



## F.A.S.T. Swim Team Parent Handbook



# Welcome to the Fremont Area Swim Team (F.A.S.T.)!

We're excited to welcome you to the F.A.S.T. family! Based at the Fremont Family YMCA, the Fremont Area Swim Team has proudly supported swimmers in our community for over 30 years. Thanks to a strong coaching staff, dedicated families, and a parent-led booster board, F.A.S.T. has grown from just a handful of swimmers to a team of over 100 athletes today.

F.A.S.T. is proudly dual-affiliated with both the YMCA and USA Swimming. This allows our swimmers to compete in a wide variety of meets — from local events to regional and national championships. The flexibility of our affiliations helps our athletes grow in skill, confidence, and experience — all while building lasting friendships and team spirit.

Our team trains at the Dillon Family Aquatics Center, located inside the Fremont Family YMCA. This facility also serves as the training home for several other programs in the area, including Fremont High School, Midland University, Fremont Masters, and the Fremont Special Olympics swim teams.

At F.A.S.T. our mission is to involve as many young athletes as possible in the sport of swimming while helping them build strong fundamentals, good sportsmanship, and a lifelong love for the water. We're so glad to have you with us — let's make it a great season together!

Website: <https://www.gomotionapp.com/team/mwfast/page/home>

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## F.A.S.T. Coaching Staff



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## F.A.S.T. Training Team Groups

After completing their tryout evaluation and receiving an invitation to join F.A.S.T., swimmers are placed into one of four training groups. Each group is thoughtfully designed to provide swimmers with the best opportunities to develop their skills and improve in the sport of swimming. From the Bronze team through to the Senior group, the training levels are structured to guide swimmers as they progress and advance to the next stage. At F.A.S.T., we prioritize each athlete's long-term growth and individual goals.

### Bronze Group

#### Group Goals:

- Increase endurance in Freestyle & Backstroke
- Improve Breaststroke & Butterfly technique
- Perform consistent flip turns
- Introduce IM transition turns & legal backstroke flip turns
- Learn to read a pace clock & gain confidence off the blocks

**Attendance Recommendation:** 2–3 times per week

**Recommended Meet Participation:** At least 1–2 meets per season

#### Recommended Equipment:

- Practice suit
- Goggles
- Swim cap

- Water bottle

## Silver Group

### Group Goals:

- Improve endurance and technique in Breaststroke & Butterfly
- Increase speed on starts and turns
- Learn to follow practice intervals and instructions
- Build confidence in IM and distance events
- Introduce race strategy concepts

**Attendance Recommendation:** 3–4 times per week

**Recommended Meet Participation:** At least 3-4 meets per season

### Recommended Equipment:

- Practice suit
- Goggles (2 pairs)
- Swim cap
- Water bottle

## Gold Group

### Group Goals:

- Increase efficiency and speed in all strokes, starts, and turns
- Develop internal motivation
- Train aerobic (distance) & anaerobic (sprint) sets
- Build strength for explosive starts and turns

- Gain confidence in race strategy

**Attendance Recommendation:** 4–5 times per week

**Recommended Meet Participation:** At least 3–4 meets per season (Goal: MW Championships)

**Recommended Equipment:**

- Practice suit
- Goggles (2 pairs)
- Swim cap
- Water bottle
- Snorkel
- Short fins
- Paddles

## Senior Group

**Group Goals:**

- Increase efficiency and speed in all strokes, starts, and turns
- Train aerobic & anaerobic systems with energy system understanding
- Build strength for explosive starts and turns
- Develop personal race strategies and routines
- Attend high-level competitions
- Prepare for high school and college swimming



**Attendance Recommendation:** 5+ times per week

**Recommended Meet Participation:** At least 3–4 meets per season (MW Championships + higher level meets)

**Recommended Equipment:**

- Practice suit
- Goggles (2 pairs)
- Swim cap
- Water bottle
- Snorkel
- Short fins
- Paddles

# Practice Schedule

F.A.S.T. swimmers are encouraged to attend practice regularly based on their training group and goals, but attendance is not mandatory.

Practice schedules are set **seasonally** and vary by training group and pool availability. F.A.S.T. offers training during both the **Fall/Winter (Short Course)** and **Summer (Long Course)** seasons.

