



2019 - 2020 FAST Registration Information

Welcome to the **Fishers Area Swimming Tigers!** More than just a “swim team,” the Fishers Area Swimming Tigers program **develops positive, healthy, and responsible athletes.** We provide a **fun and rewarding experience for youth of all ages and abilities.**

Why FAST?

Age group swimming builds a strong foundation for a lifetime of physical and mental health by **teaching time management, self-discipline, and healthy fitness habits.** FAST teaches the ideals of **integrity, respect, and sportsmanship,** in addition to **proper stroke technique and the values of effort and commitment.** From the beginning FAST participant to the USA National Team member, everyone has an individual and team role with the FAST Tigers.

Our Mission

To create life champions through excellence in swimming.

Our Vision

To teach children and young adults superior swimming in a supportive community.

Our Core Values

I TEAM

I Integrity

G Grit

E Excellence

R Respect

S Sportsmanship

Welcome to FAST!



The Fishers Area Swimming Tigers is a 501(c)(3) organization and is based out of the Fishers High School Natatorium, 1300 Promise Road, Fishers, IN 46038.

13000 Promise Road, Fishers, IN 46038
317-775-2304 * www.fasttigers.com



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Family Acknowledgement

When you register online, you agree to fill out all information completely and honestly as the parent or legal guardian of the athlete you are registering, which includes all information in the USA swimming registration field. *Please note:* The "ethnicity" field is not required. You also confirm that the information in the FAST Policy Handbook has been read and acknowledged.

Important information about the attached registration packet for the 2019-2020 short course and long course seasons:

- Training fees are computed on a twelve-month basis, but are payable over nine months. Training fees are completely paid off with the May 1st billing for swimmers who start in September. Swimmers starting after the season kicks off in September will be billed for nine months from their start date.
- Registration fees are \$180.00 per swimmer. Registration fees cover USA Swimming Membership, insurance, FAST Tigers team shirts, FAST Tigers team caps, team parties, participation awards, and other miscellaneous items.
- Hospitality fees are \$100 per family. Hospitality fees are used to purchase food and supplies for the hospitality area for coaches, officials, and meet workers at FAST meets.
- Accounts must be current from past seasons in order to begin practice.

Online Registration

We are pleased to offer electronic payment processing and registration. Whether you're a returning family or new family joining our team, the online registration process is simple and takes only a few minutes. Online registration opens the middle of August for the upcoming season.

The [Online Registration Link](#) will take you directly to the registration page on our team's website. The link to register is also on the left side of the FAST web site under the "System" tab. For returning families, please select the group that the swimmer was in at the end of last season unless you have been notified of a training group change.

Families with multiple swimmers need to make sure that the higher-level group is aligned to Child 1 and lower groups selected for Child 2, Child 3, etc. For example, a family with both Excel and Tigers 1 swimmers would select Child 1 as an Excel Tiger and Child 2 as Tigers 1, so the discounted price is given to the lower-level swimmer.

You will be requested to pay during the last step of the registration process.



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Member Accounts

After your online registration and payment have been successfully processed, you will receive an email receipt and be granted access to your own private account for the team, which enables you to declare for swim meets, sign-up for events, see your children's past swim times, update your contact information as needed, and more.

Families new to FAST will be required to watch the [FAST Website Training Video](#) and submit their quiz answers to info@fasttigers.com before receiving their login information.

We look forward to having you join the **Fishers Area Swimming Tigers** and are excited for the future!

Questions? If you have any questions about our team or have issues registering for FAST, please contact our [FAST Administrative Assistant](#) or 317-775-2304.

Contact Information

Mailing Address: PO Box 453,
Fishers, Indiana 46038

Phone: 317-775-2304

Website: www.fasttigers.com

**Accounting or
Billing:** businessmanager@fasttigers.com

Registration: [FAST Administrative Assistant](#)





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Evaluations

There is a place for everyone at FAST. Evaluations help our coaching staff guide your child into the appropriate program. Evaluations typically last about 15 minutes and can be arranged at any time throughout the year by contacting our [FAST Administrative Assistant](#).

