

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.** Non-residents 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 swim team fees 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.

Park District registration fees do not cover all swim team expenses so additional swim team fees are necessary. Swim team fee commitments are paid at registration.

- Each member of the Tiger Shark Swim Team must be a member of Illinois Swimming and United States Swimming.
- Swim team fees 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.
- Families can offset the cost of future swim team fees by participating in the team's ongoing fund-raising opportunities.

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

Spring/Summer Tryouts

March 1 & 2 • 4:00 - 5:30 pm
Harper College

Early Bird Registration

March 5 • 6:00 - 8:00 pm
Birchwood Recreation Center



*For participants who register March 5.

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 2 - April 5/4:00-5:00 pm

Prog #: 9370-9 **Fee:** \$80 R/\$120 NR

Advanced Clinic

Dates: April 2 - April 5/5:00-6:00 pm

Prog #: 9371-9 **Fee:** \$80 R/\$120 NR

Pre-Competitive • May 7 - July 20

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 swim lessons and competitive swimming. Swimmers must be able to complete 25 yards of freestyle (front crawl) and 25 yards of backstroke. Competition will be held intra-squad towards the end of the season. Practice is offered three times a week and will be at most an hour in length. The coaching staff recommends attending all practices to get the most benefit from this group. For ages 6 years and older.

Required Equipment: Suit, Goggles, Cap (if hair covers the eyes)

Prog #	Fee	Swim Team Fee	Escrow*
9372-9	\$83 R/\$125 NR	\$52	\$60

*No cost if returning from winter

Novice • April 9 - July 20

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 four times a week and 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: Suit, Goggles, Cap (if hair covers the eyes)

Prog #	Fee	Swim Team Fee	Escrow
9373-9	\$103 R/\$155 NR	\$174	\$125

Developmental 2 • April 9 - July 20

Developmental 2 offers swimmers the chance to learn the training basics of competitive swimming — including introduction to interval training, goal setting, and individual medley training. Swimmers must demonstrate legal technique in all four competitive strokes and the ability to perform racing dives and turns to be placed in this group. Practice is offered three to four times a week, one hour in length. The staff recommends attending three practices a week to get the most benefit from this group. For ages 7 years and older.

Required Equipment: Training Fins

Prog #	Fee	Swim Team Fee	Escrow
9374-9	\$111 R/\$167 NR	\$187	\$125

Developmental 1 • April 9 - July 20

Developmental 1 offers swimmers the chance to further improve their aerobic capacity, develop race strategy, and be introduced to distance swimming and dryland. Practice is offered four to five times a week, at least one hour in length. Swimmers in this group are expected to attend practice regularly, display a strong desire to reach our Top Age Group Team, and obtain Championship time standards. For ages 8 years and older.

Required Equipment: Training Fins

Prog #	Fee	Swim Team Fee	Escrow
9375-9	\$119 R/\$179 NR	\$199	\$125

Top Age Group Team (Tag Team)

TAG Team swimmers are expected to understand interval training, basics of dryland training, and goal setting. Swimmers in these groups must demonstrate maturity to goal set, work on mental imagery, and a commitment to train at this level. Additionally, swimmers must have legally completed 100 yards of each stroke, 200 IM, and 200 Freestyle within the time standards set forth by the coaching staff. TAG swimmers will perform dryland training to complement our water workouts and have very strict meet and practice attendance requirements that must be adhered to.

Tag 2 • April 9 thru end of Swimmer's Season

Practices will be one to two hours in length. Minimum 60% practice and meet attendance required. Five to six training sessions a week are offered. For ages 9 and older with considerable swimming experience. Swimmers in this group need to show a commitment and desire to reach regional and/or state level Championship meets.

Required Equipment - Training Fins, Pull Buoy, Snorkel

Prog #	Fee	Swim Team Fee	Escrow
9376-9	\$144 R/\$216 NR	\$241	\$175



www.ppdswim.org

Tag 1 • April 9 thru end of Swimmer's Season

Practices will be 1.5 to 2 hours in length. Minimum 80% practice and meet attendance required. Five to six training sessions a week are offered (more in the summer). For ages 11 years and older with considerable swimming experience. Swimmers in this group need to show a commitment and desire to reach regional and/or national level Championship meets.

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

Prog #	Fee	Swim Team Fee	Escrow
9377-9	\$156 R/\$234 NR	\$267	\$175

Senior Team • April 9 thru end of Swimmer's Season

These swimmers must demonstrate maturity and commitment to train at this level. Minimum 60% practice attendance is required. Ages 13-19 years. Swimmers will be entered in all PPD hosted meets. Practice will be 2 hours in length, 5-6 times a week in winter, 6-10 times in summer.

Required Equipment - Fins, Pull Buoy, Paddles, Snorkel, PPD Drag Suit, Mesh Bag

Prog #	Fee	Swim Team Fee	Escrow
9378-9	\$156 R/\$234 NR	\$265	\$175

Post Season after May 15

Prog #	Fee	Swim Team Fee	Escrow
9379-9	\$110 R/\$165 NR	\$190	\$150

College

Prog #	Fee	Swim Team Fee	Escrow
9380-9	\$25 R/\$38 NR	\$0	\$150

Senior Elite Team • April 9 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. Swimmers will be entered in all PPD hosted and championship meets. This group will have 6-10 training sessions a week. Practices will be 1 to 2.5 hours in length. Generally for ages 14 and older. Swimmers must have at least one state championship cut or complete a test practice before acceptance into the elite group.

Required Equipment - Fins, Pull Buoy, Paddles, Snorkel, PPD Drag Suit, Mesh Bag

Prog #	Fee	Swim Team Fee	Escrow
9381-9	\$169 R/\$254 NR	\$330	\$175

Post Season after May 15

Prog #	Fee	Swim Team Fee	Escrow
9382-9	\$121 R/\$182 NR	\$218	\$150

College Elite

Prog #	Fee	Swim Team Fee	Escrow
9383-9	\$25 R/\$38 NR	\$0	\$150

Swim Team Registration is not available OnLine.