

Team Millennium

OVERVIEW

TEAM MILLENNIUM is a competitive swim team serving the Oak Park-River Forest community, as well as surrounding suburbs. We hope to share our LOVE for the sport with your swimmer. The more practices and meets your swimmer attends - the more he/she gets out of this program. We totally support multi sport involvement and believe that learning to balance school, social, and other activities is an important factor in growing into well balanced young adults.

For the past 2 decades, we have primarily used Fenwick HS's pool. This year, we are hoping to secure pool time at OPRF, to help provide adequate practice times for each group...STAY TUNED!

As parents, we NEED *your* support! Getting your swimmer to and from practices - and meets is a commitment on your part! The MORE consistently we see your swimmers - THE BETTER! In addition, we rely on our parents for team development. We NEED parents to become officials to assist us in hosting meets...and OFTEN need your help TIMING at meets.

Team Millennium's TEAM SUIT is an A3 royal suit with black piping and our TEAM logo. Once again this year, registration fees include a suit/team t shirt. EVERY SWIMMER will order a team suit AND wear a team suit in all meets. For those unsure of sizing -We will have a sizing kit available in September.

TEAM CAPS are always available to buy at the pool. Look for the opportunity to order team caps with your name on it - IF INTERESTED.

GROUP	TOTAL PRACTICE FEE	OR	3 PAYMENT OPTION	TEAM SUIT/Tshirt	PRESEASON - OPTIONAL	USA SWIM REG REQUIRED	EQUIPMENT
COMET	\$480.00	OR	\$175.00	\$70.00	\$40.00	\$87.00	none
WHITE	\$530.00	OR	\$190.00	\$70.00	\$40.00	\$87.00	yellow finis board
METEOR	\$530.00	OR	\$190.00	\$70.00	\$40.00	\$87.00	yellow finis board
BRONZE	\$590.00	OR	\$210.00	\$70.00	\$60.00	\$87.00	yellow finis board
BLACK	\$590.00	OR	\$210.00	\$70.00	\$60.00	\$87.00	yellow finis board
ASTEROID	\$590.00	OR	\$210.00	\$70.00	\$60.00	\$87.00	yellow finis board
SILVER	\$680.00	OR	\$240.00	\$70.00	\$70.00	\$87.00	yellow finis board
BLUE	\$720.00	OR	\$255.00	\$70.00	\$70.00	\$87.00	yellow finis board
COPPER	\$680.00	OR	\$240.00	\$70.00	\$70.00	\$87.00	fins/snorkel/PB/paddles
JUNIOR	\$750.00	OR	\$260.00	\$70.00	\$70.00	\$87.00	fins/snorkel/PB/paddles

In addition to the fees above, each family is assessed our annual \$200 family fee, as well as well as meet entry fees

Description of Practice Groups

Swimmers are divided into practice groups *based on age and ability*. These groups balance stroke development & endurance with a little FUN. Expectations increase with age and experience - so swimmers *grow* in the sport. *Team Millennium strives to challenge swimmers to commit to doing a little more each season!*

Developmental Groups concentrate on teaching swimmers the foundations of competitive swimming in preparation for participation in our more competitive groups. Swimmers are *encouraged to participate* in our LOW KEY intra squad meets held at Fenwick. These swimmers are WELCOME to participate in other meets as their confidence and skills grow!

COMETS	1 ST - 3 rd grade	2 x week	50 min
METEORS	4 th - 6 th grade	3 x week	60 min
ASTEROIDS	6 th - 8 th grade	3 x week	75 min

Competitive Practice Groups continue to stress stroke development and refinement - **while building endurance & speed**. Emphasis is placed on developing GOOD workout habits, team spirit, friendship and goal setting. Swimmers are challenged to master AND race all four strokes. Swimmers in these groups should strive to have 75% practice attendance. **Please do not expect to participate in these groups WITHOUT MEET participation.**

WHITE	3rd grade	3 x week	60 min	Compete 1-2 day x month
BRONZE	4 th & 5 th grade	4 x week	60 min	Compete 1-2 days x month
BLACK	4 th & 5 th grade	4 x week	60-70 min	Compete 2-3 days x month
SILVER	6 th & 7 th grade	4 x week	75 min	Compete 2-3 days x month
BLUE	6 th & 7 th grade ³	5 x week	70-90 min	Compete 3-4 days x month
COPPER	8 th grade	4 x week	70-80 min	Compete 2 -3days x month
JUNIOR	8 th grade	5 x week	70-90 min	Compete 3-4 days x month

