

# Welcome to FAST swim team!

We are pleased to welcome you to the 2023-2024 season at FAST. Online registration will open for returning families on July 6. Registration will open for new families beginning July 16. Returning families are encouraged to register prior to July 16, 2023 to ensure their preferred location. After the 10 day grace period, returning families will not be guaranteed their preferred location or spot in their group if it is filled by new members.

Priority will be given to:

1. Families who swam for FAST during the 2022-2023 season (For those registering before July 16)
2. Families who joined FAST after May 1, 2023 (For those registering before July 16)
3. New families who are Pattonville School District residents
4. All other new families

**New swimmers will need to be evaluated and given a group placement by FAST coaching staff to register.** Our group evaluation days will be Sunday, July 16th and Wednesday July 26th for our Pattonville, Principia, and UMSL Locations (held at Pattonville High School). Lindbergh Specific evaluations will be held at Lindbergh High School on Monday July 24th. Appointments for our group evaluation days can be made by going to our [SignUp Genius page](#) and selecting a day and time.

**Returning swimmers should register for their current 2022-2023 season group.** Coaches will email 2023-2024 group placements the week of July 24, 2023.

If you have questions about the team, please email our Administrative Assistant, Stephanie Seiffertt at [sseiffertt@fast-swimming.com](mailto:sseiffertt@fast-swimming.com) or call or message her at 314-208-7610.

**Practices for the 2023-2024 season begin the week of August 21!**



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## Table of Contents

FAST Group Progression:	Pages 3-4
Practice Changes and Cancellations:	Page 5
Parent Meetings:	Page 5
General Membership Meeting:	Page 5
Team Photo and Outfitting Day:	Page 5
Annual FAST Awards Ceremony:	Page 5
FAST Hosted Meets:	Page 5
Communication:	Page 5
Questions:	Page 5
Fundraising Obligation:	Page 5
Medical Waiver:	Page 8
Liability Waiver:	Page 8
Parent Meet Work Agreement:	Pages 9-10
Tentative FAST Swim Meet Schedule	Pages 11-12
USA Swimming Registration:	Page 13
Payment Policy:	Page 14
Code of Conduct:	Page 15
General Conduct:	Page 16
Locker Room Conduct:	Page 16
Electronic Team Communication Policy:	Pages 17-18
FAST Prep Schedule and Fees:	Page 19
FAST Prep FAQs	Pages 20-21
Group Fee Schedule:	Page 22
One Payment and Multi-Swimmer Discount:	Page 22
Meet Fees:	Page 22
Insufficient Funds:	Page 22
Practice Locations:	Page 23
Practice Schedule by Location (groups will be listed for each location):	Pages 24-26
Online Registration Process:	Page 27
Ozark Outreach for Swimmers in Need:	Page 28
Automatic Payments/ACH:	Page 29
FAST Scrip Program:	Page 30



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## SECTION ONE: IMPORTANT TEAM INFORMATION

### FAST Group Progression

#### FAST Prep: 14&under

Our entry level group will introduce participants to their first competitive swimming experience. Swimmers must be able to complete 25 yards of both freestyle and backstroke in good form as well as have a basic understanding of breaststroke and butterfly.

#### Senior FAST Prep: ages 13-18

Our entry level group is for 13 year old swimmers too advanced for FAST Prep and those 14 and over with no competitive experience. This is also the perfect group for high school swimmers who aren't quite ready to commit to a more rigorous training schedule. Swimmers must be able to complete at least 50 yards of both freestyle and backstroke in good form and have knowledge of both breaststroke and butterfly.

#### Age Group 1: ages 6-13

This group is designed for swimmers between the ages of 6 and 13 who are proficient in all 4 competitive strokes. Swimmers in Age Group 1 will focus on proper stroke technique and be introduced to a more focused swim practice.

#### Age Group 2: ages 9-13

Age group 2 swimmers will range in age from 9 to 12 who have advanced from Age Group 1 or have transferred from another team. Swimmers in this group are encouraged to participate in at least 3 to 4 practices per week as well as 1 meet per month. Age Group 2 swimmers will focus on proper stroke mechanics and begin learning the basics of interval training.

#### Age Group 3 ages 10-13 - Currently offered at Pattonville and Principia only

Age Group 3 is a group for swimmers who have advanced from Age Group 2 or transferred from another club team. Swimmers in this group will typically be between 10 and 13 years old with one or more 11-12 BB time. Swimmers in this group will be more dedicated to the sport and strive to make the majority of their practices each week as well as attend all meets recommended by their lead coach.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## Select: ages 12-15 - Currently offered at Pattonville and Principia only

The select group is designed for 12 year old swimmers (with at least 1 AAA time) advancing from Age group 3 and 13-14 year old swimmers who have advanced from Age Group 3 or transferred from another club team. Select swimmers typically will have 1 or more 13-14 A time and have excellent stroke mechanics. Swimmers in this group will be expected to attend and complete the majority of the practices offered and attend all meets recommended by their lead coach.

## Senior 1: ages 13-18

Designed for swimmers ages 13-18, who have advanced from an age group group, high school swimmers, or those who are just starting their competitive swimming journey. The primary focus of Senior 1 is proper stroke technique, racing strategy and learning what it means to be a Senior level swimmer. Meet participation is encouraged.