To ensure you always have the most accurate and up-to-date schedule:

- **Practice times are posted on the F.A.S.T. website.**
- **Emails are sent to families at the start of each season with group-specific schedules and reminders.**
- **Any updates or changes will also be communicated through team email and posted online.**

If you ever have questions about when your swimmer should be at the pool, don't hesitate to reach out to your group coach directly.

## Fees & Expenses

Being a part of F.A.S.T. involves a few essential fees that help support the team's operations, facilities, and athlete experience:

### Annual Registration Fee — \$20

This fee is due at the time of registration and helps cover administrative costs. It also includes a F.A.S.T. swim cap provided to each swimmer.

### USA Swimming Membership — \$82 (annual)

12 & Under \$30 (annual) for Flex Membership (*12 & Under Athletes only; permitted to only swim two (2) meets below LSC championship meet*)

- If a Flex Athlete member wishes to compete in more than two meets or LSC championship meets or higher, the athlete must change status to Year Round Premium Athlete and they will be required to “upgrade” and pay the difference of the membership fees.

F.A.S.T. is a **dual-affiliated club**, meaning we compete in both YMCA and USA Swimming-sanctioned meets.

All swimmers who train or compete in USA Swimming events are required to hold an active **USA Swimming athlete membership**. This fee is set by USA Swimming and may be subject to change annually.

### Monthly Training Fees

Training group placement is determined by coaches after a swimmer's evaluation. Monthly dues are based on the swimmer's group:

- **Bronze Group** — \$40/month
- **Silver Group** — \$50/month
- **Gold Group** — \$80/month
- **Senior Group** — \$105/month

Training fees are billed monthly through your F.A.S.T. online account.

### Team Gear & Apparel

F.A.S.T. partners with **Elsmore Swim Shop** for team suits, caps, and other recommended gear.

Visit the team store here:

 [Elsmore FAST Team Store](#)

## Different Meet Breakdown

USA	YMCA	Summer Rec League
Higher Competition	Developmental	Entry Level
Swim for “cuts” MW Champs Sectionals Futures Nationals Olympic Trials	No qualifying times for state Swim in 3 meets to qualify Cuts for Regionals and Nationals	Swim in 50% of meets team competed in to attend Conference meet
Pay for meet entries	Free except for championship meets (state, regionals, nationals)	Free
Longer meets- 2-3 day meets	Meets only 1 day	Afternoon meets lasting a couple of hours. Day long Conference Meet.
Open to all groups. Expected of Gold and Senior Groups	Open to all groups. Best for Bronze/Silver	Open to all groups. Best for Bronze/Silver

## How to Enter Swim Meets

To enter a swimmer in a meet, you must use the F.A.S.T. website via the TeamUnify system. The steps to indicate your swimmer will participate in a meet or will not participate in any portion of the meet are:

1. Sign-in to your TeamUnify account.
2. Click on the Meets & Events tab and find the list of meets available for your child.
3. Select the meet in which you are interested in for your swimmer.
4. Click on the **Attend / Decline** button for the meet.
5. Click on your swimmer’s name. A Declaration pull down will appear.

6. From here you can commit the Athlete by using the Signup Record and Selecting **“Yes, please sign (swimmer’s name) up for this event”**. If you know your swimmer cannot attend a specific meet, please select **“No, thanks, (swimmer’s name) will NOT attend this event.”**
7. \*Parents do not need to pick their swimmer’s event; it is okay to leave them blank for coaches to fill in\*
8. Double check the meet information as to the dates/times your swimmer’s sessions/events are scheduled.
9. Once you have selected to sign your swimmer up for a meet you may opt to have the coaches to select the events for your swimmer by leaving the coaches a note in the meet entry file “Notes” section as to the sessions the swimmer will attend **OR** you and our swimmer may select the sessions and events based upon the meet event recommendations and expected meet progression for the swimmer’s training group.
10. **For time standard meets:** Click on the events shown in **BLACK** which your swimmer is eligible to swim. Events that appear in **RED** indicate your swimmer is not qualified for that race.
11. Any questions or comments regarding the respective meet for the coaches can be left in the “Notes” section.
12. *If the respective meet information indicates relays will be offered, you must indicate in the meet entry notes the availability of the swimmer. If not stated that the swimmer is available, the coaches will not enter the swimmer in the possible relays.*
13. Once you have finished, always remember to **Save Your Changes!**
14. You should receive an email confirmation of your swimmer’s meet entries upon completion.

