



## Frequently Asked Questions

### **How do I join the FAST Falcons?**

You can learn about the FAST Falcons on the team website (<https://www.gomotionapp.com/team/fastfalcons/page/home>). You can also email our Business Manager, Carmen Bermudez, at [Business\\_Manager@floridafast.com](mailto:Business_Manager@floridafast.com) or call 352-820-4222. Once you reach out to FAST, Carmen will schedule an evaluation for your swimmer with one of the FAST Falcon coaches.

### **What is the address of your facility?**

The Florida Aquatics Swimming and Training facility is located at 4635 SW 67<sup>th</sup> Avenue Road, Ocala, FL 34474. Please include both avenue and road in your GPS.

### **What are the benefits of swimming?**

Year-round swimming will naturally improve physical fitness, but it will also improve other aspects of a person's life. Swimmers learn life skills such as time-management, organization, teamwork, discipline, and goal setting skills, which they will carry with them into the classroom, the workplace, and family life. Swimmers also learn how to handle successes and failures, positive reinforcement and constructive criticism, and sportsmanship.

### **Does my child need to be an elite swimmer to join the Falcons?**

A swimmer does not need to be an elite swimmer to join the Falcons, although the swimmer must be comfortable swimming consecutive laps. The swimmer must also be familiar with all four competitive strokes.

When your swimmer arrives for a group placement evaluation, a Falcon's coach will have your swimmer do a series of laps demonstrating all four strokes. Some swimmers will be ready to join the Falcons. Other swimmers may be referred to our swim lesson program or our Falcons Stroke Academy.

### **If my child swims on the Falcons, does he or she have to do meets?**

The FAST Falcons are a competitive swim team, and we do expect team members to compete in swim meets. If swimmers are not ready or do not want to compete in swim meets, we have other aquatic options such as our Swim School or the Falcons Stroke Academy.

### **What equipment does my swimmer need?**

For a swim evaluation, a swimmer will need a bathing suit and pair of goggles. A swim camp is optional. For practice, each group has an equipment list that varies based on age and ability.

### **Who are the coaches on deck?**

Bios for each coach can be found on the team website. All Falcons coaches are USA Swimming certified coaches.

### **What is the best way to contact my child's coach?**

Since the coaches only have a limited time with their swimmers during practice, we ask that you do not approach coaches on the pool deck during practice time. Instead, you can contact your coach by email or phone. In addition, coaches are available to meet with parents outside of practice time.

### **Why can't parents be on deck during workouts?**

Due to USA Swimming and FAST liability regulations, only USA Swimming registered athletes and coaches are allowed on deck during practice time. Parents are welcome to watch workouts in the indoor pool from the upstairs bleachers. Parents are welcome to watch workouts in the outdoor pool from the viewing section by the splash pad.

### **How do I receive communication or updates regarding the team, my child's group, swim meets, etc?**

Each week, our Business Manager will send a weekly email to the team with practice changes, meet sign up deadlines, and other pertinent information. Your child's primary coach will also send group emails with updates.