## Senior 2: ages 14-18

Swimmers in Senior 2 will have advanced from Senior 1, Select or transferred from another club team. Senior 2 is a natural progression from Senior 1 and/or Select building on the skills previously learned as well as introducing additional training and more efficient stroke techniques and racing strategies, building up training yardage and maturity of the athlete for more intensive practices. Senior 2 swimmers will range in age from 14-18 years old and typically have 2 or more BB times in their age group, or 14 year olds with 15-16 A times. The range of training in Senior 2 allows highly competitive swimmers to succeed while still being involved in other sports or extracurricular activities.

## Senior Select: ages 14-18 - offered at Pattonville only

Senior Select swimmers advance from Senior 2 and will range in age from 14-18 years old. Swimmers in this group are expected to make and complete the majority of the practices offered to their group. Swimmers in this group will have achieved 15-18 A times, have a positive practice and meet attitude, look at the long-term goals for their swimming, and participate in all meets recommended by their lead coach.

## National: ages 15-18 - offered at Pattonville only

FAST's National group is reserved for swimmers at or near Sectional qualifying times in multiple events, and who have made swimming their primary focus in extracurricular activities. National swimmers will be strong role models for swimmers in the other groups and have a positive practice and meet attitude. Swimmers will be expected to participate in all meets recommended by their lead coach.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

**Practice changes/cancellations:** FAST may need to cancel practices or change location due to weather, school events, or pool maintenance / malfunctions. Check the practice changes page weekly on FAST website for any practice changes. You will also be notified via email about any practice changes as soon as we are aware of them. Sign up for text message alerts on your Team Unify account as well, Last minute practice changes will also be posted to FAST's Facebook page.

**Parent meetings:** FAST coaches will schedule parent meetings to give parents an overview of the season and group expectations. You will be notified by email by your swimmer's lead deck coach regarding the date and time of the meeting.

**General membership meeting:** FAST is a parent owned team with an elected board of directors. Once a season in September, we hold a general membership meeting to review the state of the team and elect new board members. All parents are highly encouraged to attend. You will be notified by email the date and time of this meeting.

**Team photo and outfitting day:** Early in the season FAST will take an all team photo. B&B Aquatics will be on site to outfit swimmers with team suits, warm ups and other equipment. The location and date will be posted once determined.

**Annual FAST awards ceremony:** The annual FAST awards ceremony is held every year in April. Our awards ceremony celebrates all of our swimmers, from our youngest to our graduating seniors! The location and date will be posted once determined.

**FAST hosted meets:** Currently, FAST is targeting to host 3 meets and co-host an additional meet for the 2023-2024 season. The dates are listed on page 9 of this document. .

**Communication:** FAST website, emails, and FAST Facebook and Instagram page will be used to communicate important team news.

**Leaving the team:** Anyone leaving the team must give 30 days written notice to the team Business Manager prior to leaving the team. Please indicate if you have signed up for any future meets.

**Note:** Fees will continue to be payable until written notice is received.

**Questions:** If you have questions regarding your swimmer's training, meet attendance, or anything related to the swimming side of the program, please contact your swimmer's lead deck coach during their office hours, prior to the start of practice, or after practice. Questions about your account, meet worker requirements, and other non-swimming related questions should be directed to the team Administrative Assistant.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

**Fundraising Obligation:** The 2023-2024 Swim-a-thon will be the only fundraiser of the season. FAST is a non-profit organization, so your Swim-a-thon donation is TAX DEDUCTIBLE - your training fees are not. Funds raised by our Swim-a-thon help support team social activities, continuing education for FAST coaches, the purchase of new equipment, and allow FAST to give back to our community. In addition, fundraising also helps to keep training fees down. If we were to not fundraise, training fees would have to increase significantly. In the future, we hope to also use these funds to offset team travel costs for swimmers and their families.

The Swim-a-thon date is TBD. Date, time and format will be announced early in the new season. We hope to see 100% participation at this “all team” event.

For the 2023-2024 season, swimmers will have a chance to meet their Swim-a-thon fundraising goal in the traditional way: collecting donations via FAST Swim-a-thon donation page. Swimmers who do not meet their fundraising goal by the Swim-a-thon will have any remaining fundraising obligation charged to their invoice on the first of the month following the event:

***Fundraising obligation by group:***

*Age Group 1 & Senior 1 - \$100 per swimmer*

*Age Group 2, Age Group 3, & Senior 2 - \$125 per swimmer*

*Select, Senior Select & National \$175 per swimmer*



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## **SECTION TWO: REGISTRATION DOCUMENTS**

**NOTE: - the following pages include all the registration documents that you will need to agree to during the online registration process (you do not need to print, sign or send these documents to complete the registration process)**



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## **Medical Waiver**

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the FAST to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge FAST and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in FAST activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

## **Liability Waiver**

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the FAST to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge FAST and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in FAST activities, whether damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.





P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## FAST Parent Meet Worker Agreement

Swim meets require parent involvement and FAST needs stroke & turn judges, timers, meet directors, hospitality staff, safety marshals and much more to operate a meet that adheres to USA Swimming guidelines and sanctions.

