

2010-2011 SCST Fall / Winter Short Course NEW Swimmer Tryouts will begin Tuesday, August 23rd, Wednesday, August 24th and Thursday, August 25th. Swimmers need to attend just one day of Tryouts. Tryouts will take place at the Norris Rec Center 5:00-6:00pm each day. Questions please contact the St. Charles Swim Team at [swim@stcswim.com](mailto:swim@stcswim.com).

St. Charles Families that miss the Renewal will have to attend new swimmer tryouts (August 23<sup>rd</sup> thru August 25<sup>th</sup>, 5:00-6:00pm at the NRC) and will be accepted to the Team on a first come first serve basis.

Registration is a Two Step Process -

**Step 1** - Session Fees and Norris Membership will be paid at the front desk of the Norris Rec. Center. Registration Forms can be found on the SCST Website ([www.stcswim.com](http://www.stcswim.com)) or at the Norris Front Desk. Once Session and Membership Fees are paid in full you will receive a Customer Identification number. (This number will be used in the on-line process to verify that these fees are paid)

**DO NOT PROCEED TO STEP 2 UNTIL STEP 1 IS COMPLETE!**

**Step 2** – Go to the SCST website ([www.stcswim.com](http://www.stcswim.com)) and use the *Registration Link*. Once you are in the SCST Registration site you will need to complete the New Swimmer Registration Process -

- Enter Member # from Receipt
- Season Selection—Short Course (fall/winter)
- Training Group Selection
- Training Group Fee's
  - Swimmer's Fee (\$90.00)
  - Electronic System Fee (\$7.00)
  - ISI/USA Fee (\$60.00)
- Swimmer Information
- Medical Information
- Swimmer Registration Information
- Swimmer Code of Conduct
- Authorization for Emergency Medical Treatment
- Primary Contact Information
- Mother / Father Information
- Emergency Contact Information
- Refund Policy
- Parent / Guardian Code of Conduct
- Swim Meet Volunteer Contract (each family will be required to work 5 Meet Session during the 2011-2012 Short Course Season)
- T-Shirt Information (Each New Swimmer will receive a T-Shirt)
- Check Out

Once, this has been completed you will receive an email confirmation and your swimmer is now ready to begin practice.

We appreciate your cooperation through this season's New Swimmer Registration. Please feel free to contact Coach Jon Cabel 630-303-8193 / [jcabel@stcswim.com](mailto:jcabel@stcswim.com) or SCST Registrar Ann Bindseil 630-549-0233 / [ambindseil@comcast.net](mailto:ambindseil@comcast.net) with any questions.

# ST. CHARLES SWIM TEAM

## 2011-2012

### Fall / Winter

### Short Course Season

# NEW SWIMMER REGISTRATION

*Welcome to the St. Charles Swim Team,*

*We are excited that you have you on the Team!*

#### **Important Registration Information**

To assure that all paperwork and fees are correct, follow the New Swimmer Registration Process

Step 1 – pay all Session and Membership Fees at the Front Desk of the Norris Center.

Step 2 – visit [www.stcswim.com](http://www.stcswim.com) to complete Renewal process with the Online Registration Link.

To save time at renewal, please make sure you fill out your form in full and then visit [www.stcswim.com](http://www.stcswim.com) to continue with Renewal.

Questions please contact the SCST Registration Chair; Ann Bindseil 630-549-0233 / [ambindseil@comcast.net](mailto:ambindseil@comcast.net).

There will be two separate payments in this renewal.

Norris Membership & Session Fees will be paid directly to the Norris Center. Payment accepted can be Cash, Check, or Credit Card.

Past Dues, Swimmer Fee, USA/ISI Registration Fee, and will be paid directly to St. Charles Swim Team Parents Association (SCSTPA) within the Online Registration Process.

Your swimmer(s) Registration can be withheld if there are any outstanding obligations from prior seasons; outstanding escrow fees or outstanding volunteers' sessions/fines.

#### **QUESTIONS**

Norris Center Director - Jon Monken - (630) 377-1405

[jmonken@sbcglobal.net](mailto:jmonken@sbcglobal.net)

Co-Head Coaches - (630) 377-1720

Jon Cabel [jcabel@stcswim.com](mailto:jcabel@stcswim.com) / Tim Lewarchick [tklewarchick@aol.com](mailto:tklewarchick@aol.com)

Registrar – Ann Bindseil – (630) 549-0233

[ambindseil@comcast.net](mailto:ambindseil@comcast.net)

