

Team Millennium Overview

Team Millennium is a competitive swim team serving the Oak Park-River Forest community and surrounding suburbs. We aim to share our love for the sport with your swimmer. The more practices and meets your swimmer attends, the more they will benefit from this program. We fully support multi-sport involvement and believe that balancing school, social activities, and other commitments is crucial for developing well-rounded young adults.

For the past two decades, we have primarily used Fenwick High School's pool. Two years ago we supplemented with pool time at OPRF – but will be returning to MORTON WEST (Berwyn) this year – as OPRF continues to embark on the construction on their new facility. Stay tuned for updates!

Parent Support

We need your support to ensure the success of our swimmers and team. Getting your swimmer to and from practices and meets is a commitment on your part. Consistent attendance greatly benefits your swimmer. Additionally, we rely on parents for team development. We need parents to become officials to assist us in hosting meets, and we often need help with timing at meets. Please JOIN your swimmer to committing to the development of a POSITIVE team culture of participation and support.

Team Gear

Team Millennium's team suit is an A3 royal suit with white piping and our team logo. Registration fees include a suit and team t-shirt. Every swimmer is required to order a team suit and wear it at all meets. For those unsure of sizing, a sizing kit will be available in September. Team caps are always available for purchase at the pool. Look for the opportunity to order team caps with your name on them *if interested*.

GROUP	TOTAL PRACTICE FEE	OR	3 PAYMENT OPTION	TEAM SUIT/Tshirt	PRESEASON - OPTIONAL	USA SWIM REG REQUIRED	EQUIPMENT
COMET	\$570.00	OR	\$200.00	\$80.00	\$50.00	\$89.00	none
WHITE	\$650.00	OR	\$225.00	\$80.00	\$50.00	\$89.00	yellow finis board
METEOR	\$650.00	OR	\$225.00	\$80.00	\$50.00	\$89.00	yellow finis board
BRONZE	\$695.00	OR	\$255.00	\$80.00	\$75.00	\$89.00	yellow finis board
BLACK	\$695.00	OR	\$255.00	\$80.00	\$75.00	\$89.00	yellow finis board
ASTEROID	\$695.00	OR	\$255.00	\$80.00	\$75.00	\$89.00	yellow finis board
SILVER	\$725.00	OR	\$265.00	\$80.00	\$85.00	\$89.00	yellow finis board
BLUE	\$760.00	OR	\$275.00	\$80.00	\$85.00	\$89.00	yellow finis board
COPPER	\$725.00	OR	\$265.00	\$80.00	\$85.00	\$89.00	fins/snorkel/PB/paddles
JUNIOR	\$775.00	OR	\$280.00	\$80.00	\$85.00	\$89.00	fins/snorkel/PB/paddles

In addition to the fees above, each family is assessed our annual \$200 family fee,.

as well as meet entry fees for meets you register for.

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 participating in our more competitive groups. Swimmers are *encouraged to participate* in our LOW KEY intra squad meets held at Fenwick so that they grow in the sport. These swimmers are also WELCOME to participate in other - bigger 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:

2026 USA Registration:

\$89 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. **2026 USA REG will be available AFTER 9/1/2025. You will receive emails assisting you in the registration process.**

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}

TEAM SUIT & TEAM T shirt:

\$80/ SWIMMER All Age Groupers will complete an ONLINE 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.

Please NOTE...If you register for a meet, and your plans change that your swimmer does NOT attend – you are still assessed the meet fees...As our team is charged for the entries we submit.

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

Meets on the schedule usually run about \$35/session

PRE LIM/FINAL meets usually run \$45/ session

EQUIPMENT:

EQUIPMENT BAGS: Available to order thru A3 Aquatics. Or anywhere you wish to order! **Copper and Junior group** swimmers arrive with equipment at every practice. (fins / pull bouy / paddles / snorkel) PURCHASE on your own!

YELLOW FINIS boards – will be distributed to ALL new swimmers the first week of the season \$25. Swimmers should arrive with their boards at every practice. Yellow boards are required for Meteors/Brz/Blk/Astd/Silv/Blue

*****PRE Season September 17 4 weeks**

An abbreviated practice schedule will be offered for all groups! All groups will practice 1-3 times a week for this 4 week period. This is a good way for NEW members to get comfortable with the team, coaches and learn 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 as an ADD ON during registration process. The attached PRE SEASON calendar MAY change a bit between now and the middle of SEPTEMBER!

*****REGULAR Season : Oct 16 - Feb 22, 2026**

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 23 - March 20, 2026**

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

ILL REGIONALS,

ILL AGE GROUP CHAMPS,

ILL SENIOR STATE,

SPEEDO SECTIONALS,

NCSA SPEEDO JR Nationals

2025-26 REGULAR PRACTICE SCHEDULE

OCT 16 - Feb 22 2026

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	FEN
White:	Mon, Tues & Thurs	5:45-6:45 pm	FEN

Meteor:	Tues, Thurs & Fr	5:50-6:50 pm	FEN
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Bronze	Mon & Wed	5:30 - 6:40 pm	FEN
	Tuesday	5:50 - 7:00 pm	FEN
	Friday	5:50 - 6:50 pm	FEN

Black	Mon & Wed	5:30 - 6:40 pm	FEN
	Thursday	5:50 - 7:00 pm	FEN
	Friday	5:50 - 6:50 pm	FEN

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

SILVER	Mon & Thurs	7:00-8:20 PM	FEN
	Wed	6:30 - 8:00 PM	FEN
	Fri	6:50 - 8:00 PM	FEN

BLUE	Mon Thur	6:00 - 7:30pm	MORT W
	Tues	7:00 - 8:20pm	FEN
	Wed	6:30 - 8:00pm	FEN
	Fri	6:50 - 8:00 pm	FEN

Copper Group	MON & THUR	6:00 - 7:20 pm	MORT W
	WED	6:30 - 8 pm	FEN
	FRI	6:50 - 8 pm	FEN

Junior Group	Mon	6:45 - 8:30 pm	FEN
	Tues & Thurs	6:50-8:30 pm	FEN
	WED	5:00-6:00 pm	FEN
	FRI	5:40-6:50 pm	FEN

NEW SWIMMERS

We look forward to welcoming MANY new swimmers to the Team Y2K FAMILY!

Registration for NEW SWIMMERS opens 8/22. We will hold NEW SWIMMER PLACEMENT nights on Tues Aug 19 and TH Aug 21.

Swimmers are asked to join us at FENWICK – get in the water and allow us to assess readiness – as well as which roster group potential swimmers should be placed.

Swimmers should arrive with suit on with goggles and cap...and of course a towel. Each swimmer will swim for about 5 minutes. Coaches are on hand to evaluate - as well as answer your questions and assist with registration. YOU DO NOT NEED TO REGISTER FOR THE SEASON UNTIL AFTER YOUR PLACEMENT.

Visit our SIGN UP GENIUS to secure a placement spot... Here is the link:

<https://www.signupgenius.com/go/10C0D45AAAD2AA2F5C16-57849443-aug2025#/>

All swimmers MUST be able to swim a minimum of 25 yards of freestyle & backstroke without stopping. Freestyle: their face in the water; breathing to the side. Backstroke: stay on their back!