FEES FEES FEES FEES FEES

When registering for the team, each family will create a FAMILY account. All billing is done through this account. Team Y2K accepts CC, personal checks, VENMO and ZELLE. In addition to the Practice GROUP fees outlined on the first page - there are other fees associated with the upcoming season:

2024 USA Registration:

\$87 per swimmer This fee is required by Illinois Swimming / USA Swimming. This is a **YEARLY** fee. Returning swimmers will have until DEC 30 to renew their membership. NEW SWIMMERS must pay this fee prior to the start of the season. **2024 USA REG will be available AFTER 9/1**

Family Fee:

\$200 per family This fee is applied towards some of our MAJOR expenses: rising POOL TIME COSTS, upkeep of Practice Equipment, TRAVEL and continuing Coaches' Education, to name a few.

{HS groups ARE NOT assessed Family FEE} **100% refundable**

TEAM SUIT & TEAM T shirt:

\$70/ SWIMMER All Age Groupers will complete an order form to receive a TEAM SUIT & TEE. Orders will be placed in SEPT. More info to follow.

MEET ENTRY FEES Meet Fees will be added to your ONLINE TEAM ACCOUNT, as entries are sent in.

Intrasquad / Team Time Trials at FEN: \$10/swimmer

Meets on the schedule usually run about \$30/session

PRE LIM/FINAL meets usually run \$40/ session

EQUIPMENT:

EQUIPMENT BAGS: Available to order thru A3 Aquatics

YELLOW FINIS boards - will be distributed to ALL new swimmers the first week of the season \$25

***PRE Season September 18 4 weeks

An abbreviated practice schedule will be offered for all groups! All groups will practice 2 or 3 times a week for this month. This is a good way for NEW members to get comfortable with the team, coaches and some basics! WE PURPOSELY PRICE this season LOW - so anyone who can start - WILL! This is a GREAT OPPORTUNITY for returning swimmers to get back in the water and be prepared for the start of the season! - This option is available during registration.

REGULAR Season : Oct 16 - Feb 19, 2024

As usual, the schedule for the FIRST 2-3 weeks may be a bit abbreviated as we work around other schedules and ramp into the season. STARTING November, we will settle into our regular practice schedule. This approx schedule can be found on the NEXT PAGE. I guarantee that there will be changes - as we are STILL waiting for pool time commitments.

POST Season : Feb 20 - March 20, 2024

There are a number of POST season CHAMPIONSHIP MEETS. Swimmers *qualifying* for these meets will continue to train **through** their championship meet.

ILL REGIONALS,

ILL AGE GROUP CHAMPS,

ILL SENIOR STATE,

SPEEDO SECTIONALS,

NCSA SPEEDO JR Nationals

2023-24 REGULAR PRACTICE SCHEDULE

Oct 16 - Feb 19 2024

THIS SCHEDULE is **NOT FINAL** just an educated guess... once pool time is secured - schedule will be updated WE DO OUR BEST TO STAY AS CLOSE TO THIS SCHEDULE BUT SOMETIMES changes are made due to COACHES AND POOLS CONFLICTS

Comets:	Tues & Thurs:	5:55-6:45 pm
White:	Tues Wed & Fri	5:45-6:45 pm

Meteors:	Tues, Thurs & Fr	5:50-6:50 pm
Bronze:	Mon, Wed TH Fri	5:50-7:00 pm
Black:	Mon, Tues, W Fri	5:50-7:00 pm

ASTEROIDS	TUES TH	7:00-8:15PM
	FRI	6:50-8:00PM

Silver	Mon Tues Th	7:00-8:15pm
	Fri	6:50-8:00pm

BLUE	Mon Tues Wed & Thur	7:00-8:30pm
	FRI	6:50-8:00pm

Copper Group	MON	5:30-6:45p
	WED	5:00-6:30p
	THUR	7:00-8:30p
	FRI	6:50 -8:00pm

Junior Group	Mon	5:30-6:45pm
	Tues & Thurs	6:50-8:30p
	WED	4:40-6:40P
	FRI	5:30-6:50P