

Welcome to the FAST swim team!

We are pleased to welcome you to the 2025-2026 season at FAST. Online registration will open for returning families on June 1st. Registration will open for new families beginning June 16th. Priority for location for returning families will be as follows:

1st Tier- Families who have been swimming at and have paid for the whole year at that site will get priority to register at their location. This will include swimmers at that location that will be moving up into a different group.

2nd Tier- Swimmers who joined mid-season, after January 1, 2025.

The final tier will include new families to our program next season

Returning families are encouraged to register prior to June 16, 2025 to ensure their preferred location. After the 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 2024-2025 season (For those registering before July 21)
2. New families who are Pattonville School District residents
3. 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 for our Pattonville, Principia, and UMSL locations will be Tuesday June 10, June 24, and July 8 at Pattonville High School at 7:15pm and Monday, June 16, June 30, July 14, July 21 at Principia School. Lindbergh Specific evaluations will be held at Lindbergh High School on a date TBD. Appointments for our group evaluation days can be made by clicking [HERE](#) to reserve a spot.

Returning swimmers should register for their current 2024-2025 season group. Coaches will email 2025-2026 group placements the week of July 27, 2025.

If you have questions about the team, please email the FAST office at fastoffice@fast-swimming.com or call or message the office at 314-208-7610.

Practices for the 2025-2026 season begin the week of August 25th!



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Be aware that by continuing with your FAST registration that you will be required to volunteer at FAST home hosted swim meets.



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SECTION ONE: IMPORTANT TEAM INFORMATION

FAST Group Move-Up Guidelines

The **coaching staff** makes decisions on group placement based on a season-long process of watching swimmers daily practice and meet habits for returners. These are guidelines that help the coaching staff place athletes in the appropriate practice groups and are not absolute. The coaching staff and head coach have final say on all group assignments regardless of written guidelines. All group assignments are subject to change by the coaching staff at any time throughout the duration of the swim season.

These are entrance requirements and should be looked at as such. Each group will be trained to improve in all aspects of their swimming and to aim beyond the next group's requirements creating a progressive long term approach.

At times throughout the season, coaches promote a collection of swimmers to new practice groups. During these "move-up" periods, there are swimmers and parents of swimmers who struggle to understand the decision process used in determining whether or not a swimmer should be promoted. The following is a rough outline of factors the coaches use when determining practice group "move-ups."

1. For a swimmer to advance to the next practice group, there must be space available in the next group. The current size of the team makes this evaluation a harsh reality. There will be swimmers who are ready to advance, but don't because there isn't space for them. Be assured, coaches will make sure swimmers are challenged regardless of their group placement.
2. For swimmers to be eligible for a group promotion, they must have been swimming with the team in the two months prior to the evaluation period.
3. Lane leadership experience in the current practice group is a key consideration in group promotion.
4. Swimmers attending the expected number of practice sessions for their group will be considered for promotion.
5. Swimmers consistently completing all practice sets on the prescribed intervals will be considered for promotion.
6. A swimmer's behavior at practice is considered when determining move-ups. Swimmers listening to the coach's instructions, not disrupting practice, behaving maturely, encouraging their teammates, and giving appropriate effort during practice will be considered for promotion.
7. A swimmer's age will be considered. When possible, an attempt will be made to keep swimmers of similar ages in the same practice groups.
8. A swimmer's participation in FAST attended meets will be considered.
9. A swimmer's participation in qualifying meets such as Division 1 Age Group Championship, Senior Championships, A Champs and Sectionals is considered.
10. We at FAST understand that some of our swimmers enjoy swimming for their high school teams. High school performance is not factored into group advancements and swimmers will return to the group they swam with prior to their high school season.



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FAST Group Progression 2025-2026

FAST Prep: 12 & under OR 13-17

Our entry level group will introduce participants to their first competitive swimming experience. 12 and under 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. 13-17 year olds must be able to complete a 50 of both freestyle and backstroke in good form as well as have a basic understanding of breaststroke and butterfly.

High School FAST Prep: ages 14-18

High School FAST Prep is for high school aged swimmers who want to stay in shape for their high school season. These swimmers may swim twice per week with our Senior 1 group and must meet the requirements of our Senior 1 group to be able to participate.

Age Group 1: ages 6-11

This group is designed for swimmers between the ages of 6 and 11 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.