Each family must work these meets as listed in the “Which meets will my family be working” section. A session is defined as one job assignment on the Event Job Sign Up page. A session is typically about 4-5 hours of work. **The work requirement is not cumulative if you have multiple swimmers on the team. It is a per family requirement.**

Currently, FAST is targeting to host/co-host 4 meets for the 2023-2024 season. The tentative dates are:

Fall FASTival, **November 17-19, 2023**, Pattonville High School  
FAST Last Chance, **February 10-11, 2024**, Pattonville High School  
Senior Champs, **March 1-3, 2024**, Pattonville High School\*

John Traube Memorial **May 3-5, 2024**, Chuck Fruit Aquatic Center on the campus of Edwardsville High School

*\*Senior Champs is a co-hosted meet with Seahawks. FAST and Seahawks will be responsible for computer operators, concessions, and hospitality for the weekend only. Timers will be provided by attending teams. Depending on job availability, this meet can be used as a make up meet for other FAST meets' volunteer requirements.*

### Which meets will my family be working?

- The Fall FASTival meet will be staffed by families of swimmers who do not attend the 2023 Ozark “A” Champs meet.
  - This is a 5 session meet and will likely require 2 sessions per family.
- The FAST Last Chance meet will be staffed by families who did not work the November meet and families who have swimmers in the FAST Last Chance meet.
  - This is a 3 session meet and will likely require 1 session per family. More sessions will be required if numbers dictate a need.
  - **This means some families will work both Fall FASTival and FAST Last Chance**
- The John Traube Memorial meet will require staffing from families of swimmers in all groups with the exception of FAST Prep.
  - This is a 5 session meet and will likely require 2 sessions per family, if not 3 sessions for families with swimmers in our highest level groups.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

The number of sessions required per family for each meet will be determined by the meet director prior to the meet according to the number of volunteer responsibilities that are needed for each meet and are therefore subject to change from what is listed in this document.

### **FAST Parent Meet Worker Agreement, cont'd**

If a FAST family has not met their worker obligation, a \$200 fine for each session not worked will be imposed. Since FAST is in need of volunteers, we would prefer families not pay to get out of working at a meet. Any family who fails to satisfy their meet worker requirement will be billed \$200 per missed session on the next billing cycle after the meet.

### **What if I cannot work one or more of these meets?**

If you know in advance that you will be unable to work a meet, please do one of the following:

- Contact another FAST family to swap sessions at another meet.
- Find a high schooler in need of service hours and have them work your sessions.
- Send your high school age, non FAST team member, to work your sessions.
- Hire someone to work for you.
- Use the FAST "I need help finding someone to work a meet for me" spreadsheet to locate someone willing to volunteer for you. (This will be a link in the Monday Minutes each week beginning in September 2024.)

**Check your calendars now to ensure that you do not need to make arrangements for a later meet!** The meet director will be unable to help those who wait until later in the season to realize they cannot work the later meets.

We need volunteers at these meets more than the \$200 per missed session penalty.

### **What if I am an official?**

For those families with a parent who is a USA Swimming official, officiating fulfills your FAST meet worker requirement, and you will not need to sign up for any of the other meet jobs.

**New this year for FAST officials:** For FAST officials who work one of the 4 listed FAST hosted meets that you work, FAST will pay one of your children's meet fees using the following guidelines:

1. Officials who work at least 2 sessions of the Fall FASTival will have meet fees for that meet for one child credited back to their account on their December 1 invoice
2. Officials whose swimmers attend either A Champs or FAST Last Chance, and who work at least 2 sessions of FAST Last Chance will have their A Champs or Last Chance fees for one child credited back to their account on the March 1 invoice.
3. Officials who work at least 2 sessions of Senior Champs will have meet fees for that meet for one child credited back to their account on their April 1 invoice.



P.O. Box 8595  
 St. Louis, MO 63126  
 (314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

- Officials who work at least 2 sessions of the John Traube Memorial meet will have meet fees for that meet for one child credited back to their account on their June 1 invoice.

I agree to fulfill my Parent Meet Worker Requirement as outlined above. I understand that should I not fulfill any meet worker requirement, I will pay the \$200 per session penalty for the 2023-2024 FAST swim season.

### Tentative FAST Swim Meet Calendar (subject to change)

FAST Meet Calendar 23-24 Short Course						
Dates	Host/Hosted	Meet Name:	Recommended for	Qual Times		
9/10/2023	SEAHAWKS	Dive Back In	Age Group 1, 2 Senior 1			
9/16 & 17/23	ROCKWOOD	Fall Distance	Age Group 3, Senior 2, Select, Senior Select, National			
10/6-8/23	REC PLEX	Fall Festival	Age Group 1 and above			
10/27-29/23	CSC	Jim Devine Memorial	Age Group 1 and above		Family Travel	
10/28/2023	CSP	SYOA	FAST Prep, Age Group 1, Age Group 2, Senior Prep, Senior 1			
11/3-5/23	SEAHAWKS	Fall Invite	Age Group 1 and above			
11/17-19/23	SALUKI	A Champs	All Qualified Swimmers	A or Faster		
11/17-19/23	FAST	FASTival	All Swimmers NOT qualified for A champs	Slower than A		
12/1-3/23	REC PLEX	Holiday H2O	Age Group 1 and above			



P.O. Box 8595  
 St. Louis, MO 63126  
 (314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

12/9-10/23	SALUKI	Merry Swim	All Swimmers		Team Travel for 9 and overs with prior meet experience
12/30	FAST	Distance Day			
12/15-17/23	METS	Winter Invite			
1/12-14/24	METS	MLK Invite			
1/19-21-24	REC PLEX	Winter Warm Up			
2/10-11/24	FAST	Last Chance	All Swimmers not participating in Division 1 champs		
2/23-25/24	REC PLEX	Division I Champs	All Qualified Swimmers	BB or Faster	
3/1-3/24	FAST/SEAHAWKS	OZ Sr champs	All 15 and older swimmers		
4/6-7/24	RSCA/Y	8 & U Champs			