FAST Group Structure

Just like a new school year, the beginning of a swimming season is a great time to review the foundation of the program so that we can set goals for the future. The FAST competitive program has five divisions: *FUNDamentals*, *Learn to Practice*, *Learn to Train*, *Train to Compete*, and *Compete to Excel*. Each division has one or more training groups.

2019 – 2020 FAST Group Divisions and Training Group Descriptions

FUNDamentals - Athletes in the *FUNDamentals Division* are new to the sport of swimming. The focus of our FUNDamental groups is to establish a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. Our *FUNDamental* training groups include:

- **Tiger Cubs 1** - Tiger Cubs 1 are FAST's 7 & Under competitive swimmers. Stroke fundamentals and a love for the sport are emphasized. To enter Tiger Cubs 1, swimmers must be able to complete a 25 Free, 25 Back, and 25 Kick. Trainings are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.
- **Tiger Cubs 2** - Tiger Cubs 2 are FAST's 8-year-old and new 9-year-old competitive swimmers. Stroke fundamentals and a love for the sport are emphasized. To enter Tiger Cubs 2, swimmers must be able to complete a 50 Free, 50 Back, and 50 Kick. Trainings are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.
- **Tiger Cubs 3** - Tiger Cubs 3 are FAST's returning 9-year-old and all 10-year-old competitive swimmers. Stroke fundamentals and a love for the sport are emphasized. To enter Tiger Cubs 3, swimmers must be able to complete a 50 Free, 50 Back, 25 Fly, 25 Breast, and 50 Kick. Trainings are offered 4 times per week and 75% attendance will afford the opportunity for continued improvement.

Learn to Practice - Athletes in the *Learn to Practice Division* are continuing to develop and refine a strong foundation of skills and techniques in a fun environment that encourages continued participation in the sport. They will progress to an advanced level requiring implementation of specific skills in practice sets. Establishing good habits in a training-setting translates to better performances at meets, as well as long-term development in the sport of swimming. Our *Learn to Practice* group is Tiger Stripes.

- **Tiger Stripes** - The Tiger Stripes swimmers build on the fundamentals introduced in Tiger Cubs. Tiger Stripes swimmers continue to focus on stroke mechanics with advanced drills and efficiency techniques. Basic interval training and new skills are also introduced. To be placed in Tiger Stripes, swimmers must have achieved an IM Ready (IMR) score of 1,000. The IM Ready scores are based on 100 Free, 50 Back, 50 Breast, 50 Fly, and 100 IM (SC) or 200 IM (LC). Trainings are offered 5 times per week and 80% attendance will afford the opportunity for continued improvement.



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Learn to Train - Athletes in the *Learn to Train Division* are strengthening their strong foundation of skills and techniques, while integrating training philosophies, like aerobic/anaerobic training, increased training volume, and the development of underwater training. Out-of-the-water responsibilities, such as nutrition, hydration, and dryland training are also stressed. Our *Learn to Train* training groups are Tigers 1 and Tigers 2.

- **Tigers 1** - Tigers 1 swimmers are the 11-12-year-old swimmers. While stroke mechanics are refined, a shift to competition training will be emphasized. Tigers 1 swimmers must be able to successfully complete a 100 Free, 50 Back, and 50 streamlined Kick. Trainings are offered 6 times per week and 85% attendance will afford the opportunity for continued improvement.
- **Tigers 2** - Tigers 2 swimmers are 13-14-year-old swimmers. While stroke mechanics are refined, a shift to competition training will be emphasized. Tigers 2 swimmers must be able to successfully complete a 100 Free, 50 Back, and 50 streamlined Kick. Trainings are offered 6 times per week and 90% attendance will afford the opportunity for continued improvement.