Middle School Age Group: ages 11-14 (NOT site specific)

Swimmers in this group are new to club swimming, or have completed time in a summer league team, or have advanced from Age Group 1 who need extra work refining strokes, and are between the ages of 11-14. Their skills are still at an introductory level and have the basic knowledge of all 4 strokes that they will receive more specific skill work in practices to build their stroke technique and begin to learn how club practices train for the sport. This group is offered 2 nights a week at Principia, 2 nights a week at Pattonville, and Saturday mornings at Pattonville. Swimmers are recommended to attend 4 practice sessions per week.

Age Group 2: ages 9-13

Age group 2 swimmers will range in age from 9 to 13 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 and are working towards achieving BB times in their age group.

Age Group 3 ages 10-13

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 multiple BB times. 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.



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Select: ages 12-14 - Currently offered at Pattonville and Principia only

The select group is designed for 12 -14 year old swimmers who have advanced from Age Group 3, Senior 1, or transferred from another club team. Select swimmers typically will have multiple 13-14 BB times, including at least a 100 of stroke in butterfly, backstroke, or breaststroke along with any freestyle event. Select swimmers should also have excellent stroke mechanics coming into the group that will be further developed in more detail. Swimmers in this group will be expected to attend and complete an average of 4.5 practices per week 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, and are proficient in all four strokes and can handle a swim club team-style workout. 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 Typically 13.5-18 - offered at Pattonville only

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 methods and tools. Training volume will increase and race strategy will become a primary focus as the athlete matures in the sport. Senior 2 swimmers will typically range in age from 13.5-18 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. 7-8 practice sessions are offered each week and attending at least 5 sessions per week is recommended to be successful in this group.

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

Senior Select swimmers advance from other groups or transfer in from other clubs and will range in age from 14-18 years old. Swimmers in this group will have achieved 15-18 A times, meet attendance recommendations consistently, demonstrated a positive practice and meet attitude, and are committed to swimming as a primary activity and setting long term goals in the sport. Swimmers in this group will participate in all meets recommended by their lead coach. 8-9 practice sessions are offered each week and attending at least 6 sessions per week is recommended to be successful in this group.

National: ages 15-18 - offered at Pattonville only

FAST's National group is reserved for swimmers who have met attendance recommendations consistently, and achieved a Sectional qualifying time in at least one event, 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 participate in all meets recommended by their lead coach. 8-9 practice sessions are offered each week and attending at least 6 sessions per week is recommended to be successful in this group. National swimmers will receive a team warm-up and Speedo bag.



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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. They will be held prior to the first practice of the season at the FAST office.

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 expected to attend. You will be notified by email the date and time of this meeting.

Team photo: Early in the season FAST will take an all team photo. **The location and date will be posted once determined.**

Team apparel outfitting: At your child's group meeting at the FAST office, you will be able to try on sample sizes of team suits, parkas, and warm-ups to be able to order from our preferred Speedo provider, Simply Swimming.

FAST Uniform: FAST swimmers who will compete in swim meets are required to have our 3 FAST t-shirts and green FAST swim cap as their team uniform. A google form will be provided to order these items.

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 2025-2026 season. The tentative dates are listed on page 9 of this document.

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

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 fastoffice@fast-swimming.com.

Volunteering: FAST, like all USA Swimming Clubs, requires volunteers to make our organization work effectively. Our greatest need and requirement for volunteers is our home hosted swim meets.

Leaving the team: Anyone leaving the team must give written notice prior to the last day of the month to fastoffice@fast-swimming.com 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.



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Fundraising Obligation: The 2025-2026 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 2025-2026 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 per swimmer: \$150



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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)



Be aware that by continuing with your FAST registration that you will be required to volunteer at FAST home hosted swim meets.



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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.



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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.

Currently, FAST is targeting to host/co-host 4 meets for the 2025-2026 season. The tentative dates are:

Fall FASTival, **November 21-23, 2025**, Pattonville High School

FAST Last Chance, **February 14-15, 2026**, Pattonville High School

Senior Champs, **March 6-9, 2026**, Pattonville High School*

John Traube Memorial **May 1-3, 2026** 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, hospitality and a minimal amount of timers for the weekend. Timers will also be provided by attending teams.*

ALL FAMILIES WITH SWIMMERS IN AGE GROUP 2, AGE GROUP 3, SELECT, SENIOR 1, SENIOR 2, SENIOR SELECT, AND NATIONAL ARE REQUIRED TO WORK THE JOHN TRAUBE MEMORIAL MEET IN MAY REGARDLESS OF YOUR CHILD'S PARTICIPATION IN THE MEET.*

Families with swimmers in Age Group 1, Middle School Age Group, and Senior FAST Prep who have children in the John Traube meet will also be required to work this meet.

