**FAST Program Progression**

**FAST Swim Lessons Structure**

Ages 4 & Up

Lessons meet for 30 minutes 2 x / week totaling 8 sessions. Student – teacher ratio maximum 1:4. Instructor in the water with the class.

**Level 1:** Benchmark = assisted submersion, relaxed for 5 sec, come up to breathe

**Level 2:** Benchmark = jump in, submerge, recover for air, roll on back, kick & fin 5 sec.

 jump in, submerge, kick & pull forward 3 m, change direct back to wall, roll to breathe

**Level 3:** Benchmark = jump in, submerge, recover to side glide, kick 3 m

**Level 4:** Benchmark = side glide, swim w overarm pulls & kick 9 m, 1-2-3 breathe

 swim free 9 m body stretched out & consistent form

**Level 5:** Benchmark = swim backstroke 9 m w straight arm recovery, body roll, good arm &

 body extension / swim 4 strokes fly w 1 breath, rest of 25 free

**Level 6:** Benchmark = swim breaststroke 9 m w good timing & extension

 swim 50 free, 50 back, 25 fly, 50 breast. Free & back flip turns, breast &
 fly open turns

\*After completing Level 5, 10 & Unders have the option to continue with Lessons Level 6, join the Pre-Team, or join FAST in the appropriate Tiger Cubs training group (1, 2, or 3).

\*11-14 year-olds should either continue with Lessons Level 6 lesson or join the Pre-Team.

**FAST Pre-Team**

The pre-team program is divided up into 3 sessions per calendar year, exact length of sessions will vary. Practices are offered 2-3 times per week. A coach will instruct the swimmers from the pool deck.

6-9 year olds – 45 min

10-14 year old group – 1 hour

**High School Prep program**

The High School Prep program is divided up into 4 sessions per calendar year.

**Three 8-week sessions**. Each session will offer athletes the **opportunity to swim 4 mornings each week (M, T, Th, F from 6:30-8:00 am) at the Fishers High School Natatorium** and FAST recommends that athletes attend at least 3 workouts each week.

More information on our website (www.fasttigers.com)

**FAST Team Structure**

For each group’s schedule, please see the website.

Tiger Cubs 1 = 7 & Under, can swim 25 free, 25 back, 25 kick

Tiger Cubs 2 = 8-9 year-olds, can swim 50 free, 50 back, 50 kick

Tiger Cubs 3 = 10 year-olds, can swim 50 free, 50 back, 50 kick

Tiger Stripes = 10 & Under with an IMR score of 1,000

Tigers 1 = 11-12 year-olds, can swim 100 free, 50 back, 50 streamline kick

Tigers 2 = 13-14 year-olds, can swim 100 free, 50 back, 50 streamline kick

Tigers 3 = 11-14 year olds with an IMX score and 1 “B” time standard in an IMX event

Tiger Pride = 11-14 year-olds with an IMX score of 1,500

Senior-level groups:

Excel = Incoming or current HS students

Elite = 1 Senior state cut /13-14 AG State Cut

National = 1 Winter Juniors cut