



SWIMMING

New Swimmer Tryouts

Tuesday, August 11th — 5:00-6:30pm
For swimmers 10 & Under

Wednesday, August 12th — 5:00-6:30pm
For swimmers 11 & Over

Thursday, August 13th — 5:00-6:30pm
For swimmers of all ages who could not attend the first two days

At Norris Recreational Center
1050 Dunham Rd
St Charles, IL 60174

Tryouts are Free.

Anyone interested please come to tryouts.
Questions 630-377-1720 swim@stcswim.com



ALL DATES ARE TENTATIVE & SUBJECT TO CHANGE

FOR THE MOST UP TO DATE INFORMATION ON ST. CHARLES SWIMMING GOTO

www.stcswim.com or call 630-377-1720

New Swimmer Tryouts

The St. Charles Swim Team will be having New Swimmer Tryouts for the 2009-2010 Short Course Season (September 2009 thru February 2010)

Tuesday, August 11th, Wednesday, August 12th and Thursday, August 13th
5:00-6:30pm (Norris Rec. Center)

Swimmers must be able to swim at least 25 yards of Freestyle and 25 yards of Backstroke without stopping. Swimmers need to have some understanding of Breaststroke and Butterfly. Swimmers also need to dive from the side of the pool into deep water.

TRYOUTS ARE FREE!

Tuesday, August 11th will be 5:00-6:30pm for swimmers 10 & under.

Wednesday, August 12th will be 5:00-6:30pm for swimmers 11 & over.

Thursday, August 13th will be 5:00-6:30pm for all ages who could not attend the first two days of tryouts.

For more details visit www.stcswim.com

St. Charles Swim Team Competitive Swimming

All members of the St. Charles Competitive Swim Team must be active members of the Norris Rec. Center with a Norris Membership (contact the Norris Rec. Center for details 630-377-1405), pay Group Session Fees (see below) and All St. Charles Swim Parent Association Fees (Swimmer Fee \$90.00 & USA / ISI Swimming Fee \$60.00) (visit www.stcswim.com for details).

Age Group Program Training Groups

(ALL DATES AND TIMES ARE SUBJECT TO CHANGE!)

Orange Team (Sept 7th thru Qualifying Meet)

Session Fees \$300.00 (renewal) / \$330.00 (new)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)

Blue Team (Sept 7th thru Qualifying Meet)

Session Fees \$400.00 (renewal) / \$430.00 (new)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)

White Team (Sept 7th thru Qualifying Meet)

Session Fees \$470.00 (renewal) / \$500.00 (new)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)

Black Team (Sept 7th thru Qualifying Meet)

Session Fees \$500.00 (renewal) / \$530.00 (new)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)

Pre National Team (Sept 7th thru Qualifying Meet)

Session Fees \$540.00 (renewal) / \$570.00 (new)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)

Senior Program Training Groups

(ALL DATES AND TIMES ARE SUBJECT TO CHANGE!)

Senior Team

(Practice Groups will be assigned prior to the beginning of the season)

Session Fees

3 Month plus Qualifying Meet Session Fees \$385.00 (renewal) / \$415.00 (new)

6 Month plus Qualifying Meet Session Fees \$600.00 (renewal) / \$630.00 (new)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)

Home Meet Schedule:

Friday, November 6th thru Sunday, November 8th

St. Charles Swim Team SCST/TYR Chicagoland Championships @ the Norris Rec. Center / St. Charles High School

Sunday, December 6th

St. Charles Swim Team 8 & Under Classic @ St. Charles North High School

Friday, February 12th thru Sunday, February 14th

St. Charles Swim Team SCST/TYR Chicagoland Championships @ the Norris Rec. Center / St. Charles High School

For the complete SCST meet schedule visit www.stcswim.com.



St. Charles Swim Team Non-Competitive Swimming

Participation in St. Charles Swim Team Non-Competitive Programs does not allow for participation in USA Sanctioned Meets.

Pre-Competitive Team (all dates & times are subject to change)

Pre-Team 1 (10 & Under)

No Norris Membership is required

\$130.00 per session

\$110.00 per session with a valid NRC Membership

Session 1 (Sept. 14th thru Nov. 18th)

Group 1 Monday & Wednesday 5:10-5:40pm

Group 2 Monday & Wednesday 5:45-6:15pm

Session 2 (Jan. 4th thru Mar. 10th)

Group 1 Monday & Wednesday 5:10-5:40pm

Group 2 Monday & Wednesday 5:45-6:15pm

Pre-Team 2 (11 & Up)

No Norris Membership is required

\$130.00 per session

\$110.00 per session with a valid NRC Membership

Session 1 (Sept. 15th thru Nov. 19th)

Group 1 Tuesday & Thursday 5:10-5:40pm

Group 2 Tuesday & Thursday 5:45-6:15pm

Session 2 (Jan. 5th thru Mar. 11th)

Group 1 Tuesday & Thursday 5:10-5:40pm

Group 2 Tuesday & Thursday 5:45-6:15pm

(Please visit the St. Charles Swim Team Website www.stcswim.com)

High School Training Group (all dates & times are subject to change)

The High School Training Group is focused on meeting the needs of athletes coming from other sports, high school swimmers or swimmers currently in the St. Charles Swim Team who are still working on skills in competitive swimming.

Technique is the primary focus, along with endurance.

No Norris Membership \$320.00 per session

With a valid NRC Membership \$270.00 per session

Session 1 (Sept. 8th thru Nov. 23rd)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)

Session 2 (Dec. 1st thru Feb. 22nd)

Practice Times – visit the St. Charles Swim Team Website (www.stcswim.com)