

PALATINE TIGER SHARK SWIM TEAM

The Palatine Swim Team is a multi-ability level program that offers competitive opportunities, technique development, and fun for swimmers ages 6 and older. The Swim Team is divided into progressive groups. Open tryouts are held twice a year (usually March and July), however, new swimmers may join the team at any time throughout the year by contacting the swim office at 847-202-3240. Team coaches make the final determination for group placement and advancement to the next level. Group sizes may be limited.

Practices during the school year may be held beginning at 4:00 pm, Monday-Friday and beginning at 8:00 am on Saturday, at various pool locations depending on your group assignment. When school is out for the summer and vacations, practices may be held beginning at 6:00 am for older and more advanced swimmers and beginning at 8:00 am or beginning after 4:00 pm for the younger swimmers. Visit www.ppdswim.org for schedules and times.

Registration is held during regular office hours at the Community Center. **All swim team registration requires a separate registration form.** Nonresidents are required to pay an additional fee. Families registering more than 2 swimmers will receive a \$15 discount starting with the third swimmer.

Registration fees are payable to the Palatine Park District by check, Visa, Mastercard, or Discover. A separate check for fund-raising and a separate check for escrow costs are required.

Registration at Early Bird Registration guarantees a team t-shirt for each swimmer registered. After Early Bird Registration, a limited number of t-shirts will be available on a first-come, first-served basis.

Additional Swim Team Fees are the same for both resident and non-resident.

Registration fees do not cover all swim team expenses so FUND-RAISING IS NECESSARY. Fund-raising commitments are prepaid at registration.

- Each member of the Tiger Shark Swim Team must be a member of Illinois Swimming and United States Swimming.
- Fund-raising costs and escrow costs vary for each group.
- Escrow covers costs of USA/ISI Swimming (an annual cost, expiring December 31 of each year; non-refundable) and of entering individual and relay events at Swim Meets. Any swimmer not registered with USA/ISI Swimming in the current year must pay an additional escrow fee of \$60. Unused escrow is refundable.
- Fund-raising for future registrations may be refundable if families participate in the team's ongoing fund-raising programs.

All NEW swimmers must have a try-out before registering for any group.

Spring/Summer Tryouts
March 3 & 4 • 4:00 - 6:00 pm
Harper College



Early Bird Registration
March 8 • 6:00 - 8:00 pm
Birchwood Recreation Center

*For participants who register March 8.

Tiger Shark Training Series

Two week training clinic is designed to help swimmers of all levels develop and refine stroke technique, starts, and turns. Classes will be one hour in length. Beginner Clinic is geared towards the newer (pre-comp, novice, and some developmental groups) swimmer and requires the ability to swim 25 yards of each stroke. Advanced Clinic is highly recommended for current swim team members (some developmental, TAG 1 & 2) in the high training groups and others interested in swimming competitively this summer. Contact the head coach for proper clinic placement.

Location: Harper College

Beginner Clinic

Dates: April 5 - April 8/4:00-5:00 pm
Prog #: 9370-9 **Fee:** \$80 R/\$120 NR

Advanced Clinic

Dates: April 5 - April 8/5:00-6:00 pm
Prog #: 9371-9 **Fee:** \$80 R/\$120 NR

Pre-Competitive • May 3 - July 23

Beginning Swimming Group • A great way to introduce your swimmer to competitive swimming. This group is targeted for new swimmers. It is designed to bridge the gap between swimming lessons and competitive swimming. Swimmers must be able to complete 25 yard freestyle (front crawl) with rotary breathing and 25 yards of backstroke. Competition will be held intra-squad during regular practice times towards the end of the season. Practice is offered three times a week. Practices will be 45 minutes in length. The coaching staff suggests attending all practices to get the most benefit from this group. For ages 6 and older.

Required Equipment: Training Fins

Prog #	Fee	Fund-raising	Escrow
9372-9	\$83 R/\$125 NR	\$42	\$60*

*if necessary

Novice • April 12 - July 23

Novice Swimming Group • Novice offers swimmers the opportunity to progress from pre-competitive to competitive swimming. Swimmers must be able to complete 25 yards of all four competitive strokes. Practice is offered three to five times a week. Practices will usually be one hour in length. The coaching staff recommends attending three practices a week to get the most benefit from this group. For ages 6 years and older.