The number of required sessions by roster group will be determined closer to the meet start date.

*This policy is in place because the John Traube meet is appropriate for all swimmers in these groups and the coaches encourage them to swim in this meet.

For the three other meets, the policy for our meet worker requirement is as follows:

- All FAST families need to work a minimum of 3 sessions total between these 3 meets (FASTival, LAST Chance, & Senior Champs).
 - 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.
- If your child is participating in one of these 3 meets, the expectation is that you will volunteer during that meet.
- FAST Prep and High School FAST Prep families are required to volunteer only if their child is entered in a FAST hosted meet.

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.**



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It is very appreciated and is a good representation of our team when FAST parents step up at other teams meets to be a timer and volunteering as a timer at another team's meet does not count toward your FAST meet worker requirement. It is expected at Ozark Championship meets that all teams provide timers, so please be prepared to help at these meets as necessary, if your child is participating in that meet.

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
- Or...

YOU CAN BUY OUT THE FULL SEASON OF MEET WORKER REQUIREMENT AT THE TIME OF REGISTRATION

The cost of buying out your meet worker requirement for the season is \$1200 due at the time of registration.

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 3 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 who work at least 2 sessions of FAST Last Chance will have Last Chance fees for one child credited back to their account on the March 1 invoice.
3. Officials who work at least 3 sessions of Senior Champs will have meet fees for that meet for one child credited back to their account on their April 1 invoice.
4. Officials who work at least 3 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 2025-2026 FAST swim season.



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The meet schedule for the season will be posted once we have information from Ozark Swimming.

Swim meets, meets with qualifying times, and time standards

Swim meets are an important part of what we do at FAST.

Why do we want children to compete in swim meets?

- The opportunity for swimmers to continue to improve on the sportsmanship skills they are developing at practice
- Help swimmers set, achieve, and surpass goals
- Cope with disappointments
- Experience camaraderie
- And much more! [Check out this article for more information about the importance of swim meets.](#)

On average, FAST coaches would like swimmers to compete in a swim meet about once a month.

FAST participates in many meets over the course of the season for swimmers to see the progress they are making at practice and to allow swimmers to achieve qualifying times for meets that require qualifying times to participate.

Meets with Qualifying times:

- **A Champs** - This meet is hosted every November, the weekend before Thanksgiving and requires swimmers to have an A time in at least 1 event to participate. A Champs does provide the opportunity for swimmers to swim bonus swims in events that they did not qualify in. This is an all ages meet but is a tough meet for 10&under swimmers to qualify for as it is so early in the season.
- **Division 1 Champs** - This meet is hosted the last weekend of February each year and is for 14 & under swimmers. Swimmers must have a BB time in an event to compete in that event in this meet.
- **Long Course Champs** - This meet is an all ages meet hosted the last weekend of July each year and swimmers must have a BB time in an event to compete in that event in this meet.
- **Sectionals** - This meet is an all ages meet held in Mid-March and Mid-July each year. Swimmers must have achieved a Sectional cut to swim at this meet.
- **Zones** - This is a 14&under Long Course meet for swimmers who have achieved a AAA time in their age group.

Parents are asked to be aware if their child has qualified for these meets as FAST expects that if you qualify for one of these meets, that you will attend. Furthermore, **swimmers who participate in these meets and other high level, prelim/finals meets, are expected to swim at finals if they qualify to do so unless otherwise communicated with a coach prior to the start of the meet.**

Time standards

The two primary time standards that FAST coaches use are:

[USA Motivational Age Group time standards](#)
[Region 8 Sectional time standards](#)



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Things for parents to remember about time standards

- The coaches will talk to swimmers about using these time standards to set realistic goals for their season.
- The parents need to be aware of the time standards so that they will know when their child qualifies for one of the meets listed above.
- As listed in our group descriptions on pages 4 & 5, many of our groups use time standards as one of many parameters to determine the best group placement for a swimmer. FAST takes many things into consideration when talking about moving a swimmer to the next group and the achievement of a time standard is only a small part of the consideration.
- Parents should remain their child's support system without getting overly focused on time standards and when your child achieves them, because we know that they will!
 - As a child's support system, FAST asks that parents remain cheerleaders for their children. Tell your child how proud you are of how they worked through a tough practice or were a good teammate. Ask your child how they thought they did at practice or at a meet..
- Parents should focus on their swimmer and not compare swimmers in the program. It is almost never an apples to apples comparison because of gender, birth dates, and each child's individual physical and emotional maturing.
 - It can be very easy to look at your child's group or other groups and believe that as a parent you see the whole picture of which swimmer should be in which group and who should be moving and who should not have been moved. Our coaching staff is constantly evaluating swimmers' progress. This progress will vary from child to child and from year to year. For the boys, the hardest age group to achieve time standards is 13-14. For the girls, the hardest group to achieve time standards is 11-12. This is because the girls tend to have bigger growth spurts in the 11-12 age group and boys in the 13-14 age group.



