



First Colony Swim Team Service Hours Requirements

We are 100% dependent on parent support to run our FCST Hosted meets and our intrasquad meets during the year.

All FCST families are required to help or work at our Hosted meets and to fulfill the FCST Hosted Meet Support service hour requirements detailed below. Also, to assist with "Away" meets from time to time as a lane timer.

Families new to USA Swimming: there will be no requirement to work during your first season (short course or long course, depending on start date). There will be training shifts available at each meet for those who wish to become more involved as soon as possible.

FCST "Hosted" Meet Service Hour Requirement:

Shifts are expected to be about 3-4 hours long depending on the job and meet session length (numerous jobs available such as: Clerk of Course, Head Timer, Lane Timer, Announcer, Pool Monitor, Concessions/Hospitality either as a worker or purchase/make items for drop off, and more!). The volunteer requirements by group and season are below (*for families with multiple swimmers, your requirement will be the service hour requirement for your highest level swimmer).

FCST "Away" Meet Service Hour Requirement:

Shifts are usually only 1-2 hours long with being a lane timer as the only job available because FCST must fill timing chairs at "Away" meets when asked by the host team. Completing a shift as a lane timer at an "Away" meet does NOT count towards your service hour requirement as the shifts are shorter than usual and there are few "Away" meets throughout the season.

Service Hour Requirements (by season & by group level):

Group	Short Course Season (Sept-March)	Long Course Season (April-July)
Senior Elite, Senior 2, Pre-Senior 3	4 Shifts	6 Shifts
Senior 1, Pre-Senior 2, Age Group 3, Age Group 2	3 Shifts	5 Shifts
Pre-Senior 1, Age Group 1	2 Shifts	4 Shifts
Blue 2, Blue 1, Red, White	1 Shifts	3 Shifts

For questions, comments, concerns, or further parent support opportunities, please email Coach Trenton (Volunteer Coordinator) at volunteers@swimfcst.com.