Required Equipment: Training Fins

Prog #	Fee	Fund-raising	Escrow
9373-9	\$103 R/\$155 NR	\$154	\$90

Developmental • April 12 - July 23

Developmental Swimming Group • Developmental offers swimmers the chance to learn the training basics of competitive swimming including introduction to interval training, goal setting, dryland basics, and distance swimming. Practice is offered four to five times a week, one hour in length. The staff recommends attending four practices a week to get the most benefit from this group. For ages 8 years and older.

Required Equipment: Training Fins

Prog #	Fee	Fund-raising	Escrow
9374-9	\$119 R/\$179 NR	\$176	\$100

Top Age Group Team (Tag Team)

Advanced Age Group Training Team • TAG Team swimmers are expected to understand interval training, basics of dryland training, and goal setting. Swimmers in these groups must demonstrate a commitment to train at this level. Swimmers should have some competitive swimming experience. Swimmers assigned to the TAG team may have the option of registering for either TAG 1 or TAG 2. Some swimmers may be assigned to a particular group. TAG 1 swimmers will practice longer and have very strict meet and practice attendance requirements that must be adhered to.

Tag 3 • April 12 thru end of Swimmer's Season

Practices will be 4 to 5 times a week, 1.5 hours. Meets are not included but are available at an additional cost. For ages 9 years and older interested in developing competitive swimming skills.

Required Equipment - Training Fins, Snorkel

Prog #	Fee	Fund-raising	ISI Reg
9375-9	\$124 R/\$186 NR	\$149	\$60*

*if necessary

Tag 2 • April 12 thru end of Swimmer's Season

Practices will be no longer than 1.5 hours in length. Minimum 60% practice and meet attendance required. Five to six training sessions a week are offered. For ages 9 years and older with considerable swimming experience.

Required Equipment - Training Fins, Pull Buoy, Snorkel

Prog #	Fee	Fund-raising	Escrow
9376-9	\$144 R/\$216 NR	\$213	\$125

Tag 1 • April 12 thru end of Swimmer's Season

Practices will be 1.5 to 2 hours in length (30 minutes longer than Tag 2). Minimum 80% practice and meet attendance required. Five to six training sessions a week are offered (more in summer). For ages 9 years and older with considerable swimming experience.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles, Snorkel

Prog #	Fee	Fund-raising	Escrow
9377-9	\$156 R/\$227 NR	\$233	\$125



Swim Team Registration is not available OnLine.

Senior Training Group • April 12 thru end of Swimmer's Season

These swimmers must demonstrate a maturity and commitment to train at this level. Practices are held five to six times per week until school ends. After that time, practices are held six mornings per week at the Family Aquatic Center. Some "double" practices will be offered. Swimmers will be entered in all park district hosted meets. For swimmers entering high school and older.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles

Prog #	Fee	Fund-raising	Escrow
9378-9	\$156 R/\$234 NR	\$233	\$100

Post Season after May 15

Prog #	Fee	Fund-raising	Escrow
9379-9	\$110 R/\$165 NR	\$168	\$100

Senior Elite Training Group • April 12 thru end of Swimmer's Season

Senior Elite is for upper level athletes. This training group is geared toward local, regional, and national competition. Swimmers must have coach's approval and be willing to travel and compete in regional and national level meets. Practice is offered six to ten times a week. For coach approved swimmers entering high school and older.

Required Equipment - Training Fins, Pull Buoy, Hand Paddles, Snorkel

Prog #	Fee	Fund-raising	Escrow
9380-9	\$169 R/\$254 NR	\$254	\$125

Post Season after May 15

Prog #	Fee	Fund-raising	Escrow
9381-9	\$121 R/\$182 NR	\$179	\$125

College Elite

Prog #	Fee	Fund-raising	Escrow
9382-9	\$169 R/\$254 NR	----	\$125

High School Training

A program designed to develop competitive swimming at the High School level. Practices will be up to 4 days a week, 1.5 hours. Meets are not included but are available at an additional cost.

High School Training

Prog #	Fee	Fund-raising	ISI Reg
9383-9	\$125 R/\$188 NR	\$186	\$60*

High School Training Post Season after May 15

Prog #	Fee	Fund-raising	ISI Reg
9384-9	\$90 R/\$135 NR	\$131	\$60*

*if necessary



www.ppdswim.org