**FAST Meet Calendar 23-24 Long Course**

Dates	Host/Hosted	Meet	Recommended for	Qual Times	
4/12-14/24	METS	LC Kick Off	Age Group 1 (with coach approval) and above		
5/3-5/24	FAST	Traube Memorial	All FAST Swimmers		
5/31/24 - 6/2/24	RECPLEX	Meet Me In St Louis	Age Group 1 (with coach approval) and above		
6/14-16/24	CSC	Summer Invite	Age Group 1 (with coach approval) and above		Team Travel



P.O. Box 8595  
 St. Louis, MO 63126  
 (314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

7/18-21 or 25-28/24	METS	LC Champs	All Qualified Swimmers	BB or Faster		
------------------------	------	-----------	------------------------	--------------	--	--

## USA Swimming Registration

All FAST swimmers must be registered members of USA Swimming. There is a \$76 fee to register with USA Swimming. See the following sections for complete information.

### USA-S Registration Process for swimmers new to USA Swimming

Parents of swimmers who are new to USA Swimming will register their athletes directly with USA Swimming and pay the 2024 membership fees during that process. The USA-S registration process will be separate from and in addition to the registration that they do to join FAST and cannot be initiated prior to September 1. FAST will generate a unique registration link and send it to team members to initiate the process on the USA-S website.

To help make this process easier, FAST will offer assistance with the registration process at our General Membership meeting in September, date to be determined.

### USA-S Registration Process for returning USA Swimming swimmers

Parents of returning USA Swimming swimmers will pay FAST the \$76 registration fee when they register with FAST for the 2023-2024 season and FAST will renew those swimmers' USA Swimming registrations for 2024.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## Payment Policy

- \$200 per family administration fee. Returning families who register between July 6 and July 31 will receive a \$25 early registration credit on their September 1 invoice. On March 1, this fee drops to \$100. On June 1, this fee drops to \$50.
- \$76 per swimmer USA Swimming registration fee. Returning USA swimmers will pay FAST this fee during registration. Swimmers who are new to USA Swimming will have to register and pay USA Swimming directly. See page 11 for more information.
- \$48 per swimmer uniform fee. This includes 3 FAST shirts and 1 silicone cap which we anticipate delivering during the second week of practice of the 2023-2024 season. Replacement FAST caps and FAST shirts can be purchased during registration for returning swimmers. All swimmers must have the 3 FAST shirts and green FAST cap for use at swim meets. Returning swimmers who have the green and black shirts and a green cap do not need to repurchase them unless they have outgrown or lost the item. All swimmers will be required to purchase a FAST 20th anniversary shirt, \$12, that will replace the yellow team shirt for the season.
- FAST will email your monthly invoice to you on the 1st of every month. The invoice will be sent to the primary email account that you provide on the FAST website. Please update this information if your email address changes. You also can access your invoice on FAST website on or after the first day of each month. If you check your balance before the first day of the month, it may not reflect all charges that will be included on your invoice.
- Each month's invoice will be due on the 15th day of that month. If the 15th day of the month falls on a holiday or weekend, then payment is due on the first business day after the 15th.
- If you elect to pay your account by ACH, the total amount of each invoice will be deducted from your checking account automatically on the 1st day of the month (or the first business day after the 1st if the 1st falls on a weekend or holiday).
- If you elect to pay your account by credit card with auto pay or an on demand payment, the total amount of each invoice plus a \$0.30 dollars per transaction with a 2.95% transaction fee will be charged to your credit card. Auto pay will automatically bill on the 1st day of the month (or the first business day after the 1st if the 1st falls on a weekend or holiday).
- Accounts not paid on or before the 15th day of the month will be assessed a \$30 late fee (which will be included on the next month's invoice). Please note that if you pay by check, the payment must be received in the PO Box on or before the due date to be considered paid on time.
- Accounts that remain unpaid at the close of business on the last business day of the month will be deactivated and swimmers in such families will not be permitted to attend any FAST events (including practices and meets) until the past due payment, late fees, and \$20 reactivation fee are paid in full. Any member whose account is deactivated because of nonpayment will be required to make all payments by credit card or ACH after reactivation.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## Code of Conduct

The mission of FAST Swim Team is to develop excellence in swimming through proper technique, good sportsmanship, family participation, team unity and individual accomplishments. FAST experience will provide opportunities for social, emotional and educational development of swimmers, empowering them to face challenges in and out of the water throughout their lifetime.

The FAST Swim Team vision is to create a team atmosphere promoting success and inclusion in a healthy, fun, safe and supportive environment

In accordance with our mission and vision, all members of FAST are not only expected to comply with USA Swimming-mandated policies, but to promote FAST values when interacting with other FAST members, coaches, staff, volunteers, facilities and other teams. FAST coaching staff and board of directors are committed to provide a safe, positive environment for our athletes to be able to succeed in and out of the pool and to grow into healthy, responsible adults.

