

Fox Valley Swimming

Fall/Winter Short Course 2025-26 Season

Welcome to the 2025-26 Short Course Season!

Fox Valley Swimming ("FOX") is a competitive swim program primarily serving residents of District 204. The program is open to swimmers outside of District 204 subject to roster space availability at the discretion of the head coach.

Registration opens for <u>Returning</u> members:*	July 2, 2025
Registration opens for <u>Non-Members</u> members:	July 12, 2025 @ 8am
Registration closes for ALL:	July 18, 2025 @ 11:59pm
Practice Start Date:	August 26th for Senior 2 and High Performance September 2nd for all other groups

* Returning members include those swimmers who participated in either the Short Course 2024-25, Spring and/or Summer sessions. Siblings can also be registered at this time.

No priority will be given to returning Fox members after July 11th. Groups WILL fill so if your swimmer is returning, please register before July 11th to guarantee your swimmer a spot. After the practice groups have been finalized, registration may open back up for those groups with availability.

GENERAL SHORT COURSE INFORMATION

FOX will be swimming out of Neuqua Valley HS, Waubonsie Valley HS, and the Fry YMCA.

Practice for the Short Course Season begins on Monday, August 26th for Senior 2 and High Performance and on Tuesday, September 2nd for the Senior 1, 13/14, 11/12, 9/10 and 8U Age Group teams and ALL Team Development Groups. Practice runs through mid-February (longer for championship qualifiers).

Registration links can be found on our website, www.foxswimteam.com under the tab "2025-26 Short Course Information".

The practice schedule for the 2025-26 Short Course Season is available under the tab "2025-26 Short Course Information", but subject to change.

All Parent In-Person Meeting is currently planned for Thursday, September 11th at 7pm. Tentative location is the Large Forum room at NVHS. More information to be sent closer to the event.

Picture Day for all swimmers is tentatively scheduled for Thursday, November 20, 2025. More information including time and location to be sent closer to the date.

All registration is conducted on our website www.foxswimteam.com.

All Fox swimmers are required to have a USA swimming membership. USA swimming membership will be collected at time of registration.

FOX Scholarship Fund - PLEASE consider a donation to the Fox Valley Swim Club Scholarship Program. This initiative provides financial assistance for fees, equipment, and team activities to dedicated swimmers whose families experience financial hardships throughout the year. **During the registration process, you will see an optional donation of \$25 per family** (if you'd like to donate more, just increase the Qty). Thank you!

PRACTICE SCHEDULES

The TENTATIVE practice schedule can be found on the website. This schedule is subject to change prior to the start of the season. The schedule will be available online closer to the start of the season. It is strongly suggested that you subscribe to the online calendar.

The Fox website contains the most up-to-date schedule. Please use the online calendar as your primary source for the practice schedule and check it on a routine basis. The weekly email will contain practice changes for the week. Last minute changes will be sent via email and text.

Please subscribe to the online calendar on your Android or iPhone. Instructions on how to subscribe can be found under the "Calendars" tab on the website (you must be logged in).

PRACTICE GROUPS

Swimmers are placed in groups based upon their age.

A full description of all practice groups is listed on the Fox website. Fox is offering the following age groups for the upcoming Short Course season:

TDG 9/10, TDG 11/12, TDG 13/14, 8U, 9/10, 11/12, 13/14, Senior 1, Senior 2, High Performance

You will be registering for the group of your swimmer's age as of **3/12/2026**.

GROUP PLACEMENT & EVALUATIONS

FOX is an age group team with group placement within age groups at the sole discretion of Head Coach, Michael Hamann.

All NEW swimmers require an evaluation. Also requiring an evaluation are Spring 8U swimmers aging up to 9/10 and TDG Spring Only swimmers moving to Age Group. Please email coach Bri for questions regarding 8U tryout information coachbri@foxswimteam.com Additional evaluations may be required for former members at the coach's discretion. The evaluation date/times are as follows:

- **Wednesday, July 23rd 4:00-6:00 pm at Neuqua Valley HS**
 - o 8U 4:00-4:30 pm
 - o 9/10, 11/12 4:45-5:15 pm
 - o ALL TDG, 13/14, Seniors 5:15-6:00 pm
- **Please arrive 20 minutes early for check in.**

Swimmers must be registered, and the \$150 registration fee paid prior to evaluation. Although we encourage you to attend the evaluation on 7/23, there will be a make-up date in late August for those with conflicts. Date and location to be announced later.

Evaluation results will be emailed within a few days of the evaluation date and will indicate which group he/she is registered or recommended for or if continuation of swim lessons is recommended. Anyone not placed in either Team Development or Age Group will receive a full refund. Coaches' decisions are final.

A separate email will be sent to those who require an evaluation.

Below describes some, but not necessarily all, of the criteria used to determine group placement.

Please see the Fox website for a full description of the practice groups.