Train to Compete - In the *Train to Compete Division*, the athletes will learn about how their decisions and behavior outside of the pool affect their performance in the pool. Athletes continue to build on good training habits with progressive skills, drills, and a variety of techniques, and work to challenge themselves and prepare for the senior level. These swimmers compete at the local, state, regional, and possibly national level. They begin to see a glimpse of their future swimming experiences by competing at the highest-level meet for which they qualify. Our *Train to Compete* group is Tiger Pride.

- **Tiger Pride** - Our Tiger Pride swimmers are the 11-14-year-olds that have met the minimum IM Xtreme (IMX) score of 1,500. These swimmers are continuing to refine all aspects of their swimming, while learning how their decisions and behavior affect their performance in the pool. Trainings are offered 7-8 practices per week and 95% attendance will afford the opportunity for continued improvement.
 - IMX scores for 11-12-year-olds are based upon the 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, and 200 IM.
 - IMX scores for 13 and over athletes are based upon the 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, and 400 IM. This is the swimmer's final step in age group swimming.

Compete to Excel - In the Senior division, FAST athletes continue to learn and be taught progressively, but emphasis is placed on taking ownership of their individual goals and the path to achievement. Senior division swimmers compete at the local, state, regional, and national level. Competing at the highest-level meet for which they are qualified is a priority. Swimmers will be introduced to collegiate opportunities, mentored through goal setting, and encouraged to be positive role models for the younger age group swimmers. Our *Compete to Excel* groups include the Excel, Elite, and National Tigers.



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- **Excel Tigers** - The Excel Tigers are a year-round training group for high school-aged swimmers. Trainings are offered 7 times per week and athletes are expected to attend all training sessions.
- **Elite Tigers** - The Elite Tigers are a year-round training group for high school-aged swimmers who have earned at least one 13 & Over State Cut. Trainings are offered 9 times per week and athletes are expected to attend all training sessions.
- **National Tigers** - The National Tigers are a year-round training group for high school-aged swimmers who have earned at least one Winter Junior Nationals cut. Training sessions are offered 10 times per week and athletes are expected to attend all training sessions. Each season, these athletes will have one major focal area to further develop their training base. These athletes, due to additional benefits received, will sign a commitment agreement to belong to this group.

Please Note: These are general group descriptions. Each swimmer is evaluated individually for group placement. Age is determined using a December 8 cut-off date. In addition, multiple other criteria including physiological, biomechanical, and mental characteristics are assessed. The final decision for placement rests with the training group lead coach and head coach.

Regardless of your swimmer's current level, **there is a place for everyone at FAST!**



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School Year Training Schedule (September 2019 - May 2020)

| Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|------------|--------------|
| National | 5:30-7:00a 2:50-5:30p | 5:45-7:00a 3:10-5:40p | 5:30-7:00a 3:10-5:40p | 5:45-7:00a 3:10-5:40p | 3:10-5:40p | 7:00-10:30a |
| Elite | 2:50-5:30p | 5:45-7:00a 3:10-5:40p | 5:30-7:00a 3:10-5:40p | 5:45-7:00a 3:10-5:40p | 3:10-5:40p | 7:00-10:30a |
| Excel | 2:50-5:30p | 3:10-5:40p | 5:30-7:00a 3:10-5:40p | 3:10-5:40p | 3:10-5:40p | 7:00-10:30a |
| Tiger Pride | 4:00-6:15p | 4:00-6:15p | 4:00-6:15p | 4:00-6:15p | 4:00-6:15p | 7:45-10:00a |
| Tigers 2 | 4:00-6:00p | 4:00-6:00p | 4:00-6:00p | 4:00-6:00p | 4:00-6:00p | 7:45-9:45a |
| Tigers 1 | 5:45-7:45p | 5:45-7:45p | 5:45-7:45p | 5:45-7:45p | 5:45-7:45p | 9:30-11:30a |
| Tiger Stripes | | 5:45-7:30p | 5:45-7:30p | 5:45-7:30p | 5:45-7:30p | 9:45-11:30a |
| Tiger Cubs 3 | 6:15-7:45p | | 6:15-7:45p | | 6:15-7:45p | 9:45-11:15a |
| Tiger Cubs 2 | | 6:15-7:30p | | 6:15-7:30p | 6:15-7:30p | 9:45-11:00a |
| Tiger Cubs 1 | 5:30-6:30p | | 5:30-6:30p | | 5:30-6:30p | 10:00-11:00a |

