



Frederick Area Swim Team

Website: [FAST](#)

MISSION

FAST will develop each swimmer to their full potential.

VISION

- * To provide children from the ages of 5 to 18 the opportunity to train for and compete at all levels of competitive swimming.
- * To achieve the highest level of performance by the swimmer within the physical potential of the athlete.
- * To provide professional instruction of the competitive swimming strokes.
- * To instill in each FAST swimmer sportsmanship, self-discipline, commitment, and leadership.

“KNOWLEDGE IS POWER” PARENT MANUAL

Be ACTIVE

- A: Ask Questions
- C: Commit to your team
- T: Teach Responsibility
- I: Get Involved
- V: Volunteer
- E: Encourage your athlete



Communications with FAST

Our FAST Team utilizes the website Team Unify (TU) to communicate information to Team members. ***You must be logged into your TU Account to view the Calendar and Events Tabs outlined below.*** Most importantly and most regularly you will need to go to TU to check the **Calendar** for practice times. Coach Cheryl will update the **Calendar** each Sunday for the week (if necessary). Any real time changes due to weather or pool issues will be communicated via **SMS**. Emails from Coaches and Board Members will also come through TU. Please make sure your email address in **My Account** is correct. If you have any questions you can also utilize the **Contact Us** link through TU and your question will be forwarded to the appropriate individual for an answer.

To sign up for **SMS** through TU you need to go into **My Account** and then again into **My Account** and scroll down to the **SMS** field. Fill this in as well as the Carrier information. You can add two numbers. Then make sure you select "Verify" in order to receive confirmation that your number is verified and in the TU system and ready to receive alerts.

The other frequently used tab in TU will be the **Events** tab. This has the **Events** listed and when they are available to sign up for, the "Edit Commitment" Tab will be ready to select. *There are deadlines that range between 4-6 weeks prior to the **Event** date that you must be aware of if your swimmer wants to swim an **Event**.

There are many other helpful resources on FAST Team Unify: archived Newsletters, Policies of FAST and USA Swimming, Invoice/Payment information, as well as Meet Results to name a few. Familiarize yourself with the website to receive the most benefit from TU and to understand and be as engaged with the FAST Team as possible.

Another way that FAST communicates with its members is through **FAST Taxi on Facebook**. This Closed Group is for parents or care givers of current swimmers **only**. It was started several years ago in order to coordinate carpools and allow parent to parent communication including listing items that were left behind/lost at practice or Meets in hope that another savvy teammate rescued them. If you want to be added to the group, either have another teammate who is already a member request to add you, or email: fastcommunicationscoordinator@gmail.com with the request.



BOD@frederickareaswimteam.org

mdswim.org

usaswimming.org

FUNDRAISING FOR FAST

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. FAST is part of the AmazonSmile program. Please consider purchasing your Amazon items through the link below.

<https://smile.amazon.com/ch/52-1798094>

PRACTICE INFORMATION

Age group practice schedules are posted under the Parent Information Tab on Team Unify. The accurate, up to date changes to the schedule will be posted on the Calendar (under the Calendar Tab). Coach Cheryl updates this calendar on Sundays, with any changes in RED. If the calendar has to be changed for any reason throughout the week, an SMS will be sent to alert parents of the changes.

Current Practice Locations:

Walkersville High School

81 West Frederick St.

Walkersville, MD 21793

Middletown High School

200 Schoolhouse Drive

Middletown, MD 21769

Onelife Fitness North Frederick

2500 Osprey Way S.

Frederick, MD 21701



MEET INFORMATION

Meets will take place both during the winter and summer seasons and your swimmer is encouraged to attend. These Meets will be posted under the Meets Tab in Team Unify and also under the Events Tab. When the Meet is open for registration, you will be able to “Commit/Decline” your swimmer. *Deadlines for Meets are usually 6-8 weeks prior to the Meet occurring so check your calendar and the Events Tab to be sure you don’t miss an opportunity for your swimmer to compete. (Deadlines are set earlier than listed on the Meet Notice so that our Team is able to get into each Meet as when the Meet fills up, the Hosting Team can turn away Teams). **Please take notice of the notes block when you commit your swimmer.** This is where you can inform the Coaches if your swimmer can only swim one day, or if he/she has to leave at a certain time, or wants to swim a particular Event. *Please be sure to read the Meet Notice as well, looking carefully at the Events listed and any possible Time Qualifiers, so you understand that even if you commit your swimmer to the meet, if your swimmer is not qualified for that meet, they will be declined.

