



Welcome to the Team!

The Fort Atkinson Swim Team offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the FAST to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

Swim Groups:

Bronze
Silver
Copper
Plaid
Gold
Platinum

Our website has specific details on the requirements needed to move up in each group, as well as, the recommended amount of practices attended for each group. Our head coach will notify you if your swimmer is moving up a level and if that changes their practice times, frequency of practices, monthly fees, or any additional equipment needed.

What to Expect at Practice? We expect athletes to be in their swimsuit, stretched, water bottles filled, and ready to go by the start time of practice

Pool Deck Noise! Pool decks are very loud places, coaches will typically yell and use whistles to get the swimmers attention during practices. Please note this is not a negative thing or a way to discipline children, it is just typically very hard for them to hear us when they are swimming.

Can I Stay and Watch? We ask only swimmers and coaches are on the deck based on the regulations from USA Swimming. Parents are welcome to stay in the commons or the athletic hallway while waiting for their kids practice to end.

Should I Eat Before? We typically recommend your child eats something before practice. It is very common for swimmers to have a light meal before practice and then a bigger second dinner after practice. All swimmers should eat some form of breakfast before participating in morning practice

Do I Have to Swim in Meets? FAST does not require swimmers to participate in swim meets at any age level. If you have any questions about what events you think your swimmer can do feel free to ask the coaches for their input. Parents do not sit with the swimmers during swim meets so any snacks, games, equipment, etc should be in a separate bag to send with them when they are seated with their team. Coaches will help the athletes and make sure they understand where they need to be and what they're doing.