These values will be reinforced throughout the year by the coaching staff in practices, electronic communication and at parent meetings. Members not upholding our tradition of positive behavior in or out of the pool will be given guidance on how to model their personal behavior. There is a wide gap between not meeting your best potential and acting willfully against the team's mission. In instances where personal behavior is threatening to others, facilities, the reputation of FAST or in violation of local laws, timely and appropriate repercussions may be given to the individual(s) in violation of FAST policies up to, and including loss of membership privileges. FAST Head Coach will evaluate issues of athlete or coach conduct. The FAST Board of Directors will evaluate issues of non-athlete conduct.

The following areas of concern are specific and the most common areas everyone needs to be aware of. However, this should by no means be considered a complete list. Below is FAST code of Conduct:



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## General Conduct:

- All members – swimmers, parents, volunteers, and coaches are to treat each other with respect. During events where FAST interacts with other members or nonmembers of USA Swimming, they should be treated with the same respect.
- Use, sale or distribution of any drugs that are illegal, per local law, or banned as per USA Swimming's Performance Enhancing Drug policy (other than for medical condition) is prohibited for any athlete or employee of FAST.
- Swimmers should arrive within 15 minutes of practices and meets, with the appropriate equipment/uniform, to be prepared to swim (but not earlier unless supervised by a parent or guardian).
- Swimmers should be picked up promptly after practice is finished, no later than 15 minutes after the listed practice end time. Those who continually pick up their children more than 15 minutes after the end of practice may be subject to a fee equivalent to the highest hourly coach pay for every occurrence of a late pick up.
- Bleacher talk should be appropriate for a youth athletic environment so as to create a positive environment for our athletes, coaching staff, and other parents. Negative talk about athlete performances, coach/team decisions and direction, coaching from the bleachers, and the like are not acceptable.
- Open communication is encouraged and should be directed to the appropriate FAST staff member.
  - For questions regarding your swimmer's training, meet attendance, behavior at practice, or anything related to the swimming side of the program, please contact your swimmer's lead deck coach during their office hours, prior to the start of practice, or after practice. The head coaches may be looped in for any questions a lead coach may not be able to answer.
  - Questions about your account, meet worker requirements, and other non-swimming related questions should be directed to the team Administrative Assistant.

## Locker Room Conduct

- The locker room at all practice and meet facilities is for athletes to change clothes, use the restroom and shower. Deck changing is prohibited. Loitering in locker rooms is not allowed.
- Swimmers should not leave any items in a locker room that is not locked in a locker. If we do not have an agreement with a facility that we may use the lockers then no items should be left in the locker room.
- Parents and siblings of athletes are required to use a separate bathroom from the locker room.
- Team members should report conditions in the locker room to coaches immediately inconsistent with a safe locker room environment.
- Cell phones are not to be used in any way in the locker room.
- All using the locker rooms will follow team code of conduct and limit their time to no more than 10 minutes in the locker room.





P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## Electronic Communication Policy of FAST

FAST (the “Club”) recognizes the prevalence of electronic communication and social media in today’s world. Many of our swimmers use these means as their primary method of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

### GENERAL CONTENT

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- Drugs or alcohol abuse
- Sexually oriented conversation; sexually explicit language; sexual activity
- The adult’s personal life, social activities, relationship or family issues, or personal problems; and
- Inappropriate or sexually explicit pictures
- Note: Any communication concerning an athlete’s personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: “Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?” or “Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient’s parents, the coaching staff, the board, or other athletes?”

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is **T**ransparent, **A**ccessible and **P**rofessional.

*Transparent:* All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

*Accessible:* All electronic communication between coaches and athletes should be considered a matter of record and part of the Club’s records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

*Professional:* All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the **T.A.P.** criteria, then it is likely your method of communication with athletes will be appropriate.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

### **FACEBOOK, BLOGS, AND SIMILAR SOCIAL MEDIA SITES**

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Club join their personal page as a “friend.” A coach should not accept any “friend” request from an athlete. In addition, the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to “private message” each other through Facebook. Coaches and athletes are not permitted to “instant message” each other through Facebook chat or other IM method. Our FAST coaches are also encouraged to refuse friend requests from parents of the team.

The Club has an official Facebook page that athletes and their parents can “friend” for information and updates on team-related matters.

Coaches are encouraged to set their pages to “private” to prevent athletes from accessing the coach’s personal information. FAST also encourages our coaches to refuse friend requests from parents.

### **TEXTING**

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from **8:00 am-8:00 pm with a guardian included** (unless it’s an emergency - i.e. morning practice cancellation that would start before 8:00 am). Texting only shall be used for the purpose of communicating information directly related to team activities.

### **EMAIL**

Athletes and coaches may use email to communicate between the hours of 8:00 am and 8:00 pm. When communicating with an athlete through email, a parent, another coach, or a board member must also be copied (unless it’s an emergency - i.e. morning practice cancellation that would start before 8:00 am).

### **REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS**

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## SECTION TWO: REGISTRATION DOCUMENTS

### 2023-2024 FAST Prep Schedule and Fees

Focusing on **Fun And Stroke Technique**, FAST Prep is our entry-level group and introduces participants to their first competitive swimming experience. This session-based program will be divided into 14 and under swimmers in 8th grade and below and 13 and over swimmers who are in high school or ready for more advanced training. There are separate sign-ups for each session by location and by age group.

**14 & Under FAST Prep:** Our FAST Prep group is a session based group offering 4 sessions during the 2023-2024 school year and 1 summer session. The sessions average 9 weeks in duration with typically 2 practice sessions offered per week each practice being 1 hour long. Swimmers in the 14 and under groups will swim twice a week for an hour.