Please Note: Tiger Pride athletes may have some morning training opportunities as the season progresses at the discretion of the Head Age Group Coach.

June & July 2020 Training Schedule (Subject to change. Final schedule by May 1.)

| Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------------------------|--------------------------|------------|--------------------------|--------------------------|--------------|
| National | 5:45-8:15a 3:00-5:30p | 5:45-8:00a 3:00-5:30p | 5:45-8:15a | 5:45-8:00a 3:00-5:30p | 5:45-8:15a 3:00-4:30p | 7:00-10:30a |
| Elite | 5:45-8:15a 3:00-5:30p | 5:45-8:00a 3:00-5:30p | 5:45-8:15a | 5:45-8:00a 3:00-5:30p | 5:45-8:15a | 7:00-10:30a |
| Excel | 3:00-5:30p | 6:30-8:00a 3:00-5:30p | 5:45-8:15a | 6:30-8:00a 3:00-5:30p | 5:45-8:15a | 7:00-10:30a |
| Tiger Pride | 7:45-9:30a 4:00-6:15p | 7:30-9:30a 4:00-6:15p | 7:45-9:30a | 7:30-9:30a 4:00-6:15p | 7:45-9:30a 4:00-6:15p | 7:45-10:00a |
| Tigers 2 | 7:45-9:30a 4:00-6:00p | 4:00-6:00p | 7:45-9:30a | 4:00-6:00p | 4:00-6:00p | 7:45-9:45a |
| Tigers 1 | 5:45-7:45p | 5:45-7:45p | 5:45-7:45p | 5:45-7:45p | 5:45-7:45p | 9:30-11:30a |
| Tiger Stripes | 5:45-7:30p | 5:45-7:30p | 5:45-7:30p | 5:45-7:30p | 8:00-9:00a | 9:45-11:30a |
| Tiger Cubs 3 | 6:15-7:45p | 6:15-7:45p | | 6:15-7:45p | | 9:45-11:15a |
| Tiger Cubs 2 | 6:15-7:30p | | 6:15-7:30p | | 6:15-7:30p | 9:45-11:00a |
| Tiger Cubs 1 | 5:30-6:30p | 5:30-6:30p | | 5:30-6:30p | | 10:00-11:00a |

If you anticipate issues with your training requirements for your child's assigned group, please discuss these with the lead coach.



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Fee Schedule

All swimmers pay the \$180 registration fee. For families with multiple FAST swimmers, monthly dues receive a 15% discount for 2nd child and 30% discount for 3rd child. The 4th+ child(ren) will have no monthly dues. The child in the highest-level group pays full dues, the 2nd highest group is considered the 2nd child, the 3rd highest group is the 3rd child, and so on.

| Group | Reg. Fee | 1st Child | 2nd Child | 3rd Child | 4th+ Child |
|---------------|----------|-----------|-----------|-----------|-----------------|
| National | \$180.00 | \$155.00 | \$131.75 | \$108.50 | No monthly dues |
| Elite | \$180.00 | \$155.00 | \$131.75 | \$108.50 | No monthly dues |
| Excel | \$180.00 | \$135.00 | \$114.75 | \$94.50 | No monthly dues |
| Tiger Pride | \$180.00 | \$130.00 | \$110.50 | \$91.00 | No monthly dues |
| Tigers 2 | \$180.00 | \$120.00 | \$102.00 | \$84.00 | No monthly dues |
| Tigers 1 | \$180.00 | \$110.00 | \$93.50 | \$77.00 | No monthly dues |
| Tiger Stripes | \$180.00 | \$105.00 | \$89.25 | \$73.50 | No monthly dues |
| Tiger Cubs 3 | \$180.00 | \$100.00 | \$85.00 | \$70.00 | No monthly dues |
| Tiger Cubs 2 | \$180.00 | \$95.00 | \$80.75 | \$66.50 | No monthly dues |
| Tiger Cubs 1 | \$180.00 | \$90.00 | \$76.50 | \$63.00 | No monthly dues |

