

FOX Valley Swimming

Spring/Summer Long Course 2026 Season

Welcome to the 2026 Spring/Summer Long Course Season!

FOX Valley Swimming ("FOX") is a competitive swim program primarily serving residents of District 204. The program is also open to Seniors outside of District 204 at the discretion of the head coach.

Registration opens for current <u>Returning</u> members:	February 4, 2026
Registration opens for <u>New</u> & <u>Prior</u> members:	February 14, 2026 @ 8am
Registration closes for ALL:	February 28, 2026
Senior 2 season practice start:	Tuesday, March 10th
14 & Under, TDG and Senior 1 Spring/Long Course season practice start:	Tuesday, April 7th
Last day of Spring practice:	Friday, May 29th
Last day of Long Course practice for Non-Champ Swimmers:	Friday, July 17th

No priority registration will be given to returning FOX members after February 14th. Groups WILL fill so if your swimmer is returning, please register before February 14th or you will not have a guaranteed spot.

****NEW THIS YEAR: FOX is growing and swimmer interest in our team has never been stronger! Returning swimmers who are interested in swimming with FOX in the Short Course season MUST register and swim for some portion of the Long Course season (spring only or whole summer) for priority registration for the 2026-2027 Short Course season. Swimmers who do not swim at all with FOX during long course will NOT receive priority registration and will need to be re-evaluated for appropriate group placement for the Short Course 2026-2027 season.****

GENERAL SPRING/SUMMER INFORMATION

The Long Course session runs from early April through mid-July for non-champ swimmers. Age Group swimmers 12 & Under and the Team Development Group (TDG) will be allowed to register for a Spring-only session. Age Group swimmers 13 & Up must swim the entire Long Course season (no Spring-only option). There is no Summer-only option for any age group.

FOX will be swimming out of Neuqua Valley High School, Waubonsie Valley High School, the Fry YMCA (early Spring only) and Naperville North High School (early Spring only). In the event of unforeseen schedule changes FOX periodically utilizes other local pools in the Naperville/Aurora area when needed.

Practice for the Long Course season begins on Monday, April 6th- and will end in mid-July for all groups. For those 12 & Under or TDG swimming Spring only, the season will end on Friday, May 29th.

Registration links can be found on our website, www.foxswimteam.com under the tab "2026 Long Course Information".

The practice schedule for the 2026 Long Course Season is available under the tab "2026 Long Course Information", but subject to change.

FOX Scholarship Fund - Last season FOX launched 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). Please consider a donation. Thank you!

Parent Zoom Meeting will be held for all new and returning swimmers. The date will be determined later and will be communicated via e-mail and the weekly message.

New members: All swimmers must have a valid USA Swimming Membership. New members will be billed 92 dollars if they do not have active USA swimming membership. Swimmers with a USA Swimming membership need to login into USA swimming and initiate transfer. A transfer fee will be added to swimmers accounts once IL swimming charges FOX.

PRACTICE SCHEDULES

The practice schedule can be found under the tab "2026 Long Course Information" and 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. Also, any last-minute changes are sent via email and text. You are strongly encouraged to sign up for SMS text alerts on TeamUnify during registration. FOX will utilize SMS for last minute changes and/or time sensitive information.

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 into groups based upon their age as of 7/23/26 regardless of whether or not they are swimming Spring only or the entire Long Course season.

FOX is offering the following age groups for the upcoming seasons:

Spring-ONLY Sessions: TDG, 8U, 9/10, 11/12

**Long Course Season (encompasses both Spring & Summer):
TDG, 10U, 11/12, 13/14, Senior 1, Senior 2**

Sign up for ONE SESSION ONLY. If you want to do both Spring & Summer, sign up for the Long Course option which encompasses BOTH sessions.

IMPORTANT NOTE: No 8Us will be allowed to register for the Long Course. If your 8U swimmer is interested in swimming this summer, please reach out to Coach Bri, coachbri@foxswimteam.com. Acceptance to the summer portion of Long Course is by coach's recommendation only.

There will be only 2 8U groups in Spring. The groups will be announced after registration is closed and evaluations are completed.

The TDG practice groups will be determined AFTER registration closes. Team Development groups will be split by age. Group separation will depend on the registration numbers. Initially there will be only 2 groups as there is limited pool space due to Water Polo. Once water polo ends (mid-May), there is a possibility that additional groups will be added. A wait list will be offered when you register, and we will reach out to you with more information at a later date.

All 8th graders going into high school must sign up for the 13/14 group, NOT the Senior Group.

If your high school swimmer is participating in Water Polo this Spring, please register as a Senior Sports Participant.