Once the F.A.S.T. designated deadline has passed, you will not be able to un-commit your swimmer once the team entries are processed. Declaring for a meet will turn off at Midnight the day of the F.A.S.T. signup deadline.

Meet fees are non-refundable. Your online F.A.S.T. account will be invoiced for your meet which you have signed up for once they are submitted to the meet host, even if the athlete does not attend.

## How to pay for meet entries:

Swim meet entry fees are automatically billed to your F.A.S.T. account. The fees are listed on the meet information flyer on the event page located on the F.A.S.T. website. The meet fees will be invoiced to your monthly statement in addition to the monthly fees. **HOWEVER, YMCA-sanctioned swim meets are free!!!**

But please note, if you do not attend a meet you committed for without letting the coaches know prior to the meet entry deadline, the meet fees are not refundable for your swimmer and FAST.

For higher level meets, the following fees will apply in regards to committed swim meets, all of which will be automatically invoiced to your statement at the end of the month:

- Individual event fees, as indicated in the respective meet information
- Relay event fees, if applicable
- LSC / Midwestern Swimming athlete fee
- Meet Facility fee per swimmer, if applicable

## Swim Meet Guide

F.A.S.T. encourages all swimmers to compete in meets (both home & away) and supports all interested swimmers to gain the skills and confidence needed to enjoy competitive events. F.A.S.T. expects the swimmers to attend meets based upon the guidelines set forth in the swimmers training group. Some of the benefits of attending meets include (but are not limited to):

- a. Your swimmer is making new friends. Swimmers seem to be a rather social bunch, and when a large congregation of them, all from different teams, collect together in one place, swimmers gain the chance to make new friends.
- b. Your swimmer is gaining swimming techniques that cannot be simulated in practice. Though coaches try to add a variety of different situations in their practice curriculum, they cannot emulate a true competitive racing situation. By attending meets, swimmers gain confidence in their swimming technique and learn to succeed in their events. Psychological and physical racing strategies, just by attending many meets, can be intuitively learned and applied. These strategies can be subsequently applied to other facets of life such as music, art, other sports, and even school.

c. You and your swimmer are becoming familiar with our other team members. Going to meets, especially hosted meets where our entire team attends, will let you (the parent) and your swimmer meet and learn from older, more experienced swimmers. Our senior swimmers are a fantastic bunch of hard-working and talented boys and girls who not only serve as great role models and friends for your children, but also can serve as their mentors in swimming techniques acquired from years of trial and error in previous meets.

d. You and your swimmer will become accustomed to how meets are run. While every meet at its core is run the same way, every venue has its own little quirky add-ons which can either make a meet pleasant or a frustrating challenge. As a swimmer, your children must learn how to deal with varying meet schedules, where event postings are, and where the coaches are situated. As a parent, you must be aware of what our team may need from you (meets are run almost entirely by volunteers, and thus parents play an integral part in the facilitation of meets).

In addition to our home meets; F.A.S.T. participates in a number of meets in the Omaha/Lincoln area. Parents are responsible for using the team website to confirm meet attendance. Parents are also responsible for transportation to away meets. Your swimmer's coach has final authority regarding event entry. Coaches will discuss with either swimmer and/or parent the events in which the child will be entered. It is important to try to encourage your swimmer to go outside their comfort level and swim different events. Meet and entry fees are pre-paid to the host team by F.A.S.T. The up to date swim meet schedule will be posted on the team website.

**\*\*Swimmers will not be entered into the meet without prior notice that they are attending by the deadline given.**

**\*\*It will be expected that the swimmer will be responsible for getting themselves to/from each event.**

Parents understand they are responsible for their swimmers during swim meets and while traveling. The coaches' main focus at meets are the races: they stay mainly on the pool deck, watching all F.A.S.T. swimmers, get times, review technique, and prep swimmers for their next race.\*\*

## Swim Meet Procedures: Before, During and After Your Race

- The week of the meet, the head coach will email out details of the meet once received from the meet host. Double check the entries and your sessions your

swimmer is scheduled to compete in. If there are any problems with your swimmer's entries, let the coach know as soon as possible.