Team Development Group	For novice swimmers not quite ready for the training of the Age Group team. TDG is NOT a beginner swim lesson group. Athletes must be able to swim freestyle with face in the water and side breathing, refine backstroke for 25 yards, and proficiency (close to legal) fly and breaststroke. TDG focuses on stroke and turn development. TDG participants have the opportunity to participate in all home meets.
Age Group & Seniors	Athletes can legally swim all four strokes and maintain competitive level training for their age group. Age group swimmers are expected to compete in meets.

Regular participation in practices & eligible meets is expected of all swimmers including Team Development. Team Development swimmers are eligible to compete in all of their FOX hosted meets only.

REGISTRATION & PRICING

Registration opens **Wednesday, July 2nd** for current Short Course FOX members and their siblings. Registration opens to new and prior members on **Saturday, July 12th**. Registration will close at 11:59pm on **July 18th**. After the practice groups have been finalized, registration may open back up for those groups with availability.

If you are a returning member, please check your account for accuracy and update your information, as that can change from year to year.

When registering for the Short Course Season, you will have the option to pay in full or split your fees into three installment payments. In addition, a non-refundable registration fee of \$150 will be due upon registration. If you elect the installment payment plan, the payments will auto run on the 1st of September, October, and November.

If you elect to pay in full, you will receive a 3% discount on the season fees. Because TeamUnify requires that you use a credit/debit card at the time of registration which incurs a 3% processing fee, this helps offset those fees. In addition, it places those who want to pay in full on an even playing field with those who select the installment plan and pay with ACH.

All fees are per swimmer, not per family. FOX is offering a multiple swimmer per family discount: \$50 per swimmer for 2 or more swimmers (1st swimmer does not receive discount). The discount will be in the form of a credit placed on the account AFTER registration is closed and evaluations are completed.

3 FOX t-shirts will be included in the season fees. **NEW** this year is a Personalized Cap fee due at the time of registration. There is a required fee of \$30 for two swim caps. This is in lieu of charging the accounts later.

All payments to Fox shall be made via the TeamUnify system. A valid credit/debt card must be on file for team charges. ACH can be set up for the 1st of the month auto-run and OnDemand payments. A credit/debit card is required for season and event registrations. A 3% processing fee is applied to all card transactions. ACH transactions incur a flat \$1.25 Cash and checks are not accepted.

USA Swimming Membership

At the time of registration every swimmer will be required to pay the \$92 USA swimming membership fee. All swimmers practicing and competing with FOX are required to have a USA Swimming membership. **Fox will register all swimmers for the 2025-2026 season.**

IPSD District 204 has elected to raise our pool rental fees by almost 10% effective July 1, 2025. Because of this increase, it was necessary to impose a slight increase in fees for the 2025-26 Short Course Season

Group	Non-Refundable Per Swimmer Reg Fee*	Short Course Team Fee Due 9/1	Short Course Team Fee Due 10/1	Short Course Team Fee Due 11/1	Team Fees not incl Reg Fee	3% Discount Pay in Full**
Team Development	\$150	165	165	165	\$495	\$480
8U (A/B/C)	\$150	225	225	225	\$675	\$655
9/10	\$150	353	353	353	\$1,059	\$1,027
11/12	\$150	466	466	466	\$1,398	\$1,356
13/14	\$150	546	546	546	\$1,638	\$1,589
Senior 1	\$150	106	106	106	\$318	\$308

Senior 2	\$150	308	308	308	\$924	\$896
----------	-------	-----	-----	-----	-------	-------

*** Non-Refundable Fee** – The exception is for those not placed on the team after evaluation. A full refund will be issued.

****Pay in Full Discount** does not include the \$150 Registration fee. Discount only applies to team fees. Credit card processing fees still apply.

High Performance is a year-round program set up in 9 installments for those who elect split pay. The installment payment program runs from August 2025 thru April 2025.

High Performance fees below:

Non-Refundable Reg Fee	9 Installment Payments	Team Fees Not Incl Reg Fee	3% Discount IF Team Fees Are Paid in Full*
\$150	\$302	\$2,718	\$2,636

***Pay in Full Discount** does not include the \$150 Registration fee. Discount only applies to team fees.

Refund Policy:

Refunds requested through September 5, 2025	100% Full Refund (less \$150 registration fee)
Refunds requested from September 6-September 19, 2025	75% Refund (less \$150 registration fee)
Refunds requested after September 20, 2025	No Refunds

Senior Girls Refund Policy

Refunds requested through October 27, 2025	100% Full Refund (less \$150 registration fee)
Refunds requested from October 28 - November 10, 2025	75% Refund (less \$150 registration fee)
Refunds requested after November 11, 2024	No Refunds

MEETS

All meet information will be posted on the Fox website under "Team Events." Please visit the website and click on each event for specific information regarding a meet. Information includes the timeframe to commit to a meet, general meet information, the host meet website, and the host meet packet which details specific information for the meet.

Please note that if you commit your swimmer(s) to a meet (home or away), meet fees will be assessed to your account whether or not your swimmer participates in the meet unless you withdraw your swimmer PRIOR to the

registration deadline. FOX is responsible to pay meet fees to the host team after the registration deadline.

