



# TEAM MILLENNIUM

## 2024 SUMMER

MAY 28 - July 23, 2024 (Fenwick groups)  
(until July 31 @ Ridgeland groups)

We are excited to get the SUMMER SEASON underway. Once school is out - we will start our AM practice schedule at FENWICK & REHM pool. Until then, we will offer an abbreviated practice schedule after school for the first 2 weeks of June!

Returning swimmers should register for the group they were in this past season...if changes need to be made, we will notify you!

NEW SWIMMERS must attend a NEW SWIMMER placement...so that we can assess team readiness as well as proper group assignment. Check the website for the **SIGN UP GENIUS** so that you can secure a placement slot.

### NEW SWIMMER PLACEMENT will be:

WEDNESDAY, MAY 15                      6:00 – 7:00 PM

OR

WEDNESDAY, MAY 22                      6:00 – 7:00 PM

**MEETS.** There are meets listed on the website. *Summer meets FILL very quickly - so check your calendars and do not miss the deadlines!* More INFO to follow.

**LCM meets:** May 31 – Jun 2 FMC  
Jun 28-30 Hinsdale  
Jul 6&7 UIC

**SCY meets:** Jun 15 @ FENWICK HS  
July 12-14 RGL TBD *must qualify*

SECTIONALS @ FMC *must qualify*  
AGCHMPS @ Lake Central IND *must qualify*  
SR CHMPS @ FMC *must qualify*

# GROUP DESCRIPTIONS

**These groups will primarily practice at FENWICK HS**

## COMETS

4 times/week

This group is our youngest/novice swimmers  
must be able to swim 25 yards of the pool backstroke & freestyle  
comfortable in shallow AND DEEP water.

## GROUP 1 (Comets & Meteors)

4 times/week

This group of MOSTLY 9-11 year olds:  
must be able to swim 25 yards of the pool backstroke & freestyle  
comfortable in shallow AND DEEP water     **NEED a YELLOW FINIS BOARD**

## GROUP 2 (Bronze & Black)

5 times/week

This group of MOSTLY 9-11 year olds  
MUST be familiar with ALL 4 strokes, Flip Turns and Dive. All swimmers  
can break :55 in the 50 free!     **NEED a YELLOW FINIS BOARD**

## GROUP 3 (Asteroid/Silver)

4 times/week

This group of MOSTLY 11-14 year olds.:  
Swimmers are still working on mastering all 4 strokes and  
building endurance to race 50 & 100 yd events  
& committed to mastering dives and flip turns.     **NEED a YELLOW FINIS BOARD**

## GROUP 4 (Silver & Blue)

5-6 times/week

This group will consists of our strongest rising 7&8th graders.  
Have exhibited a history of commitment to training and competing!  
Have 4 legal strokes - and comfortable in racing 50 & 100 yds of all strokes-  
working on mastering 200 yard events.     **NEED a YELLOW FINIS BOARD**

# GROUP DESCRIPTIONS cont

These groups will primarily practice at RIDGELAND POOL

**JUNIOR/JV** (Copper/Junior/JV HS) 5 times/week

This group consists of rising HS Freshmen and older. These swimmers are interested and committed to growing in the sport through practice and meet attendance - as well as as EFFORT.

*NEED to arrive with EQUIP BAG DAILY (fins/snorkel/PB/paddles)*

**SR Team** 7 times/week

This group consists of rising HS Freshmen and older. These swimmers have demonstrated their commitment to training practice attendance, as well as competing. **SWIMMERS in this group have achieved a MIN of a 13-14 RGL**

*NEED to arrive with EQUIP BAG DAILY (fins/snorkel/PB/paddles)*

<b>COMET</b>	<b>\$360.00</b>
<b>GROUP 1</b>	<b>\$360.00</b>
<b>GROUP 2</b>	<b>\$475.00</b>
<b>GROUP 3</b>	<b>\$475.00</b>
<b>GROUP 4</b>	<b>\$560.00</b>
<b>JR/JV</b>	<b>\$610.00</b>
<b>SENIOR</b>	<b>\$750.00</b>

**plus \$87 ISI USA reg fee - if needed**  
**ALL swimmers that participated in**  
**Fall/Winter/Spring 2023/24 have already paid**  
**this fee.**