All families pay the \$100 hospitality fee. Hospitality fees are used to purchase food and supplies for the hospitality area for coaches, officials, and meet workers at FAST meets.

I agree and understand that the registration and hospitality fees are due at the time of registration and that I will be billed monthly for training fees. **** If you are intending to pay by check, please email the [Business Manager](#).****

Per USA Swimming's Outreach program, FAST does provide financial assistance for those families that are part of the Free and Reduced Lunch program. To participate, FAST families must provide documentation of their participation. Please contact the FAST [Business Manager](#) for details.



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FAST Meet Schedule

The FAST Tigers will host 6 invitational meets this year. These meets provide quality competitive opportunities for our swimmers, provide opportunities for parents to become involved in our organization and support their children, and promote and build the FAST Tigers community. These meets are also our most important fundraising activity.

For 2019-2020 Winter Season, the following meets are tentatively scheduled:

- **FAST Monster Splash** - October 5 – 6, 2019
- **FAST IMX/IMR Meet** - October 25 – 26, 2019
- **Dual Meet with Fort Wayne Swim Team** – October 26, 2019
- **Concord Fall Invitational** – November 8 – 10, 2019
- **FAST Friday Races** – November 22, 2019
- **FAST Santa Claus Classic** –December 6 – 8, 2019
- **Winter Junior Nationals*** - December 11 – 14, 2019
- **Dual Meet with Southeastern Swim Club** - December 20, 2019
- **Mid-State Championships*** – January 4 – 5, 2020
- **FAST Mudsock Classic** - January 17 – 19, 2020
- **FAST Friday Races** - January 31, 2020
- **JAGS Invitational** - February 7 – 9, 2020
- **FAST Friday Races** – February 21, 2020
- **FAST Sunday Splash** – March 1, 2020
- **Age Group Divisional Championship*** - March 6 – 8, 2020
- **Senior State Championship*** - March 13 – 15, 2020
- **Age Group State Championship*** - March 20 – 22, 2020
- **FAST 14 & Under Spring into Summer Long Course Meet** - March 28, 2020
- **Sectional Championships*** - March 26 – 29, 2020

The FAST-hosted meets for the Summer Schedule include:

- **FAST 500 Invitational** - May 15 – 17, 2020
- **FAST Summer Jam** - June 12 – 14, 2020

** Swimmers must meet qualifying time standards to be entered into these meets.*



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FAST Family Event Support Requirements

FAST is known for hosting high-quality competitions. Teams travel to our popular FAST-hosted meets from all over the Midwest. **The biggest benefit of hosting these meets is they provide our athletes with high-quality competition, while reducing the training dues and travel expenses for our families.**

For every FAST-hosted meet, families with only Tiger Cubs 1, Tiger Cubs 2, or Tiger Cubs 3 swimmers are expected to provide event support for 2 sessions. Families with swimmers in all other training groups are asked to provide event support for 3 sessions.

Families must provide event support regardless of whether or not their swimmer(s) are participating in the FAST-hosted meet.

Prior to each meet, our Event Support Coordinator will send an email to announce that the sign up is open. Please prioritize these emails as they will provide details about our meets as well as the support specifics.

Families are strongly encouraged to work their sessions. If a family chooses to "Hire a Sub" for a meet before the sign-up window closes, a \$25 per session fee will be charged to their account. After 3 hires per year (September - August), the cost increases to \$50 per session.