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USA Swimming Registration

All FAST swimmers must be registered members of USA Swimming. There is a \$84 fee to register with USA Swimming. The FAST staff will be responsible for registering all swimmers with USA Swimming.



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Payment Policy

- \$84 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 15 for more information.
- 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 5th day of the month (or the first business day after the 5th if the 5th 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 5th day of the month (or the first business day after the 5th if the 5th falls on a weekend or holiday).
- All accounts must have a credit card on file. Accounts not paid on or before the 15th day of the month will have the on file card run by the FAST billing office. If the card is declined, a \$30 late fee will be assessed (which will be included on the next month's invoice). Please note that if you pay by check, the payment must be received at the FAST office 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.
- If your family is struggling with paying your FAST bill, please contact the office at fastoffice@fast-swimming.com to work out an alternative payment plan.
- If your family qualifies for Free/Reduced Lunch or Medicaid, please see page 30 for more information.



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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:

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 15 minutes prior to the start 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.



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- 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.

Code of Conduct Violation Outcomes

If swimmer(s) and/or parent(s) violate FAST's Code of Conduct, possible disciplinary outcomes can be, and are not limited to, the following:

- Email/phone call to/with parents
- Meeting with parents
- Up to a ninety (90) day suspension from FAST Swimming, report to USA Swimming
- Incident, behavior, etc. reported to USA Swimming and expulsion from FAST Swimming, Ozark Swimming, USA Swimming

Swimmers and parents will be asked to participate in a discussion of FAST's Code of Conduct at the start of the season that will be a part of the beginning of the year group meetings and will both be required to sign their agreement to the Code of Conduct. Swimmers may not participate in any FAST activities until this agreement has been met.



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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.



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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.



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SECTION TWO: REGISTRATION DOCUMENTS

2025-2026 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 month-to-month 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-up by location and by age group.

FAST Prep: Our entry level group will introduce participants to their first competitive swimming experience. 12 and under 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. 13-17 year olds must be able to complete a 50 of both freestyle and backstroke in good form as well as have a basic understanding of breaststroke and butterfly

High School FAST Prep: High School FAST Prep is for high school aged swimmers who want to stay in shape for their high school season. These swimmers may swim twice per week with our Senior 1 group and must meet the requirements of our Senior 1 group to be able to participate.

Swimmers in the High School FAST Prep groups at Pattonville High school, Principia School, and UMSL will swim twice a week, they will get to choose any 2 practices with the Senior 1 group at their sign-up location.

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.

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.



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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 High School FAST Prep?

High School FAST Prep is for high school-aged (14-18) swimmers who want to stay in shape for their high school season. These swimmers may swim twice per week with our Senior 1 group and must meet the requirements of our Senior 1 group to be able to participate.

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 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 \$84 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.

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.



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2025-2026 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 1st of 9 installments along with the \$84 USA Swimming registration fee will be charged. For those registering between June 2025 and September 30, 2025, the 2nd installment will be billed on October 1. For those registering after September 30, 2025, you will be charged your 1st installment at registration and subsequent installments on the first of each following month.

Swimmers who will take a break or leave the team must notify the FAST office no later than 7 days prior to the end of a month to stop their billing of training fees for the next month.

Group	Training Fees for Pattonville site
FAST Prep	\$100 per month that the swimmer participates
13 -17 FAST Prep	\$50 per month that the swimmer participates
Age Group 1	9 installments of \$143 (for a total of \$1287)
Middle School Age Group	9 installments of \$181 (for a total of \$1629)
Age Group 2	9 installments of \$181 (for a total of \$1629)
Age Group 3	9 installments of \$234 (for a total of \$2106)
Select	9 installments of \$251 (for a total of \$2259)
High School FAST Prep	\$150 per month that the swimmer participates
Senior 1	9 installments of \$240 (for a total of \$2160)
Senior 2	9 installments of \$261 (for a total of \$2349)
Senior Select	9 installments of \$268 (for a total of \$2412)
National	9 installments of \$288 (for a total of \$2592)