# 2024 SUMMER PRACTICE SCHEDULE

## COMETS, GRP 1, 2, 3, 4

May 28 - JULY 20

ALL PRACTICES AT FENWICK HS - UNLESS OTHERWISE INDICATED

MONDAY	TUESDAY	WED'DAY	THURSDAY	FRIDAY	SAT/SUN
<b>May 27</b>  <b>MEMORIAL DAY</b>	28  <b>COMET</b> <b>6:15-7:00 PM</b>  <b>GROUP 1</b> <b>6:15-7:15 P</b>  <b>GROUP 2:</b> <b>6:15 - 7:25P</b>  <b>GROUP 3:</b> <b>5:00 - 6:15P</b>  <b>GRP 4</b> <b>4:50 - 6:15P</b>	29      <b>GROUP 3:</b> <b>5:00 - 6:15P</b>  <b>GRP 4</b> <b>4:50 - 6:15P</b>	30  <b>COMET</b> <b>6:15-7:00 PM</b>  <b>GROUP 1</b> <b>6:15-7:15 P</b>  <b>GROUP 2:</b> <b>6:15 - 7:25P</b>  <b>GROUP 3:</b> <b>5:00 - 6:15P</b>  <b>GRP 4</b> <b>4:50 - 6:15P</b>	31        	JUNE 1&2
3    <b>GROUP 1</b> <b>5:00-6:00 PM</b>  <b>GROUP 2:</b> <b>5:00-6:00 PM</b>  <b>GROUP 3:</b> <b>4:00 - 5:30P</b>  <b>GRP 4</b> <b>4:00 - 5:30P</b>	4  <b>COMET</b> <b>5:15-6:00 PM</b>  <b>GROUP 1</b> <b>5:00-6:00 PM</b>  <b>GROUP 2:</b> <b>5:00-6:00 PM</b>  <b>GROUP 3:</b> <b>4:00 - 5:15P</b>  <b>GRP 4</b> <b>4:00 - 5:15P</b>	5  <b>COMET</b> <b>5:15-6:00 PM</b>  <b>GROUP 1</b> <b>5:00-6:00 PM</b>  <b>GROUP 2:</b> <b>5:00-6:00 PM</b>  <b>GROUP 3:</b> <b>4:00 - 5:15P</b>  <b>GRP 4</b> <b>4:00 - 5:15P</b>	6  <b>COMET</b> <b>5:15-6:00 PM</b>  <b>GROUP 1</b> <b>5:00-6:00 PM</b>  <b>GROUP 2:</b> <b>5:00-6:00 PM</b>  <b>GROUP 3:</b> <b>4:00 - 5:15P</b>  <b>GRP 4</b> <b>4:00 - 5:15P</b>	7      	8&9
10  <b>COMET</b> <b>7:30-8:30AM</b>  <b>GROUP 1</b> <b>7:30-8:30AM</b>  <b>GROUP 2:</b> <b>7:15-8:30AM</b>  <b>GROUP 3:</b> <b>7:15-8:30AM</b>  <b>GRP 4</b> <b>7:00-8:30AM</b>	11  <b>COMET</b> <b>7:30-8:30AM</b>  <b>GROUP 1</b> <b>7:30-8:30AM</b>  <b>GROUP 2:</b> <b>7:15-8:30AM</b>  <b>GROUP 3:</b> <b>7:15-8:30AM</b>  <b>GRP 4</b> <b>7:00-8:30AM</b>	12  <b>COMET</b> <b>7:30-8:30AM</b>  <b>GROUP 1</b> <b>7:30-8:30AM</b>  <b>GROUP 2:</b> <b>7:15-8:30AM</b>  <b>GROUP 3:</b> <b>7:15-8:30AM</b>  <b>GRP 4</b> <b>7:00-8:30AM</b> <b>PLUS 4:30-5:30P</b>	13  <b>COMET</b> <b>7:30-8:30AM</b>  <b>GROUP 1</b> <b>7:30-8:30AM</b>  <b>GROUP 2:</b> <b>7:15-8:30AM</b>  <b>GROUP 3:</b> <b>7:15-8:30AM</b>  <b>GRP 4</b> <b>7:00-8:30AM</b>	14    <b>@ RIDGELAND:</b>  <b>GROUP 2 &amp; 3</b> <b>7:30 - 8:30AM</b>  <b>GROUP 4</b> <b>7:15 - 8:30AM</b>	

SWIMMERS WILL FOLLOW the week of JUN 10 SCHEDULE THRU JULY 20

# 2024 SUMMER PRACTICE SCHEDULE

## JR/JV AND SENIOR TEAM

May 28 - JULY 31

AM PRACTICES ARE AT RIDGELAND COMMONS PM PRACTICES ARE AT FEN HS

MONDAY	TUESDAY	WED'DAY	THURSDAY	FRIDAY	SAT/SUN
<b>May 27</b>  <b>MEMORIAL DAY</b>	28  JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND  <b>OR IF STILL IN SCHOOL:</b> 4:30-6:15P FEN	29  JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND  <b>OR IF STILL IN SCHOOL:</b> 4:30-6:15P FEN	30  JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND  <b>OR IF STILL IN SCHOOL:</b> 4:30-6:15P FEN	31  JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND	JUNE 1&2
3 JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND  <b>OR IF STILL IN SCHOOL:</b> 4:00-5:30P FEN	4 JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND  <b>OR IF STILL IN SCHOOL:</b> 4:00-5:30P FEN	5 JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND  <b>OR IF STILL IN SCHOOL:</b> 4:00-5:30P FEN	6 JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND  <b>OR IF STILL IN SCHOOL:</b> 4:00-5:30P FEN	7 JR/JV & SR GROUP: 7:15 – 8:30AM RIDGELAND	8&9
10 JR/JV 7:00– 8:40AM RIDGELAND  SR TEAM 6:30 – 8:40AM RIDGELAND  4:15-5:45P FEN	11 JR/JV 7:00– 8:40AM RIDGELAND  SR TEAM 6:30 – 8:40AM RIDGELAND	12 JR/JV 7:00– 8:40AM RIDGELAND  SR TEAM 6:30 – 8:40AM RIDGELAND  4:15-5:45P FEN	13 JR/JV 7:00– 8:40AM RIDGELAND  SR TEAM 6:30 – 8:40AM RIDGELAND  4:15-5:45P FEN	14  SR TEAM 6:30 – 8:40AM RIDGELAND	

SWIMMERS WILL FOLLOW the week of JUN 10 SCHEDULE THRU JULY 31