

Team Gear Sale  
Watch for info  
Coming in May!

See back for details

Join the fun!!!

**Sign-ups OPEN April 15th!**



WE WANT  
**YOU**  
ON OUR TEAM!

# HAST Summer League Swim Team

**NO TRYOUTS!**

## **New registration procedure!**

Sign up for swim team just like you do swim lessons.  
Pick your time according to swimmer level and age.

*First come basis*

## **ALL Swimmers MUST MEET THE MINIMUM REQUIREMENTS TO JOIN THE TEAM**

- Summer Swim Team begins May 27– July 23
- FEES: \$190 (Am. Fork resident), \$210 (non-resident)
- FREE water bottle and t-shirt!!
- Team Equipment requirements listed on back
- Swim meets will have an \$17.00+ entry fee.  
Many awards given at meets including participation awards, ribbons, medals, & trophies!

**WORKOUT TIMES:** 45 min. workouts

(6-13yr.): 12:30-1:15, 1:15-2:00, 2:00-2:45, 2:45-3:30, and 3:30-4:15 p.m. (M-F)

(13-17yrs.): 7:30-8:30 p.m. (1 hr.) (Monday-Thursday)

\*Team Equipment requirements listed on back



**MINIMUM  
REQUIREMENTS:**  
Swimmers **MUST** know  
freestyle w-side breathing,  
backstroke, and  
can swim these strokes  
across the pool (25 yds.)  
to **JOIN** the TEAM.

More info  
at our website  
[www.hilltopaquatics.org](http://www.hilltopaquatics.org)



# 2025 Summer League Swim Team information...

**PARENTS MEETING: FOR ALL PARENTS OF SWIMMERS THAT ARE PLACED ON THE HAST SUMMER LEAGUE SWIM TEAM ON THURSDAY, MAY 29TH @ 3:00, 5:00 OR 7:00 P.M.**

## NEW REGISTRATION system!!

**We are going to a registration system much like how swim lessons are set up.  
You choose the time, age, & level you want for your swimmer.**

### ALL swimmers MUST meet these MINIMUM REQUIREMENTS TO JOIN OUR TEAM:

**Swimmers MUST know: 1) freestyle w-side breathing, 2) backstroke and, 3) can swim these strokes across the deep end of the pool (25 yds.) to JOIN OUR TEAM.**

*If a swimmer does NOT meet these minimum requirements AFTER OUR PROGRAM BEGINS, they will be dismissed from the team, and **NO REFUNDS WILL BE GIVEN.***

## Swim Team workouts BEGIN on Tuesday, May 27th

- HAST Team Equipment...** Caps are **REQUIRED** for all girls on our team, boys optional. Fins are **REQUIRED** for 10 & under swimmers. They are not required for other age groups, although **strongly** encouraged! Equipment bags are also encouraged. Team suits (polyester, long-wearing solid navy suits) for boys and girls are optional. HAST caps, fins, equipment bags & team suits are all available at the FC front desk. **However, these items will not be available to purchase during the first week of swim team workouts.** Please purchase them **PRIOR** to the first day of workouts!!
- Team Gear PURCHASE DAY!!** The HAST Pro-Shop & AFFC will be having a "Get Ready for Swim Team" special sale day on **FRIDAY, May 23rd from 3:30-5:30 p.m.** Team equipment i.e., fins, HAST team suits (limited sizes), kickboards, gear bags, goggles, etc. will be available for you to get your gear for swim team!
- Workout times...** M-F, 45 minute sessions in the afternoon and early evenings. Workout groups are **by age & ability**. Our 7:30 p.m. (1 hr. M-Th) group is for 13 & older swimmers only. **The facility did give us cross pool lanes (in the afternoon) for 6-9 yr olds. Groups will strictly be by age.**
- Parent Support...** This is a volunteer organization that requires a lot of support from parents. Unlike most sports programs where the coach "does it all", in swimming it takes effort from everyone to make the program work. When you sign your child up to participate in the HAST Summer League Swim Team Program you are also signing yourself up to help make the program work -- especially at the meets!
- Minimum parent involvement includes:** (1) Making sure your swimmer is **on time** to all workouts. If they are more than 10 minutes late, they have missed the warm-up and will not be able to workout that day, (2) Signing your swimmer up for meets, (3) Encouraging your swimmer, because a "Personal Best Time" is the goal in swimming and: **(4) HELPING AT ALL MEETS!!**
- Admittance to the Fitness Center for workouts...** The Fitness Center is open to the public during swim team workout times. A swim team card will be issued to ALL SWIMMERS that MUST be scanned for entrance to the Fitness Center at the front lobby or the South Gate entrance. This card is **for swim team workouts only**, and will be given to each swimmer/parent during the first week of workouts and at the parents meeting. **Using this card at any other time will result in immediate dismissal from the team.**
- Public Swim AFTER Swim Team workouts...** If your swim team swimmers want to stay and play in the pool AFTER swim team practice, they will need to **pay for admittance** to the Fitness Center front desk or the south gate admission hut. Just because they are swim team members, does not give them the privilege to stay and "PLAY" without paying for it. **Swimmers abusing this rule will be dismissed from the team.**
- Meet Entry Fees...** Two meets will have an entry fee of \$17.00, the Red, White & Blue Medals Meet (\$25.00), and the Summer Finale Trophy Meet (\$28.00). Entries to any meets MUST be done ONLINE on the HAST website using your secure account and credit card on file. Meet Fees are accrued throughout the month in your account, and then subsequently billed to your credit card posted in your account on the 1st day of the next month.
- REFUNDS...** Refunds will be given (with request by email to team) if dropping out of swim team: **1) Full refund will be given up until May 20th, 2) from May 21-26th, a \$25 cancellation fee will be assessed to your refund, 3) after our program begins on May 27-30th, a refund of 1/2 your fee will be refunded to your card, 4) After May 30th, NO REFUNDS will be given.**

### **10. Parent Waiver and Release: HILLTOP AQUATICS SWIM TEAM - Summer Recreation Team**

In consideration of your accepting my child's participation in the Summer Swim Team program, I hereby, for myself, my child who is a juvenile, and our heirs, do waive and release any and all rights and claims for damages I or my child have against the City of American Fork the Hilltop Aquatics Swim Team organization, Utah Swimming, and USA Swimming or its representatives, for any and all injuries suffered by myself, my child or any member of my family, going to, coming from, or while at any American Fork City or HAST sponsored swim meet, workout, event or related activity for ordinary negligence. I acknowledge that swimming is a physically active sport that has some inherent risks to the participants. It is conducted in and around water or on a hard and sometimes slippery surface. Meets and workouts are held with or against other individuals whose actions cannot always be controlled or predicted. Possible injuries associated with the swim team include, but are not limited to: spine/neck injuries, leg/arm breaks or injuries, wrist/ankle sprains, ligament/cartilage tears concussions, eye injuries (scratch, gouge or loss), broken nose, loss of teeth, drowning, etc.

I understand and acknowledge that American Fork City or HAST does not provide accident and medical insurance for the participants in this program. I further state that I, my child and all members of my family are covered by adequate accident and medical insurance.