FST Groups and Structures 2025-2026

Group	Comp-Prep (1)	Comp-Prep (2)	Bronze 1	Bronze 2	Silver	Gold	Senior 1	Senior Prep	Senior 2
Structure	Year Round	Year Round	Year Round	Year Round	Year Round	Year Round	Year Round	Year Round	Year Round
Weekly Practices	3 (M,W,F)	4 (M,W,F, S)	4 (T,T,F,S)	6 (M-S)	6 (M-S)	6 (M-S)	6 (M-S)	7 (M-S)	9 (M-S)
Recommended Attendance	None	None	2	3	4	5	4	6	7
Age Minimums	Age 5	Age 7	Age 8	Age 9	Age 10	Age 11	Age 14	Age 11	Age 14
Volunteer Hrs	1 session if your child swims in the meet	1 session if your child swims in the meet	2 Sessions per meet	2 Sessions per meet	2 Sessions per meet	2 Sessions per meet	2 Sessions per meet	2 Sessions per meet	2 Sessions per meet
Fundraising	Voluntary	Voluntary	\$300 per family. \$75 each additional swimmer						
Payment (9-Months)	\$134/month	\$179/month	\$195/month	\$214/month	\$239/month	\$263/month	\$286/month	\$286/month	\$308/month
FST Registration Fee	\$165 per family	\$165 per family	\$165 per family	\$165 per family	\$165 per family	\$165 per family	\$165 per family	\$165 per family	\$165 per family
Team T-Shirt Fee	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35	\$35