- Arrive at the pool 15 minutes prior to the scheduled warmup time (the warmup times are listed in the meet information and will be emailed out the week of the meet).
- Obtain a heat sheet. The heat sheets are typically available for purchase or may be available online or through the Meet Mobile app.
- Check the heat sheet to confirm your swimmer is properly entered in all events. If there is a mistake, have your swimmer inform the coach immediately so corrective action can be taken if appropriate.
- It is customary to write the event numbers, heat and lane assignments on a swimmer's hand, arm or leg with a Sharpie marker. The best approach is a grid as shown below. The Event number and Stroke are found on the meet flyer posed on the website. The Heat and Lane assignments can be found in a meet heat sheet which is available for sale at each meet.
- E=Event, H=Heat, L=lane, S=Stroke, FR=Freestyle, BK=Back, BR=Breaststroke, FL=Fly

E = Event Number  
H = Heat Number  
L = Lane Assigned  
S = Stroke

E	H	L	S
15			25 free
17			25 fly

- It is expected for all swimmers to participate in the warmups with the team.
  - Warmups are always conducted by the F.A.S.T. coaching staff.
- At the conclusion of each race, swimmers are to go immediately to their coach following the race before returning to their family members. The coach discusses the race with each swimmer individually and gives positive comments concerning splits, stroke technique, and race strategy, and something constructive to keep working on for the next race.

**NOTE:** Under USA Swimming rules, parents are not allowed in the immediate competition venue (the pool deck) unless they are serving in an official or host meet volunteer capacity.

- As a matter of team pride and courtesy to the meet host, swimmers are expected to leave their sitting area neat and in clean condition at the conclusion of each session of the meet.
- Results for the meet are usually posted at the pool during the meet.



- There is an optional download of the Meet Mobile: Swim app (Apple & Android) available.
- Disqualifications: DQs happen to everyone at some point in their swimming career. They can be seen almost instantly on meet mobile but it takes time for the coaches to receive the official DQ slip. The coaches will collect these slips and note the errors and focus on them in future practices. While these DQ's are not fun, it is important to not dwell on that event and shift focus on their remaining events. If parents or guardians have any questions on the disqualification they can address the coaches after the meet.
- Awards are picked up at the end of the meet by the coaches and are distributed during practice the following week.
  - Swimmers may compete in a meet and not receive any ribbons. Place emphasis on the improvement of the swimmer's technique or times, not on what place they finished.

## What to bring to a swim meet?

1. Chairs (if allowed at the venue)
2. Several towels.
3. Extra goggles and swim caps (If the meet is at an outside pool, dark tinted goggles are recommended).
4. Warm clothing, sweats, parka, sandals/shoes and socks.
5. Water bottle, healthy snacks.
6. Book, cards, small games etc. for long waits between races.
7. If available, printout of heat sheets.
8. Sharpie markers & highlighters.
9. A positive attitude and your game face.

## Pool Deck & Locker Room Expectations

- The use of locker rooms or any other restroom/changing rooms that F.A.S.T. uses is a privilege granted to all athletes on the team. The F.A.S.T. coaching staff and non-athlete members of the team have the privilege of using these facilities under USA Swimming Safe Sport compliance.
- Dillon Family Aquatics locker room facilities are open to the public during team practice. As such, there are likely to be people who are not associated with F.A.S.T. in the changing areas around the time of practice.
- Dillon Family Aquatics locker rooms are closed to the general public during the time and during the course of a USA-sanctioned swim meet.
- F.A.S.T. travel meets: The team will follow all rules and regulations in place at out-of-town facilities.
- Locker rooms are to be used for changing, showering, and using restrooms only.

There should be no hanging around and loitering in the locker room areas.

- F.A.S.T. locker room privileges may be revoked at any time, for any reason, based on the Coaching staff's discretion.
- Food/eating in the locker rooms is prohibited per DFAC policy. Keep food and hydration on the pool deck or in the stands.
- Horseplay and misbehavior in the locker room areas is NOT tolerated and can be followed up by disciplinary actions if needed from the F.A.S.T. coaching staff.
- Bullying and or harassment of ANY kind will NOT be tolerated in the locker room areas and will be followed up by disciplinary actions from the F.A.S.T. coaching staff. Parents of those involved will be included in all actions.
- Monitoring: Coaches and staff make every effort to recognize when an athlete goes to the locker room or changing area during practice and competition, and if they do not return in a timely fashion, we will check on the athlete's whereabouts.

## USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

- Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras, and video cameras, increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing areas:
- Rule: 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.
- F.A.S.T. are guests at any facility we use for training and competing. Our team goal is to ensure that locker rooms and changing areas are kept clean, safe, and functional before, during, and after all team activities. As a member of the team, it is your responsibility to follow these rules and guidelines. If you see or hear any of the above-prohibited behavior, please report these concerns to a F.A.S.T. staff member.
- Thank you for doing your part to help keep our changing areas safe and protected.