Those who do not sign up, hire a sub, or show up for their event support shifts are automatically assessed a financial penalty of \$75 per session. This ensures that FAST can provide adequate staffing at our hosted meets, achieve our budget goals, and keep families' dues low.

If an athlete is participating in a higher-level event that conflicts with a FAST-hosted meet, such as TYR Pro or Winter Nationals, the "Hire a Sub" fee will be waived for that family. If the athlete ends up swimming in part, but not all of the FAST-hosted meet, the event support obligation will be in force.



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FAST Apparel Expectations

FAST has apparel/uniform requirements at competitions. FAST is a TYR sponsored team, and therefore swimmers are required to wear TYR gear at our meets.

The uniform requirements are as follows:

- All FAST swimmers are required to wear the designated team t-shirt at competitions.
- All swimmers that choose to wear a swim cap are required to wear the designated team cap at competitions.
- All FAST swimmers must wear the required TYR team suit. *Please note:* FAST swimmers who also compete for the FHS Swimming and Diving team will not need to purchase a separate suit for high school-only competitions.
- In championship meets, swimmers 13 and older are expected to purchase a technical TYR Championship Racing Suit.
- *Additional Note:* Female athletes are allowed to wear a bikini top, so straps of a technical suit do not become uncomfortable. However, the athlete is to cover the bikini top with a TEAM t-shirt or TEAM Warm-Up at all times.

In addition, FAST team members are encouraged to have a FAST/TYR warm-up or parka.

All suits and equipment can be purchased through Elsmore Swim Shop (4705 East 96th Street, Indianapolis, IN 46240; www.elsmoreswim.com). **Please purchase all of your swimming apparel and equipment at Elsmore and make sure they know you are a FAST Tiger.** TYR keeps track of our purchases and that determines our contract upon renewal. You receive a substantial discount on purchases from Elsmore Swim Shop.



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Payment Process

Monthly training fees, registration fees, meet entries, and other charges are invoiced to each family's account. Statements are emailed each month and payable by the 15th of the same month. Please email our [Business Manager](#) with questions.

All accounts must have a valid credit card on file in order to register. The FAST Business Manager will send you a billing simulation on or about 7 days prior to your next bill due date. Your club statement will be emailed on or about the first of each month and is due and payable by the 15th of each month. Accepted payments are automatic ACH checking, credit card payments, and personal checks. Checks can be dropped in the Red Box at the pool entrance or mailed to FAST, Attn: Business Manager, PO Box 453, Fishers, Indiana, 46038.

If your account has an outstanding balance after **60 days**, your child may still attend training sessions, but will not be allowed to participate in meets until the account is up to date.

If your account has a balance after **90 days** or more, your child will not be allowed to participate in training sessions, meets, or travel trips. Your credit card will be charged to automatically bring your account to a zero balance. In addition, a \$5.00 administrative surcharge will be applied to your account. If there are extenuating circumstances, please consult the [Business Manager](#).

FAST is a year-round swim team. Training fees paid from September to May cover swimmers for an entire year. Team members may discontinue club membership without further monthly obligations by providing the [Business Manager](#) with a 30-day notice of their intent to leave. All families are responsible for any entry fees for upcoming meets and incidental charges incurred prior the notification being sent to the Business Manager.

Swimmers starting after the season kick off in September, who decide not to swim during the summer, but plan to return the following season, are responsible for payments to cover the full-year training fees.



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Terms and Conditions for Participation in the Fishers Area Swimming Tigers

All families entering into Fishers Area Swimming Tigers are members of our family. When questions or concerns arise, please email your swimmer's lead coach, [Head Coach Joe Keller](#), or our [Business Manager](#).