**13 & Over Senior FAST Prep:** Our Senior FAST Prep group is a month-to-month group. Swimmers will pay a fee for each month that they swim with this group. Fees will not be prorated for swimmers who join mid-month or swimmers who stop swimming mid-month.

**Swimmers in the 13 & Over Senior groups at Pattonville Senior, Principia School, and UMSL will swim twice a week for an hour and a half, and they will get to choose any 2 practices with the Senior 1 group at their sign-up location.**

**Swimmers in the 13 & Over/Senior group at Lindbergh Senior will swim on Monday and Thursday evenings from 7:00-8:15pm. Please see the Lindbergh FAST Prep registration packet for full details.**

**FAST Prep swimmers must be registered with USA Swimming** and will be offered the option to compete in USA Swimming meets that FAST coaches recommend for this group.

The annual team registration fee does not apply to swimmers in FAST Prep group. If a swimmer advances to one of FAST's year round training groups, the annual training fee will be charged to the account, if it was not already charged for sibling swimmers on the account for the 2023-2024 season.

FAST apparel is required of FAST Prep swimmers who plan to compete in meets. Swimmers who do not plan to compete at meets may still purchase FAST apparel during registration if they wish.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## FAQs of FAST Prep

### **Does my child need to be evaluated before joining FAST Prep?**

Yes. The FAST coaches will need to evaluate all swimmers prior to joining this group to determine if it is the right fit.

### **Who should sign up for FAST Prep?**

This group is for novice 14 & Under swimmers who are too advanced for the FAST Swim Lesson program but not quite ready for our year-round team groups. This is also a great first “taste” of competitive swimming without having to fully commit to a year-round team.

### **Who should sign up for Senior FAST Prep?**

This group is for 13 & over swimmers who are unsure if they are ready to commit to a year round program or wish to use this as a way to stay in shape for their high school swim seasons..

### **Can my FAST Prep swimmer compete in swim meets?**

Yes, FAST Prep swimmers may compete in swim meets that are appropriate for FAST Prep swimmers with coach approval. Our FAST philosophy is to make sure a swimmer is ready to legally compete in a race before sending a swimmer to a meet to compete in that event as it can be frustrating and demoralizing for a swimmer to continually go to meets and disqualify in events that they are not ready to compete in.

### **Do I have to pay the annual registration fee when joining FAST Prep?**

The annual FAST team registration fee does not apply to swimmers in the FAST Prep groups. When a swimmer advances to one of FAST's year-round training groups, the \$200 annual training fee will be charged to the account (if it was not already charged for sibling swimmers on the account for the 2023-2024 season).

### **Do I have to work FAST hosted swim meets as a parent of a FAST Prep swimmer?**

If your FAST Prep swimmer participates in a FAST hosted swim meet, you will be required to work 1 session (approximately 5 hours) at that meet. Otherwise, FAST Prep parents do not have a meet worker obligation to the team.

### **Can we make up practices at other FAST locations if we cannot make our scheduled practice at our regular location?**

There are no make-up practices offered for practices missed for any reason. If FAST cancels a practice, a refund will be given for that canceled practice. This is not meant to be punitive; FAST Prep is a popular group that regularly fills at all locations, and to ensure that we are not overcrowding lanes or creating an unsafe environment, we do not allow swimmers to float between locations.

### **Does FAST pro-rate my fees if we start the session late?**

FAST will not pro-rate for late sign-ups. Please mark your calendars and ensure that your child has been evaluated and is signed-up prior to the start of the session.

### **Does my child need to be registered with USA Swimming?**

FAST Prep swimmers must be registered with USA Swimming. This \$76 fee will be charged to your FAST account and must be paid for your child to continue to attend FAST practices.

### **Does my child need FAST apparel?**

FAST apparel is required of FAST Prep swimmers who plan to compete in meets. Swimmers who do not plan to compete at meets are still able to purchase FAST apparel during registration if they wish.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

**Do I have a mandatory fundraising requirement as a parent of a FAST Prep swimmer?**

No. FAST runs a Swim-a-thon once a year which is our only team fundraiser. This is a fun, all-team event where FAST Prep swimmers are welcome and encouraged to attend. If the FAST Prep swimmer attends, they must raise a minimum of \$50 to participate. Swimmers who do not wish to participate are not required to fundraise; all are welcome to do so if they wish and can earn the incentive prizes that are offered throughout the fundraising weeks.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## 2023-2024 Group Fee Schedule

**Year-round training groups-** Swimmers in these groups are expected to swim with FAST until the end of the season. At the time of registration the team registration fee and apparel fee will be collected.

*If paying the registration fees at one time creates a hardship or paying training fees throughout the season creates a hardship, please contact Angie Dorsey to work out alternate arrangements.*

<u>Group</u>	<b>Training Fees for Pattonville and Principia sites</b>
Age Group 1	9 installments of \$110 (for a total of \$990)
Age Group 2	9 installments of \$145 (for a total of \$1305)
Age Group 3	9 installments of \$195 (for a total of \$1755)
Select	9 installments of \$210 (for a total of \$1890)
Senior 1	9 installments of \$180 (for a total of \$1620)
Senior 2	9 installments of \$210 (for a total of \$1890)
Senior Select	9 installments of \$225 (for a total of \$2025)*
National	9 installments of \$245 (for a total of \$2205)*

*\*These groups are only offered at Pattonville High School*

<u>Group</u>	<b>Training Fees for UMSL site**</b>
Age Group 1	9 installments of \$95 (for a total of \$855)
Age Group 2	9 installments of \$130 (for a total of \$1170)
Senior 1	9 installments of \$145 (for a total of \$1305)
Senior 2	9 installments of \$175 (for a total of \$1575)

*\*\* Age Group 3 and Select may be added to the UMSL site as needed.*

Unless paid in full at registration, training fees are billed in 9 equal installments until the full amount is paid or the season ends.