Group	Training Fees for Principia site
Age Group 1	9 installments of \$143 (for a total of \$1287)
Middle School Age Group	9 installments of \$181 (for a total of \$1629)
Age Group 2	9 installments of \$181 (for a total of \$1629)
Age Group 3	9 installments of \$234 (for a total of \$2106)
Select	9 installments of \$251 (for a total of \$2259)
High School FAST Prep	\$150 per month that the swimmer participates
Senior 1	9 installments of \$240 (for a total of \$2160)

Group	Training Fees for UMSL site**
FAST Prep	\$100 per month that the swimmer participates
Age Group 1	9 installments of \$128 (for a total of \$1152)
Age Group 2	9 installments of \$169 (for a total of \$1521)
Age Group 3	9 installments of \$200 (for a total of \$1800)
High School FAST Prep	\$150 per month that the swimmer participates
Senior 1	9 installments of \$210 (for a total of \$1890)

***** Select may be added to the UMSL site as needed.***

Group	Training Fees for Lindbergh site
FAST Prep	\$130 per month that the swimmer participates



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Unless paid in full by September 15, 2025, 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, 2025 will receive a 5% discount.



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Multi-Swimmer Discount: Families having 2 swimmers enrolled in FAST year-round training groups will be eligible for a 5% multi-swimmer discount for training fees. Families with 3 swimmers will receive a 7.5% discount. Families with 4 or more swimmers will receive a 10% discount. These discounts only apply to training fees (and not administration or other fees or charges or swim lesson charges). **The discount will be given as a credit on the May 1 invoice rather than on each monthly invoice.**

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.



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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



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2025-2026 FAST Practice Schedule

Pattonville Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	recommended practices	no more than
Lessons						9:15-10:15 am		
Prep		5:30-6:30 pm		5:30-6:30 pm				
AG1	5:30-6:30pm		5:30-6:30 pm	7:30-8:30 pm @ Principia		10:30-11:30 am	3	3
MSAG	7:00-8:15pm	6:00-7:15 pm @ Principia	5:30-6:45 pm	7:30-8:45 pm @ Principia		9:00-10:15 am	3-4	5
AG2		5:30-7:00 pm	5:45-7:00 pm @ UMSL OR 7:30-8:45 pm @ Principia	7:15-8:30 pm	5:30-6:45 pm	9:00-10:15 pm	3-4	5
AG3	6:45-8:30 pm	5:30-7:00 pm	5:30-7:00 pm	6:45-8:30 pm	5:30-7:00 pm	9:00-10:30 am	4	5
Select	5:00-7:00pm	7:00-8:30pm	7:00-8:30pm	5:00-7:00pm	5:00-6:30am @ Pattonville or Lindbergh OR 5:30-7:00pm	7:00-9:00am	5	6
Senior 1	4:45-6:15pm	7:00-8:30 pm	5:45-7:30pm @ Principia OR 5:45-7:15pm @ UMSL	7:00-8:30 pm	5:00-7:00 pm	7:00-9:00am	4-5	5
Senior 2	5:00-6:30AM AND 7:00-8:30 pm	5:30-7:00PM	6:30-8:30	5:00-7:15 pm	5:00-6:30am @ Pattonville or Lindbergh OR	7:00-9:00am	5-6	6



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					5:30-7:00p m			
Senior Select	5:00-6:30 am AND 6:15pm-8:30 pm	4:45-7:00 pm	5:00-6:30 am @ Pattonville 6-8:30 pm	4:45-7:00 pm	5:00-6:30a m @ Pattonville or Lindbergh OR 5:00-7:00p m	7:00-9:00a m	7	8
National	5:00-6:30 am AND 6:15pm-8:30 pm	4:45-7:00 pm	5:00-6:30 am @ Pattonville 6-8:30 pm	4:45-7:00 pm	5:00-6:30a m @ Pattonville AND Lindbergh & 5:00-7:00p m	7:00-9:00a m	7	8
Masters	5:00-6:30 am		5:00-6:30 am		5:00-6:30 am	5:30-7:00a m		
Principia	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	recommen ded practices	no more than
AG1	6:00-7:00 pm		6:00-7:00p m	7:30-8:30 pm		10:30-11:30 am @ Pattonville	3	3
MSAG	7:00-8:15 pm @ Pattonville	6:00-7:15 pm	5:30-6:45 pm @ Pattonville	7:30-8:45 pm		9:00-10:15 am @ Pattonville	3-4	5
AG2	6:00-7:15p m	5:45-7:15 pm	7:30-8:45 pm		5:30-6:45p m @ Pattonville	9:00-10:30 @ Pattonville	3-4	5
AG3	7:00-8:30p m	5:45-7:30p m	7:00-8:30p m	5:45-7:30p m	5:30-7:00p m @ Pattonville	9:00-10:30a m @ Pattonville	4	5
Select	5:45-7:30 pm	7:15-8:45 pm	7:15-8:45 pm	5:30-7:30p m	5:00-6:30a m @ Lindbergh or Pattonville OR 5:30-7:00p m @	7:00-9:00a m @ Pattonville	5	6