Swimmers are encouraged to attend all meets for which they are eligible and qualified. Team Development swimmers have the opportunity to swim meets hosted by FOX (championship meets excluded). All other swimmers participate in both home and away meets. Meets have different entry fees which will be charged to a swimmer's account when they are entered into a meet. Meet entry fees are detailed in the host meet packet.

Prelim/Final Meets: FOX attends a select few Prelim/Final meets throughout the course of the season. These meets are very high priority meets in our event calendar and all swimmers should plan to participate. All swimmers who qualify for finals are expected to stay to compete in finals unless they have emailed the coaching staff of a finals session conflict prior to the start of the meet.

Championship Meets: Swimmers who qualify for Regionals, Age Group and Senior State Championships, Sectionals, NCSA's and any other championship meets are expected to attend in all qualified events. Qualifying swimmers will be automatically entered by the coaching staff. All swimmers who qualify for finals are expected to stay to compete in finals.

Seniors: Senior swimmers are not eligible to swim practices or meets with Fox while they are swimming for their respective high school team. High school boys are eligible for fall meets until high school tryouts begin, and again eligible in early February once their high school season ends. High school girls are eligible for fall meets once their season concludes in late Oct/Nov.

Meets will be conducted in accordance with the guidelines set forth by USA & Illinois/Indiana Swimming along with any applicable federal and state guidelines. We will follow the guidelines and plan to schedule time trials/meets that conform to them.

Please note that meet fees are billed separately and will be charged to your card on the 1st of the month following the posting of the fees. A 3% credit card processing fee is assessed for those charges that run on the 1st of each month unless an ACH is set up (bank debit). ACH transactions are subject to a \$1.25 flat fee.

PARENT WORK COMMITMENT

The success of Fox depends not only upon the swimmers, but also on the parents. Our main fundraisers are our hosted meets (held at NVHS unless otherwise indicated). This season FOX will host the following meets:

- **FOX Team Time Trial & Pizza Party** – October 4, 2025
- **Fall Classic** – November 1-2, 2025
- **Holiday Classic (Hobart, IN)** – December 12-14, 2025
- **Winter Classic** – February 13-15, 2026

Parents will be required to work hosted meets and possibly some away meets for which their swimmer(s) are entered. For hosted meets, the number of sessions a family will be required to work is dependent upon the number of swimmers registered and will be announced once registration for the meet closes. Registration for worker positions will be handled online. Families who do not register for job(s) , but are required to work, will be assigned job(s). It is the family's responsibility to double-check work commitments to see if they are assigned a position.

There are times when FOX is required to supply timers for away meets. This is a required commitment and part of our team's obligation to attend meets. Host meet directors inform us a few days before a meet if we are to supply timers. We will first ask for volunteers and attempt to create shifts for shortened timing commitments so families can volunteer when convenient for them. Please sign up. However, if those positions are not filled, timers will be assigned based upon whether your child is registered for the meet/session. It is the timer's responsibility to find a replacement if he/she is unable to fulfill the commitment. The missed worker fee applies to away meets, as well.

If a family misses their assigned job(s) for either home or away meets, the family's account will be assessed \$100 per job missed.

In addition, if your family does not sign up to volunteer for a FOX hosted meet that your swimmer is participating in, your account will be assessed \$50 per job added and the volunteer coordinator will assign job(s) that you will be required to work.

Families may wish to find a substitute for their work commitment. Substitutes must be over 14 years old and be appropriate for the position. (Example: please do not sign up to be head timer and then have a substitute who has never timed). **Families are responsible for their substitutes. If a substitute does not show for a job assignment, the \$100 fee missed assignment will apply.**

Each swimmer will receive three team shirts and one latex cap. Returning members, when registering, please ensure to update the t-shirt size for your swimmer(s).

***NOTE: A team suit is required** and will be available through our vendor, Arena. More information on the team suit will be sent at a later date.

Other apparel is offered by Arena including caps, Fox backpacks, parkas, warmups, equipment, and other items for our team. All official team apparel and equipment will be available through our contracted vendor.

CODES OF CONDUCT & MINOR ATHLETE ABUSE PREVENTION POLICY

As a USA Swimming Club, Fox aims to provide a fun, competitive, and safe environment for all of our swimmers, swim families, coaches, and spectators. Fox follows the USA Swimming Codes of Conduct and Safe Sport program, including the

Minor Athlete Abuse Prevention Policy. For more information, please visit usaswimming.org and the Fox website.

FOX VALLEY SWIM TEAM SCHOLARSHIP

We're excited to continue the Fox Valley Swim Team Scholarship Program. This initiative will provide financial assistance for fees, equipment, and team activities to dedicated swimmers whose families experience financial hardships throughout the year.

CONTACT INFORMATION

For additional questions regarding registration/administrative details, contact Joe Schrom, FOX Registrar, registrar@foxswimteam.com.

For payment/billing questions, contact Sonia Hertogs, FOX Finance Manager, at finance@foxswimteam.com.

For all swim related and/or questions related to practice group placement or the practice schedule, please contact Michael Hamann, Head Coach, at coachmichael@foxswimteam.com.