**ST. CHARLES SWIM TEAM 201-20110 Fall / Winter Short Course Season**

**Current Swimmer Renewal Packet**

**Tentative Practice Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Norris Rec. Center</b>						
Senior Team 2 530-645 am	Senior 1 & 2 / National 530-645 am	Senior Team 2 530-645 am	Senior 1 & 2 / National 530-645 am	Senior Team 2 530-645 am	Sr Team 1 & 2 700-900 am  Blue Team 900-1030am	National Team 700-1000 am  Gold Team 700-930am
National Team 300-515pm  Orange Team 515-615pm  Blue Team 500-630pm  Pre Team 615-700pm  Sr Team 1 & 2 615-800pm	Senior Team 2 300-500pm  Blue Team 500-630pm  Gold Team 515-715pm  Junior Team 715-800pm  Senior Team 1 7:15-8:45pm	National Team 300-515pm  Orange Team 515-615pm  Blue Team 500-630pm  Pre Team 615-700pm  Senior Team 2 615-800pm	National Team 300-515pm  White Team 500-630pm  Gold Team 515-715pm  Junior Team 715-800pm	National Team 300-515pm  White Team 515-645pm  Gold Team 500-700pm		
<b>St. Charles North</b>						
National Team 515-645 am	Senior 1 & 2 / National 530-645 am	National Team 515-645 am	Senior 1 & 2 / National 530-645 am	National Team 515-645 am	White Team 1030-1200am	
Gold Team 515-715pm  White Team 630-800pm	White Team 515-715pm  National Team 530-800pm	Gold Team 515-715pm  Senior Team 1 715-845pm	Blue Team 515-715pm  Sr Team 1 & 2 715-845pm	Orange Team 515-615pm		

ST. CHARLES SWIM TEAM 2011-2012 Fall / Winter Short Course Season

New Swimmer Registration Packet

2011-2012 Fee and Calculation Sheet (1 per family)

Norris Membership Fees

Norris Membership Fees (Monthly payment plan for Membership has a once a year \$15.00 processing fee)

St. Charles Resident Family \$570.00 or \$50.00 per month (contact NRC front desk for details)
Youth \$320.00 or \$28.00 per month (contact NRC front desk for details)
4 Month HS/College \$150.00

Non-Resident Family \$685.00 or \$60.00 per month (contact NRC front desk for details)
Youth \$430.00 or \$36.00 per month (contact NRC front desk for details)
4 Month HS/College \$170.00

Family Name: \_\_\_\_\_ Norris Membership \$ \_\_\_\_\_

Customer ID # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Session Fees (April thru Championship Season)

Age Group Program

Orange Team \$355.00 Blue Team \$455.00 White Team \$555.00 Gold Team \$595.00

Senior Program

Senior Team 1 3 Month \$295.00 6 Month \$455.00
Senior Team 2 3 Month \$440.00 6 Month \$655.00
National Team 3 month \$455.00 6 month \$685.00

Swimmer Name: \_\_\_\_\_ Practice Group Assignment \_\_\_\_\_ Session Fee: \$ \_\_\_\_\_

Swimmer Name: \_\_\_\_\_ Practice Group Assignment \_\_\_\_\_ Session Fee: \$ \_\_\_\_\_

Swimmer Name: \_\_\_\_\_ Practice Group Assignment \_\_\_\_\_ Session Fee: \$ \_\_\_\_\_

Swimmer Name: \_\_\_\_\_ Practice Group Assignment \_\_\_\_\_ Session Fee: \$ \_\_\_\_\_

Total Session Fees \$ \_\_\_\_\_

Team Refund Policy

The Norris Membership, Session Fees, and ISI/USA Swimming Fees are non-refundable. There will be no refunds for team fees after the first two weeks of practice from the official start date of the season and two weeks from the first day of practice for swimmers who register after the official start of practices. In the event that you are leaving the team and a refund is requested, the team will not process the request unless the following people are informed in writing (you must inform both):

- 1. Co-Head Coaches Jon Cabel jcabel@stcswim.com / Tim Lewarchick tklewarchick@aol.com (630) 377-1720 (office)
2. Norris Center Director Jon Monken (630) 377-1405 jmonken@sbcglobal.net

In consideration of the participation of the swimmers listed above, the undersigned parent/guardian agrees to release the St. Charles Swim Team, its officers, directors, and coaches from any liability for injury or damage incurred in the club's program, acknowledging the assumption of risk. We further authorize obtaining necessary medical treatment in situations when parent(s) or guardian(s) cannot be contacted. All Members, by accepting membership into the St. Charles Swim Team agree to abide by the current By-Law, Rules, Regulations, Policies, and Mission Statement of the Organization.