**“One Payment” Discount:** Any family paying the total training fee by check on or before September 15, 2023 will receive a 5% discount.

**Multi-Swimmer Discount:** Families having 3 or more swimmers enrolled in FAST, including FAST Prep, will be eligible for a multi-swimmer discount for training fees. Families with 3 swimmers will receive a 10% discount. Families with 4 or more swimmers will receive a 15% discount. These discounts only apply to training fees (and not administration or other fees or charges or swim lesson charges).

**Meet Fees:** Meet fees will be charged to your account during the month in which FAST submits payment for such meet to the host team and will be included on the invoice generated on the first day of the following month. Please note that once FAST submits payment to the host team for a meet, meet fees for that meet are nonrefundable whether a swimmer who signed up for that meet swims in the meet.

**Insufficient Funds:** A charge of \$25 for any check or debit returned for insufficient funds or closed accounts will be charged to your FAST account and included on your next invoice.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

## **Practice Locations and Schedule**

### **Pattonville High School**

2497 Creve Coeur Mill Rd, Maryland Heights, MO 63043

### **Principia School**

13201 Clayton Rd, St. Louis, MO 63131

### **University of Missouri-St. Louis**

#### **Mark Twain Building**

211 Mark Twain Dr, St. Louis, MO 63121

### **Lindbergh High School**

5000 S Lindbergh Blvd, St. Louis, MO 63127

### **Maplewood/Richmond Heights Aquatic Center - 50 meter outdoor pool for summer use only**

7550 Lohmeyer Ave, Maplewood, MO 63143



P.O. Box 8595  
 St. Louis, MO 63126  
 (314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

**Practices for the 2023-2024 season begin on August 21!**

<b>Pattonville:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>FAST Prep</b>		5:30-6:30		5:30-6:30			off
<b>Age Group 1</b>	5:30-6:30	off	5:30-6:30	off	off	10:45-11:45 am @ Principia	off
<b>Age Group 2</b>	off	5:30-7:00 (dryland 5:30-5:45)	off	5:30-7:00 (dryland 5:30-5:45)	5:30-6:45	9:30-10:45 am @ Principia	off
<b>Age Group 3</b>	(Dryland 6:45) 7:00-8:30	5:30-7:00	(Dryland 6:45) 7:00-8:30	5:30-7:00	off	8:00-9:30 am @ Principia	off
<b>Select</b>	5:30-7:15 (dryland 7:00-7:15)	7:00-8:30 (dryland 6:30-7:00)	5:30-7:15 (dryland 7:00-7:15)	off	5:30-7:00	7:00-9:00 am	off
<b>Senior 1</b>	7:00-8:30	5:30-7:00	off	7:15-8:30	5:30-7:00	7:00-9:00 am	off
<b>Senior 2</b>	5:30-7:00	Dryland 6:00-6:30 6:30-8:30		Dryland 6:15-6:30 6:30-8:00	5:30-7:00	7:00-9:00 am	off
<b>Senior Select</b>	5:00-6:30 AM @ Lindbergh (dryland 6:15pm) 6:30-8:30 pm	Dryland 6:00-6:30 6:30-8:30	(dryland 6:15) 6:30-8:30	(Dryland 5:00) 5:30-7:30	5:00-6:30 AM @ Lindbergh OR 5:30-7:00 PM	7:00-9:00 am	off
<b>National</b>	5:00-6:30 AM @ Lindbergh (dryland 6:15pm) 6:30-8:30 pm	Dryland 6:00-6:30 6:30-8:30	(dryland 6:15) 6:30-8:30	(Dryland 5:00) 5:30-7:30	5:00-6:30 AM @ Lindbergh 5:30-7:00 PM	7:00-9:00 am	off
<b>Principia</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>





P.O. Box 8595  
 St. Louis, MO 63126  
 (314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

			<b>y</b>				
<b>FAST Prep</b>			6:00-7:00			10:45-11:45 am	off
<b>Age Group 1</b>	7:30-8:30	6:00-7:00	off	6:00-7:00	Off	10:45-11:45 am	off
<b>Age Group 2</b>	6:00-7:30 (dryland)	7:15-8:30	Off	7:15-8:30	6:00-7:30 (dryland)	9:30-10:45am	off
<b>Age Group 3</b>	6:00-7:30	7:30-9:00 (Dryland 7:15 - 7:30)	6:00-7:30	7:30-9:00 (Dryland 7:15 - 7:30)	6:00-7:30	8:00-9:30am	off
<b>Select</b>	dryland 5:45-6:00 pm swim 6:00-7:30 pm	swim 6:00-7:30 pm dryland 7:30-7:45 pm	dryland 7:15-7:30 pm swim 7:30-9:00	dryland 5:45-6:00 pm swim 6:00-7:30 pm	5:30-7:00 @ Pattonville	7:00-9:00am @ Pattonville	off
<b>Senior 1</b>	7:30-8:45	5:45-7:30	7:30-8:45	5:45-7:30	Off	7:00-9:00am @ Pattonville	off
<b>Senior 2</b>	7:30-9:00	5:45-7:30 (dryland)	7:30-9:00	5:45-7:30 (dryland)	off	7:00-9:00am @ Pattonville	off