Upon joining FAST, you agree to pay all fees involved in Fishers Area Swimming Tigers, which include, but may not be limited to, the following:

- **Registration Fee:** The registration fee is an annual (one time per year), non-refundable fee to cover USA Swimming Membership for the year, insurance, Splash magazine subscription, facility fees, FAST Tigers team shirts, FAST Tiger team caps, team parties, participation awards, and miscellaneous other items.
- **Hospitality Fee:** The hospitality fee is an annual (one time per year), non-refundable fee to purchase food and supplies for the hospitality area for coaches, officials, and meet workers at FAST meets.
- **Training Fees:** These fees are based on your swimmer's group level. Monthly statements will be emailed from September through May. The statements must be paid in full by the 15th of the same month. Please read the "Fee Schedule" for exact amounts.
- **Meet Entry Fees:** Each competition your swimmer is entered in will incur fees, including entry fees for each individual event, as well as any relay in which they compete. Fees will vary from meet to meet. These fees will be assessed on your monthly statement and are due, even if your swimmer missed the meet. It is your responsibility to review entries for each event online. FAST typically pays these fees in advance of a meet and bills you later. If your account is not kept current, FAST may request payment in advance in order for your swimmer to participate.
- **Miscellaneous Fees and Charges:** There may be other fees that arise throughout the course of the year (additional swim caps as needed, miscellaneous equipment, etc.). Review your account frequently for fees and promptly notify the [Business Manager](#) of any discrepancies or questions.

Other requirements to please keep in mind:

- All swimmers must swim "attached" to FAST from the first available day until the swimmer leaves FAST.
- You acknowledge and agree that a place on the FAST team is reserved for your swimmer. Your registration fee to join and the monthly fees paid from September through May cover your swimmer for an entire year. All training fees will be completely paid off in May, unless your family starts late (i.e., if your family/swimmer starts on the team after September). Those joining late will be billed nine months from the month of their starting date or until the start of the new season.
- **Should a swimmer decide to discontinue participation with the Fishers Area Swimming Tigers, the Business Manager must be notified in writing at least 30 days in advance.** No portion of dues and/or registration fees are refundable and any outstanding meet entry fees are considered an obligation to the Fishers Area Swimming Tigers and are payable upon termination of participation.
- *Please note:* An exception to this annual obligation may be provided to swimmers in their first-year contract with FAST.



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Parent Code of Conduct

As a Parent of the Fishers Area Swimming Tigers, I will abide by the following code of conduct:

- Commit to the FAST Tiger Mission, the Tiger Vision, and demonstrate the Tiger values of: Team, Integrity, Grit, Excellence, Respect, and Sportsmanship.
- Practice teamwork with all parents, swimmers, and coaches by supporting the values of cooperation, loyalty, commitment, and hard work.
- Refrain from coaching or instructing the team or any swimmer at training sessions or meets (from the stands or any other area) or interfering with coaches on the pool deck.
- Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at meets and training sessions.
- Enjoy involvement with the FAST team by supporting the swimmers, coaches, and other parents with positive communications and actions.
- Maintain self-control at all times and know my role.
 - Swimmers – swim,
 - Coaches – coach,
 - Officials – officiate,
 - Parents – parent.
- Communicate with the coaching staff either before or after a swim training or meet session.
- Hold questions or concerns regarding decisions made by meet officials or coaches during meets until the end of the meet session. Direct questions to a member of the FAST coaching staff only.
- Express problems with any coach, swimmer, parent, or official within FAST immediately to your child's coach, first. If that is unsatisfactory, bring it to the attention of the head coach. If you're still not satisfied with the response, then submit, in writing, a formal complaint to the FAST executive board. All such issues must be documented, signed, and dated.
- Refrain from using audio or visual recording devices, including a cell phone camera, in changing areas, restrooms, locker rooms, or on the pool deck.
- Refrain from consuming alcohol, tobacco products, or illegal drugs at any FAST event.
- Comply with the FAST social media and electronic communication policies, which can be found in the FAST Policy Handbook.

