

FISHERS AREA SWIMMING TIGERS

National Training Group (September – August) 2019-20

Mission: The FAST National Training Group is designed to provide beneficial, meaningful training and competitive opportunities for athletes that have achieved a high level of success within the sport of swimming. Through individualized goal meetings and training plan design, educational and motivational information, stroke and race video analysis, our goal is for each athlete to strive towards higher levels of competitive swimming.

Vision: The vision of the FAST National Training Group is to qualify athletes for ISI/USA Swimming Camps, Teams and Competition Series including Zone Select and Select Camps, National Junior and National Teams, and break into World 100 rankings. In addition, to qualify for TYR Pro, Junior National, Senior National meets and Olympic Trials.

Requirements of the National Training Group

1. Athletes must be at least 14 years of age and in high school or finishing 8th grade. Group discontinues once an athlete matriculates to a College/University team/program.
2. Athletes must have at least one USA Swimming **WINTER JR** time standard in either SCY or LCM within the last 12 months.
3. Athletes who met previous time standard but NO longer meet requirements may be grandfathered into group. Those grandfathered into the groups will meet weekly with Associate Coach to ensure work is being done and keep athletes on track to achieve new standard.
4. Athletes must be in good financial standing with FAST and abide by USA, Indiana Swimming and the FAST Athlete Code of Conduct and Travel Policy. Athletes will demonstrate outstanding Leadership qualities to avoid any violation of the code that could result in removal from the training group and/or FAST.
5. Athletes must maintain a high level of academic success to remain in this training group. Academic eligibility will be a minimum standard. However, any grade reported that is lower than a C will place the athlete on probation with potential for removal from the group. Grade reports will be submitted by the athlete to the coach when requested at least once during a term and at the end of each grading period. The coach reserves the right to remove an athlete from this training group for not meeting the above listed criteria.

6. Athletes must maintain 100% attendance rate in regards to training sessions. In the event that an athlete must miss training, the Head Coach will be notified prior to the training session. Illness would be one example. If an athlete is going to miss training due to a family vacation, camp, etc., the Head Coach, athlete, and parent(s) will discuss this at least one week in advance and work out a training plan that best fits the need of the athlete. In the event of a training session being missed due to an emergency, the Head Coach will be notified within 24 hours of the reason for the absence. **Absences without notifying the Head Coach as noted above WILL RESULT IN IMMEDIATE REMOVAL FROM THIS TRAINING GROUP.**

7. Athletes must commit to the competition schedule. For the Fall/Winter season: ALL FAST recommended National Group meets including invitationals requiring a waiver and travel meets such as Winter Juniors or Sectional Championships. For the Spring/Summer season: ALL FAST recommended National Group meets including invitationals, Senior State and National level Championship Meets. Travel reimbursements will be made available via the Indiana Swimming Travel Support fund for any National Team travel meet. Additionally, reimbursements may be available via FAST or the FAST National Travel Fund if fundraising occurs within the group. Reimbursement can match up to those afforded by Indiana Swimming but not to exceed expenses.

8. At any time, the Head Coach reserves the right to remove an athlete from the National Training Group when the athletes' presence (attitude and demeanor) becomes detrimental to him/her, the training group, team or both.

National Training Group Contract

I, (print athlete name) _____, have read and understand the requirements and responsibilities that accompany being a member of the FAST National Training Group. I understand that being a part of this training group is a privilege and I can have this privilege revoked if I do not hold myself accountable to the requirements and responsibilities with being a member of this training group.

Athlete Signature: _____

Parent(s)/Guardian(s): _____

Associate Head Coach Signature: _____

Head Coach Signature: _____