IMPORTANT INFORMATION ON AGE-UP DATE: There will be only one age-up date regardless of whether or not your swimmer swims Spring only or the entire Long Course season. The age-up date is 7/23/26. For example, if your 9/10 swimmer is swimming Spring only and ages up to 11 before 7/23/26, he/she will swim on the 11/12 Age Group team for the Spring.

8U's ONLY: If your swimmer is aging up, acceptance to the 9/10 Age group will be at the discretion of the 8U Lead Coach. No formal evaluation will be required, but if Coach Bri feels that your swimmer is not ready for Age Group, you will need to register for the Team Development Group (TDG). Please reach out to Coach Bri, coachbri@foxswimteam.com, with questions regarding your swimmer.

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 and will receive an email prior to the evaluation. The following are the evaluation dates & times:

- **Monday, March 9th from 7:30-8:45pm at Neuqua Valley HS**
 - o 10 & Under 7:30-8:00pm
 - o 11 & Over 8:10-8:40pm

Please arrive 20 minutes early for check in.

Swimmers must be registered prior to evaluation. Evaluation results will be emailed within a few days of the evaluation date and will indicate which group he/she has been assigned to or if continuation of swim lessons is recommended. If your swimmer is not placed in a group, a full refund of your registration fee will be issued.

Current swimmers in 8U moving to 9/10 and TDG swimmers who wish to move up to Age Group will be moved at the lead coach's recommendation. No formal evaluation will be required for those returning members as the swimmer will be evaluated during practice. If the coach recommends that your swimmer is best suited for TDG, please register for that group.

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 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 endurance, and stroke and turn development. TDG participates in all home meets.
Age Group & Seniors	Athletes can legally swim all four strokes and maintain competitive level training for age group. Age group swimmers are expected to compete in both home and away meets.

Regular participation in practices & eligible meets is expected of ALL swimmers.

REGISTRATION & PRICING

Registration opens **Wednesday, February 4th** for current Short Course FOX members and their siblings. Registration opens to new and prior members on **Saturday, February 14th at 8 am.** Registration will close at 11:59pm on **Friday, February 28th.** 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.

All fees are per swimmer, not per family. FOX is offering a multiple swimmer discount for those families who sign up for the entire Long Course Season (both Spring/Summer). The discount is \$50 per swimmer for 2 or more swimmers (1st swimmer does not receive a discount). The discount will be in the form of a credit placed on the account AFTER registration is closed and evaluations are completed.

When registering for the Long Course Season, you will have the option to pay in full or split your fees into two 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 April 1 and May 1.

If you register for Spring only, your fees are due in full upon registration along with a \$75 non-refundable registration fee.

For those registering for the Long Course Season (not Spring), you will receive a 3% discount if you elect to pay in full. Because TeamUnify requires that you use a credit/debit card at the time of registration which incurs a 3% processing fee, 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. This discount is not available for those who register for Spring only.

There will be NO separate registration for summer only. You must either register for Spring Only (12U & TDG Only) or the Long Course Season (both Spring & Summer).

All payments to FOX shall be made electronically through the TeamUnify system. A valid card must be on file for team charges. Neither cash nor checks are accepted.

SPRING ONLY	Non-Refundable Registration Fee	Spring Team Fee
TDG	75	110
Spring 8U	75	100
Spring 9/10	75	210
Spring 11/12	75	350

LONG COURSE BOTH Spring & Summer	Non-Refundable Registration Fee	LC Team Fee Due 4/1	LC Team Fee Due 5/1	Long Course Team Fees
TDG Spring/Summer	150	85	85	170
Long Course 10U*	150	182.50	182.50	365
Long Course 11/12	150	335	335	670
Long Course 13/14	150	547.50	547.50	1,095
Senior 1	150	85	85	170
Senior 2	150	747.50	747.50	1495
Sr 2 Sport Participant**	75	445	445	890
High Performance***	Year-round registration is already complete. Experienced Senior swimmers interested in FOX High Performance should contact Coach Michael directly at coachmichael@foxswimteam.com			

* Only swimmers 9 & Over will be allowed to register for this group. All 8Us aging up must register for Spring Only. 8U swimmers aging up to 9/10 who wish to swim 10U can do so by coach's recommendation. The transfer to Long Course will be handled manually by the registrar.

**Sr Sport Participants will join the team after their High School Water Polo season has completed

*** **Senior 2/High Performance Groups:** High school swimmers will be split into 3 training groups: Senior 1, Senior 2 and High Performance based. High Performance swimmers must have at least one Illinois Swimming Senior Champ cut and maintain 85% practice attendance to remain in the group. Senior 2 and Senior 1 swimmers are placed by coach recommendation and Senior 2 swimmers must maintain 50% practice attendance to remain in the group.