FAST will not tolerate sexual harassment or intolerance of any kind, including but not exclusive to harassing others because of race, ethnicity, socio-economic status, and/or sexual orientation/identification.



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Documentation Due Before Participation Can Begin

Non-USA registered swimmers *cannot* participate in their first training session until proof of age is received by the FAST Business Manager. This can be the athlete's birth certificate or passport.

At the beginning of each short course season, *all swimmers* must provide an updated [FAST Emergency Medical Release Form](#) and a copy of their insurance card to the FAST Business Manager. This information will be carried by FAST staff when on team travel trips. Without this information athletes will not be able to receive emergency medical care if a parent is not present.

All FAST families must provide a [Written Acknowledgement of FAST's Minor Athlete Abuse Protection Policy](#) prior to their athlete(s) being allowed to train with and compete for FAST. Information on these policies can be found in the [Minor Athlete Abuse Protection Policy](#) and in the [FAST Policy Handbook](#).

The Minor Athlete Abuse Protection Policy, the Written Acknowledgement FAST's Minor Athlete Abuse Protection Policy, the Emergency Medical Release Form, and the FAST Policy Handbook can all be downloaded from the [Forms and Documents section](#) of the FAST website.

Release and Waiver

By signing on the Acknowledgement page, 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 **Fishers Area Swimming Tigers** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release, and forever discharge **Fishers Area Swimming Tigers** and associated supervisor, coach, or other team administrator from all rights and claims for damages, injury, or loss to person or property, which may be sustained or occur during participation in **Fishers Area Swimming Tigers** 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.

By registering my child(ren) with the **Fishers Area Swimming Tigers**, I agree to participate (or allow my child(ren) and family members to participate) in the **Fishers Area Swimming Tigers**, and hereby release **Fishers Area Swimming Tigers**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Fishers Area Swimming Tigers** program, including travel to and from training sessions, swim meets, or other scheduled team activities.

I agree to indemnify and hold harmless the above-mentioned organization and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Fishers Area Swimming Tigers** program.



2019 - 2020 FAST Registration Information

Next Steps

After your online registration and payment have been successfully processed, you will receive an email receipt and be granted access to your private FAST account, which enables you to declare for swim meets, sign-up for events, see your children's past swim times, update your contact information as needed, and more.

Families brand new to FAST will be required to watch the [FAST Website Training Video](#) and submit their quiz answers to info@fasttigers.com before receiving their login information.

New Family Checklist

- Evaluation Placement*
Congratulations! Your athlete will be in _____.
- Register online for the appropriate group – Swim Lessons, Stroke School, Pre-Team, or Competition Team.*
Links to all online registrations can be found on www.fasttigers.com.
- Provide copies of your athlete's birth certificate (or other proof of age), [FAST Emergency Medical Release Form](#), and insurance card to the Business Manager (email - businessmanager@fasttigers.com).*
- Provide [Written Acknowledgement of FAST's Minor Athlete Abuse Protection Policy](#). The form can be turned in at the pool office or emailed to the [FAST Administrative Assistant](#).*
- Watch the [FAST Tigers Website Training video](#).
- Submit True / False answers from the video's quiz to info@fasttigers.com.
- Once your sign-in email is received, sign in to your FAST account, verify your account information (including your athlete's birth date, gender, and name spelling).
- Receive team t-shirts and caps.
- Visit Elsmore Swim Shop (www.elsmoreswim.com; 4705 East 96th Street, Suite 37, Indianapolis) to order your athlete's FAST team suit and any training equipment needed. Training equipment lists for each group are available on the group training pages of the FAST website.
- Ask any and all questions you have about FAST. You will be connected with the Parent Liaison for your athlete's training group, so they can help you navigate the fun and exciting world of competitive swimming!
- Explore the [FAST website](#). We encourage you to bookmark the pages you use most often - especially your athlete's Training Group page and the Online Calendar page.

* Must be completed prior to the athlete's first training session.