Some Meets your swimmer will sit with you, other times parents will be seated separately and the swimmers sit together as a Team. This is determined by the venue and often posted in the Meet Notice. If you have any questions as to a location/seating/concessions availability, please feel free to post the question on FAST Taxi.

Following Swimmers Times

There are many ways to find and follow your swimmer’s progress. You can find times via Team Unify under “My Account-My Meet Results”. You can also download various applications such as Meet Mobile, On Deck, Swimmetry or Deck Pass.



DECK PASS INFORMATION

DECK PASS FOR USA SWIMMING MEMBERS



Swimmers – connect and share with Deck Pass. Create an account right on [usaswimming.org](https://www.usaswimming.org) and link it to your USA swimming membership.

With Deck Pass for USA Swimming members, you can:

- Connect with your teammates and coaches who are also using Deck Pass. If you're over 13, you can also connect with your Facebook friends so you can share your achievements in the pool with friends and family.
- Earn digital patches for all your accomplishments in the pool. All your times from USA Swimming meets are automatically collected and updated in the Deck Pass database, so you don't need to do a thing. Just swim and watch the patches roll in.
- Track your best times in every event. Again, all your times are automatically updated in the Deck Pass database.
- Set goals for the season and track your progress toward these goals.
- Check your IMX score to find out where you rank on your club, in your LSC, in your zone and nationally.
- Keep track of your times at your most recent meets.
- Follow your friends' activity on Deck Pass through your News Feed.

Instructions:

1. Go to <https://www.usaswimming.org/utility/landing-pages/create-a-deck-pass-account>



2. Click
3. Click on Create Account
4. USA# = birth date format- 010101 then first 3 letters of first name, then middle initial, then first 4 letters of last name- if no middle name then a * is inserted
Ex: 010101firmlast



How to Search for a Swimmer's Times in SWIMS

Log on to www.usaswimming.org

On the front page under TIMES . Click on Times.



Click on the TIMES SEARCH & POWER POINT CALCULATOR

IMR/IMX PROGRAM &
VIRTUAL CLUB
CHAMPIONSHIP (VCC)

TIMES SEARCH &
POWER POINT
CALCULATOR

TIME STANDARDS

THE DATA HUB &
GENERAL
INFORMATION

NCAA INFORMATION

Below is the screen that will appear. The first tab is Individual Time Search.

Read the instructions, fill in the information and click on SEARCH.

Only times for USA Sanctioned meets are entered into SWIMS



INDIVIDUAL TIME SEARCH



Search for your times or your favorite swimmer's by individual or event, plus check out the latest rankings.

TOP TIMES REPORTS

Use the [TOP TIMES / EVENT RANK SEARCH](#) to generate a top times report. Note that you can now search for top 10 and higher rankings. Rankings are updated as results are submitted to the SWIMS system. If a time is missing, please contact a times volunteer in the LSC that the meet was swum. [Click here](#) to find a list of those volunteers.

INDIVIDUAL TIME SEARCH	INDIVIDUAL EVENT RANK	TOP TIMES / EVENT RANK SEARCH	POWER POINT CALCULATOR
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First Name

Last Name

Competition Year

or

Date Range

 To

REFINE SEARCH

Distance

Stroke

Course

Age Range

 To

Times to Show

Sort By

1. 2. 3.

FIND TIMES





ROLE OF PARENTS IN SWIMMING SUCCESS

Hints on helping your swimmer to be more successful

BE SUPPORTIVE Both the swimmer and coach are likely to have a list of criticisms for performance, no matter how good it might have been, so what the swimmer needs is love and support. On the other hand, don't try to provide excuses for poor performances. As mentioned above, most athletes try to give their best performances in every competition, but sometimes the results are disappointing. When that happens, the less said the better. The old adage, "If you can't say anything nice, don't say anything at all" would probably be a good one to follow. A swimmer is generally quite perceptive about performances and is after all the only one who really knows how much effort went into it. The parent and the coach only know what it looked like.