<b>UMSL</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>FAST Prep</b>	5:30-6:30		5:30-6:30				
<b>Age Group 1</b>	off	5:30-6:30	off	5:30-6:30	off	10:45-11:45 am @ Principia	off
<b>Age Group 2</b>	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	off	9:30-10:45am @ Principia	off
<b>Senior 1</b>	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	off	7:00-9:00am @ Pattonville	off
<b>Senior 2</b>	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00 @ Pattonville	7:00-9:00am @ Pattonville	off

<b>Lindbergh</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
------------------	---------------	----------------	------------------	-----------------	---------------	-----------------	---------------



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

			y				
<b>FAST Prep</b>	6:00-7:00p m			6:00-7:00p m			
<b>HS FAST Prep</b>	7:00-8:15p m			7:00-8:15p m			



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

### Online Registration Process:

- Go to [www.FAST-swimming.com](http://www.FAST-swimming.com) and click “Join Team” on the home page and click on the green “register now” button on the bottom of that page.
- For returning members, click the button that states “I am logged in and will use this account: < **your user log in email address and the name on the account** >”
- For new members, click the button that states “I am a new user or I am not sure if I already have an account. This is the email I want to use”
- Click “Continue”
- Complete the fields on the following online pages and click “Continue” at the bottom of each page. For the question “Register to this Group”, returning members should choose the button indicating the group assignment they have received from their lead deck coach and new members should choose the group assigned by the coach at evaluations.
- Choose your payment method and proceed to the checkout page. Registration payments must be made by check or credit card. You will not be able to set up ACH processing until after you are registered. Please note that a \$0.30 dollar per transaction with a 2.95% transaction fee will be added if you choose to pay your registration fees by credit card.
- Your registration is not complete until your payment is received. As noted above, if you are paying by check, the payment needs to be mailed to the post office box address: FAST, P.O. Box 8595, St. Louis, MO 63126.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

**Ozark Outreach for USA Swimming Registration and Meet Fees:** The Ozark LSC offers reduced fees for USA Registration and assistance with meet fees for families in need. The yearly income guidelines that are used by school districts to qualify children for the Federal Free and Reduced Lunch Program are used to qualify Ozark Outreach swimmers. A swimmer does not have to participate in the actual lunch program in order to qualify.

A copy of one of the following items are required to show proof of need:

- Federal Free and Reduced Lunch Program Verification Form
- Medicaid Card
- Food Stamp Letter
- Current signed Federal Tax Return that shows that the guidelines have been met

If you believe that you qualify for the Ozark Outreach program, please contact the team Business Manager. Ozark Outreach does not help with the cost of FAST training fees.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

Simplify your life with monthly automatic Swim Club payments!

FREE Electronic Withdrawal! No Checks! No Late Fees! No Hassle!

Electronic withdrawal is recommended for all FAST members (new or returning).

### **Frequently Asked Questions**

#### **What is Electronic Withdrawal?**

ACH is a paperless alternative to writing checks. You simply pre-authorize your payments to be made automatically and electronically by your financial institution.

#### **What does ACH offer me?**

ACH allows you to make your payments without having to remember to write checks every month. ACH payments happen on time, every time.

#### **How much does it cost?**

\$0.30 plus 1.25% of the transaction amount.

#### **When is the payment transferred from my account?**

The automatic transfer is always made on the same day of each billing period. The automatic withdrawal will occur on the 1<sup>st</sup> day of each month or the closest banking day to the 1<sup>st</sup> if that date falls on a weekend or holiday.

#### **How will I know that my payment has been made?**

Your payment is itemized on your bank statement.

#### **What if I disagree with the charges?**

The amount collected is transferred automatically from our billing system to ensure accuracy. We can still easily review the charges with you and make adjustments if necessary. Those adjustments would be reflected on your next month's invoice.

#### **Who has access to my account?**

No one but you and your financial institution. To use ACH, you authorize your financial institution to make the payments. Your financial institution automatically makes your payment on your behalf, but only with authorization.

#### **Can I cancel the service?**

Yes. You can cancel at any time if you end your membership with FAST or change your payment schedule and make one payment per year.

For additional information, please contact FAST Executive Director at 314-852-5216.



P.O. Box 8595  
St. Louis, MO 63126  
(314) 852-5216  
[www.fast-swimming.com](http://www.fast-swimming.com)

# FA\$T Scrip Program

## Buy Gift Cards through FA\$T's Scrip Program

**Help Your Team When You Buy Things You're Already Buying! With FA\$T's Scrip Program, buying gift cards from participating merchants rebates a percentage to help our team.**

Here's How You Get Started

1. Download the FA\$T Scrip Order Form.
2. Send an email to [admin@fast-swimming.com](mailto:admin@fast-swimming.com) to submit an order electronically.
3. Pay for the cards at pickup! Orders received on the last Monday of the month can be picked up on the following Monday. Payment for the FA\$T Scrip program will not be directly billed via Team Unify.