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					Pattonville			
Senior 1	7:15-8:45p m	7:15-8:45 pm	5:45-7:30p m	7:00-8:45p m	5:30-7:00p m @ Pattonville	7:00-9:00a m @ Pattonville	4-5	5
UMSL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	recommen ded practices	no more than
FAST Prep	5:45-6:45p m		5:45-6:45p m				2	2
Age Group 1		5:45-6:45p m	5:30-6:30p m @ Pattonville	5:45-6:45p m		10:30-11:30 am @ Pattonville	2	3
Age Group 2	5:45-7:00p m	5:45-7:00p m	5:45-7:00p m	5:45-7:00p m		9:00-10:30 @ Pattonville	3-4	5
Age Group 3	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm	5:30-7:00 pm @ Pattonville	9:00-10:30 am @ Pattonville	4	5
Senior 1	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm	5:30-7:00p m @ Pattonville	7:00-9:00a m @ Pattonville	4-5	5
Lindbergh FAST Prep	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Session 1	6:00-6:50 pm			6:00-6:50 pm				
Session 2	6:50-7:40 pm			6:50-7:40 pm				



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Typical No Practice Days

The following are dates that we know we typically take off during our season to be able to get on our calendars now: *(All scheduled dates are subject to change based on pool availability, FAST's immediate practice needs, schools' schedules and activity needs on campus, etc.):*

- **Labor Day weekend** (usually Friday before through Monday as Pattonville is typically closed these days - back on Tuesday after Labor Day)
- **Halloween**
- **Monday after A Champs / FASTival meet weekend**
- **Thanksgiving Day**

Pattonville High School is typically closed for their Thanksgiving Break (Wednesday through Sunday) where we move group practices to Principia

- **Christmas Eve**
- **Christmas Day**
- **New Year's Eve**
- **New Year's Day**

Pattonville High School is typically closed for their Winter Break where we move group practices to Principia

- **Martin Luther King Day** - Pattonville is usually closed the Saturday and Sunday before the day, and is a typical meet weekend FAST swimmers can attend
- **Presidents' Day** - Pattonville is usually closed the Saturday and Sunday before the day
- **Spring Break / Easter** - we try to look around the various schools' breaks that we rent from to pick the best time to take off in March - typically after all short course championship meets are concluded, and we also see how close to Easter weekend this is if this is just one in the same
 - **Easter** - the Wednesday before through Easter Sunday - back on Monday after Easter -
Pattonville has typically been closed the Friday and Saturday before Easter Sunday
- **Monday after the John Traube Meet** (early May)
- **Mother's Day**
- There is a possibility that we may be able to adjust our schedule towards the end of the month of May before the Memorial Day weekend if we're able to start swimming outside at Maplewood with at least the senior groups. This is all dependent on the readiness of the pool for the summer season and other teams reaching out to reserve space at the pool to see where we could fit.
- **Memorial Day weekend** - (typically Friday through Monday for Pattonville as they are typically closed these days - back on Tuesday after Memorial Day - this Tuesday is also typically the first day we're outside and on our summer schedule)
- Swim on the morning of **July 4th**, no evening practice on July 4th

Principia Girls' High School Swim Team uses their pool all of Saturday morning which does not allow for us to use it at that time during their winter season.

The UMSL pool did not close over breaks in 2024-2025, and we still need to understand that there may be alternate schedules in case the pool and/or campus needs to close when classes aren't in session throughout the school year.

We know that during the Spring Semester each season, water polo games are usually hosted at Pattonville High School which means that we will need to adjust our evening practice schedule at times to accommodate their games.



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Online Registration Process:

- Go to 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.



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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.



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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 1st day of each month or the closest banking day to the 1st 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 our office at fastoffice@fast-swimming.com