AVOID PRESSURING THE SWIMMER The swimmer already has enough problems: trying to go fast, keep the start, stroke and turns legal; execute proper technique; impress teammates, friends and/or enemies; improve a time; score points; please the coach; please himself and so on. Don't add additional pressure. Most athletes at all levels are already trying to reach their best performances in every competition, and do not really need parents to remind them to do their best.

AVOID CRITICISM OF THE COACH IN FRONT OF THE SWIMMER The role of the coach is to provide a progressive training situation in which the swimmer can develop skills and speed. Placing the obstacle of criticism between coach and swimmer creates an additional pressure on the swimmer, which can further impair performances. The swimmer needs to trust the coach in order to get the most benefit. The best bet if the parent doesn't like what the coach is doing is to make an appointment to discuss the situation. If unable to talk with the coach, then perhaps try a different approach.

LET THE COACH COACH Regardless of how much the parent may know about swimming, the coach is employed to coach the child. Parents are paying someone else to do it, so let the coach do it. The child needs a parent, he already has a coach. When the child is swimming is the time to be coached. When he is out of the water, he needs your support. Keep remembering how difficult it is just to grow up and figure how much added pressure there is in a competitive sport. Help your swimmer by not being a source of pressure.

REMEMBER THAT SWIMMING SHOULD BE FUN As long as kids enjoy swimming, they will have a healthy, productive activity in which to be involved. When swimming becomes a



negative experience, the swimmer is likely to want to stop. All athletes need motivation to attain their ultimate goals. When a swimmer fails to reach a goal, encourage him to keep on trying, rather than get discouraged by being shown a parent's disappointment. When a goal is achieved, let him know how proud you are and stress the fun aspect of the sport.

WHOSE GOALS ARE THEY? The swimmer's performance is not a reflection on the parents. (Manners may be, but not swimming.) Don't let ego be caught up in the reaction to the child's swims. If the swimmer eventually reaches national or international prominence, it will be because of hard work, not because parents wanted the vicarious success.

BE ENTHUSIASTIC AND SUPPORTIVE Remember that the child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not impose standards and goals. Do not over burden the child with winning or achieving best times. The most important part of the child's swimming experience is to learn about himself while enjoying the sport. This healthy environment encourages learning and fun that will develop a positive self-image within the child.

"The Ten Commandments for Swimming Parents"

Adapted by Rose Snyder

1. Thou shalt not impose ambitions on thy child.

Remember that swimming is the child's activity. The child will progress at his own speed. Nothing is worse than a parent forcing a child to do something he does not want to do. The nice thing about swimming is each person can strive to do his/her personal best. It doesn't matter whether they come in first or last, they can all improve themselves.

2. Thou shalt be supportive no matter what.

There is only one question to ask the child "Did you have fun?" If meets and practices aren't fun, the child should not be forced to participate.

3. Thou shalt not coach your child.

You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not



offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

4. Thou shalt only have positive things to say at a swimming meet.

If you are going to show up at swim meets, you should cheer and applaud, but never criticize your child or coach.

5. Thou shalt acknowledge thy child's fears.

It is totally appropriate for a child to be scared at his first swim meet or their first 500 free or 200 IM. Don't yell or belittle, just assure your child that the coach would not have put them in an event if they were not ready.

6. Thou shalt not criticize the officials.

If you do have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

7. Honor thy child's coach.

The bond between coach and swimmer is a special one and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child's swimming.

8. Thou shalt not jump from team to team.

The water is always bluer at the other team's pool. This is not necessarily true. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized by the teammates they leave behind for a long, long time. Often swimmers who do switch teams never do better than they did before they sought the bluer water.

9. Thou shalt have goals besides winning.

Encourage your child to do their best. Giving an honest effort no matter what the outcome is much more important than winning. One Olympian said, "My goal was to set a World Record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I was very proud of that swim."



10. Thou shalt not expect thy child to become an Olympian.

There are 225,000 athletes in United States Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 4,300. Swimming is much more than just the Olympics. Ask your coach why he coaches. Chances are he was not an Olympian but still got enough out of swimming that he wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming just builds good people and you should be happy your child wants to participate.

Why Swim?

Prevent Drowning: Drowning is the leading killer of American Children.

Promote Fitness: Swimming is a lifetime activity for ages 1 to 101. It is easy on the joints and relatively injury free compared to other youth sports. Swimming also reduces exercise-induced asthma and burns calories quickly.

