



2023 - 2024 FAST Team Evaluations

Welcome to the **Fishers Area Swimming Tigers!** More than just a “swim team”, the Fishers Area Swimming Tigers year-round program **develops positive, healthy, and responsible relationships.** We provide a **fun and rewarding experience for youth of all ages and abilities.** Our program offers a **wholesome and fun atmosphere that brings out the best in each person – both in and out of the pool.** Away from the pool, our team hosts several social events, as well as team trips and outings. FAST Tigers’ **diverse swimmers** come from Fishers and the surrounding area.

Why FAST?

Age group swimming builds a strong foundation for a lifetime of physical and mental health by **teaching time management, self-discipline, and healthy fitness habits.** FAST teaches the ideals of **integrity, respect, and sportsmanship,** in addition to **proper stroke technique and the values of effort and commitment.** From the beginning FAST participant to the USA National Team member, **everyone has an individual and team role with the FAST Tigers.**

Our Mission

To create life champions through excellence in swimming.

Our Vision

To teach children and young adults superior swimming in a safe and supportive community.

Our Core Values

T TEAM
 I Integrity
 G Grit
 E Excellence
 R Respect
 S Sportsmanship

Welcome to FAST...the 23-24 season/year begins on September 5, 2023! Tiger UP!





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Fee Schedule

The table below lists the training fees and annual registration fee for each FAST swimmer. Additional fees for USA Swimming Registration, meet entries and team travel will be billed as incurred.

Group	Reg. Fee	1st Child	2nd Child	3rd Child	4th+ Child
National	\$150.00	\$155.00	\$131.75	\$108.50	No monthly dues
Elite	\$150.00	\$155.00	\$131.75	\$108.50	No monthly dues
Excel	\$150.00	\$135.00	\$114.75	\$94.50	No monthly dues
Tiger Pride	\$150.00	\$130.00	\$110.50	\$91.00	No monthly dues
Tigers 3	\$150.00	\$125.00	\$106.25	\$87.50	No monthly dues
Tigers 2	\$150.00	\$120.00	\$102.00	\$84.00	No monthly dues
Tigers 1	\$150.00	\$110.00	\$93.50	\$77.00	No monthly dues
Tiger Stripes	\$150.00	\$105.00	\$89.25	\$73.50	No monthly dues
Tiger Cubs 3	\$150.00	\$100.00	\$85.00	\$70.00	No monthly dues
Tiger Cubs 2	\$150.00	\$95.00	\$80.75	\$66.50	No monthly dues
Tiger Cubs 1	\$150.00	\$90.00	\$76.50	\$63.00	No monthly dues

Per USA Swimming's Outreach program, FAST does provide financial assistance for those families that are part of the Free and Reduced Lunch program. To participate, FAST families will need to provide documentation of their participation. Please contact the FAST Business Manager (businessmanager@fasttigers.com) for details.

Potential Group Placements

The FAST Tigers Learn-to-Swim Program Powered by Elsmore Swim Shop

The FAST Tigers Swim Lesson program and curriculum is certified by the Starfish Aquatics Institute. Both Swim and Stroke curriculum are offered. The curriculum uses an "ages and stages" format with specific benchmarks that swimmers will achieve before moving to the next level. These Learn-to-Swim lessons are offered to all ability levels. Lifesaving skills are taught in Levels 1&2 with focus on building confidence in the water. Moving through the water in an efficient and effective manner is the focus of Levels 3&4. In addition, there is an emphasis on kicking, side glide and freestyle. In Levels 5&6, Backstroke, Butterfly and Breaststroke are taught as endurance is further developed. A full description of our FAST Tiger swim lesson levels and more information about this program can be found [HERE](#). There is a place for everyone at FAST to grow into Life Champions and Excellent Swimmers!

FAST Pre-Team – The FAST Pre-Team is designed to help swimmers with basic water skills become ready to compete and join the FAST competitive team! The **9 & Under program** is designed to help 6-9 year-old swimmers prepare for our Tiger Cubs 1, Tiger Cubs 2, and Tiger Cubs 3 training groups. The **10 & Over program** is designed to help 11-14 year-old swimmers prepare for our Tigers 1 and Tigers 2 training groups.



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Tiger Cubs 1 - Tiger Cubs 1 are FAST's 7 & Under competitive swimmers. Stroke fundamentals and a love for the sport are emphasized. To enter Tiger Cubs 1, swimmers must be able to complete a 25 Free, 25 Back, and 25 Kick. Trainings are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.

Tiger Cubs 2 - Tiger Cubs 2 are FAST's 8 year-old and new 9 year-old competitive swimmers. Stroke fundamentals and a love for the sport are emphasized. To enter Tiger Cubs 2, swimmers must be able to complete a 50 Free, 50 Back, and 50 Kick. Trainings are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.

Tiger Cubs 3 - Tiger Cubs 3 are FAST's returning 9 year-old and all 10 year-old competitive swimmers. Stroke fundamentals and a love for the sport are emphasized. To enter Tiger Cubs 3, swimmers must be able to complete a 50 Free, 50 Back, 25 Fly, 25 Breast, and 50 Kick. Trainings are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.

