

FRST's Frequently Asked Questions

1. **How good must a swimmer be in order to join FRST?** A swimmer must be able to successfully swim a 25 yard length (one length during winter / half-length during summer) using either Freestyle (front crawl) or backstroke (back crawl) to join. *If the athlete isn't ready for this, the FRST Swim School is the perfect place to start!*
2. **Does my athlete have to be a student within the Franklin Schools District?** FRST does not discriminate based on school affiliation, school district. We are open to offering opportunities to all athletes interested in swimming.
3. **When can my athlete join FRST?** An athlete is able to join FRST at any given point throughout the year. Please click the contact button at the top of the page to join. Athlete may participate in an evaluation every Monday at 5:30pm.
4. **What are the costs involved with FRST?** Costs depend on the age, athlete, and the group he or she participates in. As an athlete has more practices (older ages), the dues generally increase. However, dues can be broken down to seasonal or monthly payments. FRST also provides scholarships to participate for those who qualify as "free/reduced lunch" within the schools. There are also discounts for those with multiple kids within the program or those who work as officials during meets.
5. **What if an athlete participates in other sports or extra-curriculars?** FRST takes great pride in offering "a program to everyone," and we understand the need for well-rounded individuals. Each athlete has the opportunity to attend a multitude of the offered practices throughout the week and therefore can participate in swimming alongside their other endeavors. In some cases, FRST will agree to pro-rate a season's dues if your athlete is busy with other interests.
6. **Are there required suits/caps/apparel?**
Suits - For meets, it is required that FRST athletes wear one of the official Arena suits that are offered on our website. If this is not possible, we expect that athletes wear a blue suit, preferably one made by Arena. Boys are not required to wear speedos.
Caps- FRST Caps are required in all competition.
Apparel- At meets, we prefer that our athletes wear a tee shirt or something that is FRST related. We are huge believers in a "team" atmosphere and the subtleties make all the difference.
7. **Where does FRST practice?** Majority of the time, FRST will practice at Franklin Community High School (8 lane x 50 Meter). However, in some circumstances, we may have practices at Whiteland Community (6 lanes x 25 yards) or Franklin Community Middle School (6 lanes x 25 yards).
8. **When & How does one swim in swim meets?** FRST believes there is a very strong importance in swimming in competitive races. We do not require participation in competition, but strongly recommend it. Majority of meets are within the Metro-Indy area, but our higher groups typically travel further than this a few times during the season to broaden their horizons of competition. Our website, FRSTswimming, will send email prompts requiring your declaration for certain meets. You may click "Attend" or "Do Not Attend."
9. **How are training groups decided?** Many things are considered: test sets, stroke efficiency, commitment level, and attitude to name a few! For more information:
https://www.teamunify.com/TabGeneric.jsp?_tabid_=60305&team=infrst