Skill and Strength: Swimming teaches skill development and improves strength and coordination.

Physical Success: Swimmers are motivated to strive for self-improvement. They learn how to set goals and work towards them in practice and at meets.

Life Values: Swim team cultivates a positive mental attitude and high self-esteem. Kids work together to achieve team goals and learn sportsmanship as they deal with winning and losing. Swimmers also learn to work with officials, teammates and coaches.

USA Swimming offers an Outreach Membership program that provides a discounted membership fee to need-based youth in the community.



SAFE SPORT FOR PARENTS

ATHLETE PROTECTION EDUCATION

USA Swimming is committed to raising awareness about prevention of abuse in sport. We believe that the first step to creating an empowered team environment is education. We are proud to partner with Praesidium, an industry expert in abuse prevention, to bring the swimming community customized and comprehensive training tools for coaches, athletes, volunteers, and parents.

Our training will help you:

- Understand the scope and effects of abuse in sport
- Recognize the signs of grooming behavior and boundary violations
- Understand how to establish boundaries and protect against false allegations
- Know how to react and report suspected abuse

FREE TRAINING FOR PARENTS

The USA Swimming Safe Sport Program is proud to offer free athlete protection training to the parents of our member athletes. Parents are a critical component to our overall goal of protecting children from sexual abuse. The comprehensive online programming includes information about how offenders operate; how to recognize and respond to boundary violations, myths and facts about child sexual abuse and USA Swimming's Athlete Protection Policies and Procedures.

<https://www.usaswimming.org/Home/safe-sport>



Volunteer Opportunities

A successful Swim Team also needs Parent Involvement from time to time. There are opportunities to volunteer at Meets as Timers or as an Official. FAST also runs a yearly Swim-A-Thon to offset funds used to run our Team as well as plan for our future. Please be willing to assist our Team in running smoothly when requested.

HOW TO BECOME AN OFFICIAL

Want to get started as an official and help USA Swimming run consistent, high-quality and technically-correct competitions?

Officials join USA Swimming and are certified by the [Local Swimming Committee \(LSC\)](#) where they reside.

Each LSC sets their own requirements for officiating, but there are basic steps required for all officials:

- ◆ Register as an apprentice official (some LSCs do not offer this option and you must register as a full official to start). Once your training is completed, you will register and pay membership dues as a full official.
- ◆ Attend an officials clinic (stroke and turn training)
- ◆ [Complete a Level 2 Background Check](#)
- ◆ [Complete Athlete Protection Training](#)
- ◆ Complete on-deck sessions shadowing a certified official

Steps to becoming an official: training, registration and certification

STEP 1 – TRAINING

The individual will be required to shadow another official at swim meets. When you arrive at a meet go to the start area and ask to sign in on the Officials Sign-In Sheet. You will need to enter your name and team that you are representing and indicate that you are in training. There is an officials meeting at the beginning of a meet each day that is held 30 min prior to the start of the meet that you will attend and you will be assigned a certified official that you will be training with. You must train with a certified official for 6 sessions. NOTE: You cannot train/shadow at a championship or freestyle meet.

STEP 2 – REGISTRATION

Choose the USA Apprentice Official Registration Form found on: <https://www.usaswimming.org/for-you/officials#>



Print out and complete the form and mail it to the address on the form with a check for the indicated amount.

STEP 3 – CERTIFICATION

1. Go to the USA Swimming Website and create a user account.

You must create your account and log in before you can complete the following certifications: Sign In and fill in the fields to create your account.

2. Go to the USA Swimming Website and complete the Background Check for Officials

This is a Level 2 background check and must be completed every 2 years.

3. Go to the USA Swimming Website and complete the Athlete Protection Training Course

This is free but will take about an hour to complete. Below is the link to the directions to take the course. All board members and officials are required to take this course.

4. Go to the USA Swimming Website and complete the Stroke & Turn/Timer Test.

This is free but takes about 2 hours to complete.

The Stroke and Turn /Timer Test is an open book test using the USA Swimming Rule Book to complete the test. Ask another official on your team for a current rule book so you may complete your test. Once you are a member of USA Swimming as an official you will receive your own copy of the rule book.

USA SWIMMING INFORMATION

WHAT IS USA SWIMMING?