Tigers 1 - Tigers 1 swimmers are 11-12 year-old swimmers. While stroke mechanics are being refined, a shift to competition training will be emphasized. Tigers 1 swimmers must be able to successfully complete a 100 Free, 50 Back, and 50 streamlined Kick. Trainings are offered 6 times per week and 85% attendance will afford the opportunity for continued improvement.

Tigers 2 - Tigers 2 swimmers are 13-14 year-old swimmers who are refining stroke mechanics. This group is shifting to a competitive training focus. Tigers 2 swimmers must be able to successfully complete a 100 Free, 50 Back, and 50 streamlined Kick. Trainings are offered 6 times per week and 90% attendance will afford the opportunity for continued improvement.

School Year "General" Training Schedule (September 2023 - July 2024)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	6:30-8:00a 3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a	6:30-9:45a
Elite	3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a	6:30-9:45a
Excel	3:15-5:45p	3:15-5:30p	6:30-8:00a 3:15-5:45p	3:15-5:30p	3:15-5:30p	6:30-9:30a
Tiger Pride	5:45-8:00p 5:45-7:45a	6:00-8:15p	5:45-8:00p 5:45-7:45a	6:00-8:15p	5:45-8:00p	7:30-9:45a
Tigers 3	6:00-8:00p	6:00-8:15p	6:00-8:00p 5:45-7:00a	6:00-8:15p	6:00-8:00p	7:30-9:45a
Tigers 2	6:00-8:00p	6:00-8:00p	6:00-8:00p	6:00-8:00p	6:00-8:00p	7:30-9:30a
Tigers 1	6:00-7:45p	6:00-7:45p	6:00-7:45p	6:00-7:45p	6:00-7:45p	9:45-11:30a
Tiger Stripes	6:00-7:45p	6:00-7:45p	6:00-7:45p	6:00-7:45p		9:45-11:30a
Tiger Cubs 3		5:45-7:15p		5:45-7:15p	5:45-7:15p	9:45-11:15a
Tiger Cubs 2		4:45-6:00p		4:45-6:00p	4:45-6:00p	9:45-11:00a
Tiger Cubs 1		5:00-6:00p		5:00-6:00p	5:00-6:00p	9:45-10:45a



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FAST Meet Schedule

The FAST Tigers will host 5 invitational meets this year. These meets provide quality competitive opportunities for parents to become involved in our organization and support their children and promote and build the FAST Tigers Community. These meets are also our most important fund-raising activity. Our hosted meets include the FAST Tigers Monster Splash Closed Invite, FAST Santa Claus Classic, FAST Mudsock Classic, the FAST 500 Invitational, and the FAST Summer Jam. **FAST families are expected to provide varying levels of event support depending on their swimmers' training groups.**

FAST Apparel Expectations

FAST has apparel/uniform requirements at competitions. FAST is sponsored by Elsmore Swim Shop with address noted below in the checklist. The apparel requirements include a FAST team suit, FAST team t-shirt, and FAST swim cap. Additional details and optional team gear can be found through the [FAST website](#).

Next Steps

After your online registration and payment have been successfully processed, you will receive an email receipt and be granted access to your own private account for the team, which enables you to declare for swim meets, sign-up for events, see your children's past swim times, update your contact information as needed, and more.

As you begin swimming with FAST, please do not hesitate to ask your child's coach, our Head Coach, or our Business Manager any questions you may have.

New Family Checklist

- Evaluation Placement - Congratulations! Your athlete will be in _____.
- Register online for the appropriate group – Lessons, Pre-Team, or Competition Team.
**Links to all online registrations can be found on www.fasttigers.com.*
- Provide copies of your athlete's birth certificate (or other proof of age), medical form, and insurance card to the Business Manager (businessmanager@fasttigers.com).*
- Complete the Written Acknowledgement of FAST's Minor Athlete Abuse Protection Policy form.
- Once your sign-in email is received, sign into your FAST account, verify your account information (including your athlete's birth date, gender, and name spelling).
- Receive team t-shirts and caps.
- Visit Elsmore Swim Shop (www.elsmoreswim.com; 4705 East 96th Street, Suite 37, Indianapolis) to order your athlete's FAST team suit and any training equipment needed.
- Ask any and all questions you have about FAST. You will be connected with the Parent Liaison for your athlete's training group, so they can help you navigate the fun and exciting world of competitive swimming!
- Explore the [FAST website](#). Our central hub of information, we encourage you to bookmark the pages you use most often - especially your athlete's Training Group page.



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* Must be completed prior to the athlete's first training session.

Athlete's Name _____

Address _____

Phone Number _____ T-Shirt Size _____

Gender _____ Age _____ Date of Birth _____

Mom	Dad
Home Phone	
Work Phone	
Cell Phone	
Email	
Employer	
Occupation	

For FAST Use:

	Completed	Initials	Date
Evaluation Completed			
Training Group Assigned			
Account Sign-In Email Sent			
Birth Certificate Received			
Medical Form Received			
Insurance Card Received			
USA Swimming Registration			
Parent Liaison Assigned			
Athlete T-Shirts Distributed			
Athlete Team Caps Distributed			