The exception to the non-refundable fee are those swimmers not placed on a team after evaluations are completed. Your fees will be returned to the credit card used at the time of registration.

Refunds: Refunds will be granted as follows:

Long Course/Spring refunds requested through April 10, 2026	100% Full Refund (less non-refundable registration fee)
Spring Refunds After 4/10/26	None
Long Course Refunds requested April 11 th through April 17 th , 2026	75% Refund (less non-refundable registration fee)
Long Course Refunds After 4/17/26	None

MEETS (HOME & AWAY)

FOX will be hosting one meet this spring, a one-day 12 and Under meet the weekend of May 17th.

All meet information will be posted on the FOX website under *Team Events* as it comes available. 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.

Swimmers are encouraged to attend all meets for which they are eligible and qualified. Meets have different entry fees which will be charged to a swimmer's account when they are entered into a meet. Meet fees are non-refundable after the meet's registration is closed regardless of whether or not your swimmer attends the meet. Meet entry fees are detailed in the host meet packet.

Prelim/Finals: Some meets are structured with preliminary sessions early in the day and final sessions in the evening. All FOX swimmers who commit to a meet with prelim/finals and qualify for finals are expected to swim in finals. If there

are special circumstances where a swimmer cannot swim finals, the swimmer must inform his/her group coach prior to the start of the meet.

Championship Meets: Swimmers who qualify for Regionals, Age Group and Senior State Championships, Sectionals and any other championship meets are expected to attend in all qualified events.

Meets will be conducted in accordance with the guidelines set forth by USA & Illinois 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 (beginning June 1). A 3% credit card processing fee is assessed for those charges that run on the 1st of each month. ACH fees incur only a \$1.25 per monthly transaction fee.

TENTATIVE LONG COURSE MEET SCHEDULE

High priority championship meets are listed in **BOLD**. All qualified swimmers are expected to attend these meets.

Dates	Days	Location	Meet Description
3/4-3/5	Wed-Sat	FMC	Pro Swim Series- Westmont (Qualifiers Only)
5/1-2	Sat/Sun	St. Charles East HS	SCST Pentathlon
5/8-10	Fri-Sun	Northwestern University	WILD Spring Blast Off
5/17	Sun	Neuqua Valley HS	FOX- Swimpalooza Circuit #3 (SCY 8U, 9/10, 11/12 Gold ONLY, TDG 12U, BB max time)
5/30-31	Sat-Sun	RecPlex Pleasant Prairie, WI	LFSC SwimFest
6/8-11	Mon-Thurs	University of Notre Dame	11-14 Team Trip
6/17-24	Wed-Wed	University of Tennessee	13 & Over Team Trip to Knoxville, TN- P/F meet included (Swimmers must be 13 on first day of trip, multiple BB cuts required to attend)
6/19-20	Fri-Sat	RecPlex Pleasant Prairie, WI	SEAY Summer Sizzler (Non-TN swimmers only)
6/26-28	Fri-Sun	Hobart, IN	DUNE Splash Spectacular
6/28	Sun	Palatine, IL	PPD- Swimpalooza Circuit #4 (SCY 8U, 9/10, 11/12 Gold ONLY, TDG 12U, BB max time)
7/9-12	Thurs-Sun	FMC	Speedo Sectionals (Senior Qualifiers Only)
7/10-12	Fri-Sun	Stevenson HS	North Suburban Splash (Sub CHMP Cut Only)
7/17-19	Fri-Sun	TBA	IL Regional Championships (SCY- Qualifiers Only)
7/23-26	Thurs-Sun	FMC	IL Senior Championships (Qualifiers Only)
7/25-26	Sat-Sun	Libertyville HS	IL 10U Championships (Qualifiers Only)
7/28-8/1	Thurs-Sa	University of	USAS Futures Championships (Qualifiers Only).

	t	Wisconsin	TEAM TRIP)
7/30-8/2	Thurs-Sun	Hobart HS	IL Age Group Championships (Qualifiers Only)
8/6-8/9	Thurs-Sun	Minneapolis, MN	14U Zones (Team Illinois, Qualifiers Only)

PARENT WORK COMMITMENT

Parents will be required to work our team-hosted and possibly some away meets. For home 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 a job, but are required to work, will be assigned a job and assessed a fee (see below). 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 work time for either home or away meets, the family's account will be assessed a \$100 charge for each session missed.

In addition, if your family does not sign up to volunteer for a home meet that your swimmer is participating in, your account will be assessed a \$50 per job fee and the volunteer coordinator will assign you a job 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.**

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.

CONTACT INFORMATION

For additional questions regarding registration, payment, and other administrative details, please contact Joe Schrom, Registrar, at registrar@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.