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USS Headquarters office was established in Colorado Springs, Colorado in 1981 and is located at the Olympic Training Center.



As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects the athletes to represent the United States in international competition.

HOW IS USA SWIMMING ORGANIZED?

International – The international federation for the aquatic sports is the Federation Internationale de Natation Amateur (FINA). USA Swimming is affiliated with FINA through United States Aquatic Sports (USAS) made up of the four aquatic sports – swimming, synchronized swimming, diving and water polo.

National – USA Swimming is a member of the United States Olympic Committee (USOC) and has voting representation in the USOC House of Delegates.

Local – Within the United States, USA Swimming is divided into fifty-nine (59) Local Swimming Committees (LSCs), each one responsible for administering USS activities in a defined geographical area. Each LSC has its own set of by-laws under which it operates.

A House of Delegates with representation of athletes, coaches, members of the Board of Directors and clubs is responsible for managing the business affairs of each LSC.

HOW ARE DECISIONS MADE IN USA SWIMMING?

USA Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy and expertise at every level from the national Board of Directors to the local swimming clubs. All policy decisions are made through a chain of committees – committees reporting to elected vice presidents. The USA Swimming House of Delegates meets once a year at the annual USAS Convention and determines the rules and regulations for swimming for the following year. In between yearly meetings of the House of Delegates, an elected USA Swimming Board of Directors is charged with the responsibility of making decisions for the Corporation.

USA SWIMMING HEADQUARTERS

The USA Swimming Headquarters provides a variety of services and programs for its membership. Among the many services are publications, educational programs, fund-raising activities, sports medicine programs, video resources and general information about swimming related activities. The USA Swimming staff is available to assist you in answering questions or providing additional information about USA Swimming. For information or assistance, contact:



USA Swimming
One Olympic Plaza
Colorado Springs, CO 80909-5707
Phone: 719-866-4578
Fax: 719-866-4669
<http://www.usaswimming.org>

USA Swimming Administrative Structure

300,000 USA swimming members



2,800 Year Round USA Swimming Clubs
Board Run, Coach Owned, Institution Run Clubs



59 Local Swimming Committees (LSC)
Governed by LSC Board



USA Swimming Committees
USA Swimming House of Delegates
USA Swimming Board of Directors
USA Swimming Executive Committee
USA Swimming National Headquarters

DIVERSITY AND INCLUSION (D&I)

Mission: USA Swimming is committed to a culture of inclusion and opportunity for people of diverse backgrounds, including, but not limited to, race, age, income, ethnicity, religion, gender, gender expression and sexual orientation.

USA Swimming Diversity and Inclusion focus on 4 main pillars: Diversity Coach Mentorship, Community Swim Teams, Diversity Camp System and Education.



- Diversity Coach Mentorship Program: Coach mentees participate in an on-site visit with their coach mentors and meet with staff, observe meetings/practices and spend time discussing the sport in order to increase their organization skills and technical knowledge. The relationship between mentee and mentor continues throughout the next year and beyond
- Community Swim Teams: USA Swimming's Community Swim Team Partnership Program aims to provide competitive opportunities and services to outreach athletes, their coaches, and their teams. By forming meaningful partnerships with city department and LSCs, this program helps facilitate the creation of multi-level swim programs in diverse areas. USA Swimming looks to identify existing competitive swimming teams or leagues that are not USA Swimming with the purpose of bringing them under USA Swimming membership.
- Diversity Camp System: USA Swimming offers a variety of camp opportunities to help its member athletes across the nation reach their full potential. From LSC Diversity Themed Camps, to Zone Diversity Select Camps and finally the National Diversity Select Camp. Swimmers progress through USA Swimming's camp programs as they improve.
- Education: Education is a key component to all USA Swimming Diversity and Inclusion programs and services.

The USA Swimming Diversity and Inclusion Staff include:

- Mariejo Truex – Programs and Services Director: mtruex@usaswimming.org
- Juan Caraveo – Diversity and Inclusion Consultant: jcaraveo@usaswimming.org
- Manuel Banks – Diversity and Inclusion Member Specialist: mbanks@usaswimming.org
- Shaun Anderson – Diversity and Inclusion Consultant: sanderson@usaswimming.org

Thank you for your interest and involvement in helping our FAST Team be successful.