## Volunteer Policy—

\$200 Deposit per Family per year-this will be given in a paper check

- If full 20 hours of volunteering are met, the \$200 Paper Check will be returned.
- Every 4 hours worked more than 20 hours, \$5 credit toward either FAST membership fees or FAST merchandising.

F.A.S.T. typically hosts up to two large meets during the short course season, which may include a YMCA meet and, when applicable, a co-hosted USA Swimming meet such as the Short Course Championship. Co-hosting arrangements, including

partnerships with teams like the Aquatic Club of Elkhorn (ACE), may vary from season to season.

All F.A.S.T. families are expected to volunteer during home meets to help ensure smooth and successful operations. Additionally, at away meets, families may be asked to assist with timing or other volunteer roles as required by the host team.

VOLUNTEER DESCRIPTIONS		
POSITION	ACTIVITY DESCRIPTION	NUMBER NEEDED
Meet Announcer	Makes all meet announcements and announces each event's winners, etc.	1
Concessions	Oversee the concessions stand.	1
Hospitality – Lead		1
Hospitality - Assistants		1-2 / session
Officials (Can go towards FAST Volunteer Hours)	(Training class required) Must be familiar with the USA Swimming rules governing turns and touches for Freestyle, Breast, Back & Butterfly strokes. Report all DQs to the Referee.	
Clerk of Course	Organize swimmers in a “ready room” before their races. This is only at rec meets or high level meets with championship finals walkouts.	1
Safety Marshall	Provides swimmers or parents at entrances to the pool deck area with information. Keeps the pool deck area clear of parents.	4 / session
Meet Set-up & Clean-up (Optional if not available for the meet)	Set-up concession/hospitality, Clerk of Course, and public audience areas, install lane lines, flags, timing pads, take down the same after the meet.	Limited Space, Contact Meet Director

Awards	Responsible for managing ribbon stock, organizing blank ribbons per meet and event, organizing awarded ribbons per swimmer for distribution by the swim coach. The awards table receives individual event results from the administration area and prepares meet ribbons based on that information.	2-3 / session
Scoreboard	Operate the scoring system when updating the score board.	
Runners	Retrieves backup times from the pool deck area to the administration area. Any other misc. errands. This is a good job for our youth that want to get involved.	2 – 3 / session
Timers	One of the easiest jobs with the best seat in the house. Brief instruction is provided prior to the start of the meet. The primary time is recorded by the Colorado scoring system (touch pads). The 2 timers per lane are there for backup in case of a system failure or if a swimmer does not touch the touch pads.	16 / session (Varies on Meet Size)
Head Timer	Starts two stop watches at the beginning of every race for back up in the event a stop watch malfunctions or a timer was unable to start theirs on time.	1
Back-up Timer	Fills in for timers when they need a break	2



# Code of Conducts

## F.A.S.T. CODE OF CONDUCT: ATHLETES

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will, whenever possible, attend team meetings and training sessions.
- I will respect all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, and behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

Swimmer's signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature \_\_\_\_\_ Date \_\_\_\_\_

## F.A.S.T. TEAM CODE OF CONDUCT: PARENTS

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, and use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns first to a coach; and then, if not resolved, then to the Aquatic Director.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Parent 1 signature \_\_\_\_\_ Date \_\_\_\_\_

Parent 2 signature \_\_\_\_\_ Date \_\_\_\_\_



## Safe Sport

***USA Swimming and Midwestern Swimming are committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.***

The MWS Safe Sport Chair leads Safe Sport efforts within the LSC and serves as a resource to all members and teams. The Safe Sport Chair can help to answer questions regarding to any Safe Sport program. To schedule a Safe Sport training for your team, please contact ***Aidan Cho***.

To deal with a Safe Sport concern, contact USA Swimming at (719) 866-4578 or you can visit the Midwestern Swimming website at [www.mwswim.org/page/safesport](http://www.mwswim.org/page/safesport).

Contact the U.S. Center for Safe Sport to make a report. Call 833-5US-SAFE (587-7233) or use the online reporting form or find more information at <http://www.uscenterforsafesport.org/> To report anonymously. Text anonymous tips to 888-270-SWIM (7946).