I have read the above Team Refund Policy and agree to said policy. I am registering my above child (ren) for the above session and agree to pay all fees as set forth by the St. Charles Swim Team and the Norris Rec. Center.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## ST. CHARLES SWIM TEAM, COMPETITIVE TRAINING GROUPS STRUCTURE

The St. Charles Swim Team Coaching Staff is always working to improve the training environment of our athletes. 2011 Spring / Summer Long Course Season training groups will be posted Monday, March 14th at [www.stcswim.com](http://www.stcswim.com). The 2011 Spring / Summer Long Course Season Tentative Practice schedule will be posted Monday, March 2nd at [www.stcswim.com](http://www.stcswim.com).

St. Charles Swimming consist of the following training groups -

**ORANGE TEAM** is for swimmers 8 & under. Workouts are offered three days per week, 1 hour in duration.

### **ORANGE TEAM Basic Workout criteria for Group 1**

- Legal 25 yards without stopping
- Rudimentary skills of Breaststroke and Butterfly
- Head first entry from the side of the pool into deep water

### **ORANGE TEAM Basic Workout criteria for Group 2**

- 200 Freestyle without stopping with flip turns
- Swim a legal 100 IM without stopping
- Kick a 3 100's of any stroke legal

**BLUE TEAM** is for swimmers 10 & Under. Workouts are offered five days per week, practices are 1 hour and 30 minutes in duration,

### **BLUE TEAM Basic Workout criteria for Group 1**

- Legal 25 yards of Freestyle and Backstroke without stop-ping
- Rudimentary skills of Breaststroke and Butterfly
- Head first entry from the side of the pool into deep water

### **BLUE TEAM Basic Workout criteria for Group 2**

- Swim a 500 Free without stopping
- Swim a legal 200 IM
- Swim a legal 100 of each of the four competitive strokes
- Kick 3 100's with a board on 2:55

**WHITE TEAM** is for swimmers 11-12 . Workouts are offered five days per week, practices are 1 hour and 30 minutes in duration.

### **WHITE TEAM Basic Workout criteria for Group 1**

- Legal 50 yards of all four strokes without stopping
- Head first entry from the side of the pool into deep water

### **WHITE TEAM Basic Workout criteria for Group 2**

- 800 Freestyle without stopping
- Legal 400 IM
- 2 200's of different strokes legal other than Free-style
- Kick 5 100's on 2:30
- Understand interval send offs on the pace clock

**GOLD TEAM** is for the top age group swimmers between the ages of 11-14. Practices are 2 hour to 2 hour 45 minutes in duration.

### **GOLD TEAM Basic Workout criteria**

- Make 20 100's Free on 1:30
- 400 IM legal under 7:00.00
- Kick 5 100's on 2:00
- Legal 200's of all four strokes legal
- Understand interval send offs on the pace clock

**SENIOR TEAM** is for swimmers 13 and older. Senior Team assignments will be made by the coaching staff .

### **SENIOR TEAM 1**

Senior Team 1 is intended to provide learning and conditioning program for middle school to High School age swimmers. It is the intention of the coaching staff that these swimmers attend ALL the Home meets that the club runs

Maintain a consistent practice attendance per month – but not required.

Swimmers are expected to attend all HOME Swim Meets in which the Senior Team is participating.

**In order to swim in away meets and championship meets a swimmer must have a minimum of 80% practice attendance**

### **SENIOR TEAM 2**

Senior Team 2 is intended to provide both a stepping stone for athletes intending to be successful in the St. Charles Swim Team National Team and also provide a training program for those athletes who cannot meet the skill level, attendance and/or training requirement of the National Team. It is the intention of the coaching staff that these swimmers attend ALL Senior Program meets that they qualify for.

#### **Goals for the SENIOR TEAM 2 Swimmers**

##### **Qualify for Senior Championships**

Swim 30 100's on 1:20

Kick 10 100's of best stroke on 1:40

Maintain a consistent practice attendance of 80% per month

**In order to swim in away meets and championship meets a swimmer must have a minimum of 80% practice attendance**

Swimmers are expected to attend all Swim Meets in which the Senior Team is participating.

### **NATIONAL TEAM**

National Team is designed to provide an atmosphere necessary for success at all levels of regional and national competition. It is **required** that all members of this team attend a **minimum** of 80% of all practices, have at least Summer Sectional Time Standards and attend ALL meets the Senior Program will be attending. It is expected that these swimmers swim at the highest level of competition that they qualify for.

Goals for the NATIONAL TEAM Swimmers

**Working towards Junior National, Senior National and Olympic Trial Qualifying Time Standards.**

Swim 30 100's on 1:10

Kick 10 100's of best stroke on 1:30

Maintain a consistent practice attendance of at least 80% per month

Swimmers are expected to attend all Swim Meets in which the Senior Team is participating.