Titans: This group is designed for swimmers ages 10-18. This group will serve younger athletes who aspire to swim at senior level and older swimmers who are not ready to make the full commitment to senior level. Training in this level will prepare the athlete to compete to their highest ability to their age group. This group will strive for team goals for Ozark Champs and qualifying for zones.

Senior Titans: This group is for athletes who have aspirations to compete at the highest level. Training will be rigorous in areas of technique, water work, and strength training and a commitment to team goals, promoting team concept to younger swimmers, and service to the community.

Recommended Equipment:

Tiny Titans	Age Group	Junior	Senior
Long blade fins	Short blade fins	Power fins	Power fins
Snorkel	Paddles	Paddles	Paddles
Water Bottle	Snorkel	Snorkel	Snorkel
Mesh equipment bag	Water Bottle	Water Bottle	Water Bottle
	Mesh equipment bag	Mesh equipment bag	Mesh equipment bag
		Ankle band	Ankle band

General Information:

Practice Cancellations or Changes-If METS needs to cancel practices or change practice times due to weather or other reasons, an email will be sent as well as information posted to our Facebook page. Our Reminder app is also an important resource for last-minute information. To join, please send a text to: 81010 with this message: @bobret

Communications-Most of our communications will be through email. Communications

will also be posted our website, our Facebook page, and if necessary, through the Reminder app. For any questions or concerns, contact information for coaches and other contacts are listed on the website.

Parents' Informational Open House-We will be holding a parents' meeting September 4, 2024 at 5:00 pm. Coaches and officials will be available to answer questions and provide guidance on USA Swimming registration, website usage, officiating, meet sign-ups, and more!

Suits/Team Gear-B&B Aquatics will be available September 11, 2024 4:00-6:30 pm to offer fittings and suit purchases along with other gear. Our online team merchandise store will open August 5 and close August 31 for our first round of ordering.

<https://metsswim2024.itemorder.com/shop/home/>

Officials-Officials are an essential resource for our team to host swim meets. METS pays for all fees related to becoming registered as an official, and additionally, officials who work all sessions of a METS hosted meet will receive free meet entry fees for their child(ren) for those meets. We will have a special meeting for those interested TBD.

Caps/T-shirts-One cap and one t-shirt will be provided for each registered swimmer. Extra will be available for purchase through the team online store.

Team Photo-Our team photo is scheduled for November 6, 2024. It's important that everyone is available for the team photo even if no purchase is made! More information to come.

Team Banquet-An end of the season awards banquet will be held TBD in the Spring.

Breaks-Anyone taking a break from the team for other sport's seasons, etc. must send an email to metsswim@gmail.com to pause any billing. Fees will continue to be payable until notice has been received.

METS Hosted Meets-Our hosted swim meets are the team's primary source of fundraising. In order for them to be successful, it is essential to have parents of competing swimmers volunteer to help run these meets. More information will be available prior to each meet. Job sign-ups will be posted to the website before each meet.

Meet Schedule-A tentative schedule for meets will be posted on the website under the Schedule tab and is available at the end of this packet. Updates may be made as the season progresses.

Team Events-Christmas movie/gift drive, psych parties, food drives, and other team activities will be scheduled throughout the season.

Payment Policy:

- You can access your monthly invoices on the METS website on or after the first day of each month. If you check your balance before the first day of the month, it may not reflect all charges that will be included on your invoice. Additionally, you should receive an email of your monthly invoice on the 1st of every month. The invoice will be sent to the primary email account that you provide when registering on metsswim.com for the team.
- Each month's invoice will be due on the 1st day of the month. Auto pay will

automatically bill on the 1st day of the month (or the first business day after the

1st if the 1st falls on a weekend or a holiday).

- Accounts that are not paid by the end of the last day of the month will be assessed a \$25 late fee to be invoiced the following month. Accounts that have had a past due account balance for two consecutive months will be suspended, and swimmers will be unable to attend any METS events including practices and meets until the past due payment and any late fees are paid in full.

Fee Payment Schedule:

Due at time of registration:

- Any outstanding balance from previous seasons
- Team Registration Fee: \$150 per athlete which includes one cap, one t-shirt, all payment processing fees through the website
- Training Fees: May be paid in full at time of registration or in 6 equal installments, September-February [or three equal installments for High School Swim Team athletes-October-December for boys and December-February for girls)

Other Fees:

- USA Swimming Registration fee: \$82 per athlete. If your swimmer holds a current 2024 USA Swimming registration, the team will automatically renew your registration for 2025 (valid through December 31, 2025), and your account will be invoiced in November. If your swimmer does not hold a current 2024 USA Swimming registration, you will be emailed a link to register with USA Swimming directly for a 2025 membership (valid from time of USA Swimming registration through December 31, 2025.) This registration process is separate and in addition to the METS team registration. These fees go to USA Swimming and Ozark Swimming.
- Training Fees: Unless paid in full at time of registration, training dues are billed in 6 equal installments (3 for High School Swim Team swimmers). Swimmers joining later in the season will have their training fees prorated.
- Multi-Swimmer Discount: Families having 3 swimmers enrolled in METS will receive a discount of 7% on training fees. Swimmers with 4 swimmers will receive a 12% discount on training fees. Swimmers with 5 or more swimmers will receive free training fees for the 5th and above swimmer. These discounts only apply to training fees.
- Meet Entry Fees: Meet entry fees for swim meets that swimmers participate in are invoiced to your account during the month in which METS submits payments for each meet to the host team. Meet fees may not be refundable once the meet entry deadline has passed.
- Late Fee: A charge of \$25 for any payment returned for insufficient funds or closed accounts will be charged to your account and included on your next invoice.
- Payment Volunteer Worker Policy-Only applicable if in violation of the policy

Group

High School Swim Team Member

Senior

Junior

Age Group

Tiny Titan

Training Fees

3 equal installments of \$215 (for a total of \$645)

6 equal installments of \$210 (for a total of \$1,260)

6 equal installments of \$180 (for a total of \$1,080)

6 equal installments of \$150 (for a total of \$900)

6 equal installments of \$125 (for a total of \$750)

Training Schedule

Group	Monday-Friday	Saturday
Senior-August 19-March 7	2:30-4:30 pm or 4:30-6:30 pm Mornings: TBD	7:00-9:00 am
Junior-August 26-March 7	5:00-6:30 pm	7:30-9:00 am
Age Group-September 3-March 7	5:00-6:00 pm	N/A
Tiny Titans-September 12 – March 7	5:00-6:00 pm (M, W, F only)	N/A
Dryland (Senior/Junior)	TBD	TBD

Tentative Short Course Meet Schedule:

Dates	Meet	Qualifying Times	Additional Info
9/14-9/15/2024	SEA Dive Back In		
9/20-9/22/2024	PKWY IMX		
10/11-10/13/2024	RPLX Fall Festival		
10/26/2024	METS Splash of the Titans		METS hosted
11/12/2024	METS Get Your A Times		METS only
11/22/2024-11/24/2024	Ozark A Champs	A cuts	Carbondale, IL
12/6/2024-12/8/2024	Santa Claus Classic		Fishers, IN
December TBD	METS Winter Invite		METS hosted
1/17-2024-1/19/2024	METS MLK Invite		METS hosted
2/8-2/9/2024	FAST Last Chance		
2/14-2/16/2024	PKWY Be My Valentine		
2/18/2024	METS Get Your BB Times		METS only
2/28-3/2/2024	Ozark Division I Champs	BB cuts	
3/7-3/9/2024	Ozark Senior Champs	Senior Champs cuts	
TBD	USA Swimming Sectionals	Sectional cuts	