Welcome to the FAST swim team!

We are pleased to welcome you to the 2022-2023 season at FAST. Online registration will open for returning families on July 1. Registration will open for new families beginning July 10.

New swimmers will need to be evaluated and given a group placement by the FAST coaching staff to register. Our group evaluation days will be Sunday, July 10th and Saturday, August 6th. Appointments for our group evaluation days can be made by going to our SignUp Genius page and selecting a time.

Returning swimmers should register for their current group. Coaches will email 2022-2023 group placements the week of July 25, 2022.

If you have questions about the team, please email our Executive Director, Angie Dorsey at adorsey@fast-swimming.com

Practices for the 2022-2023 season begin on August 29!

P.O. Box 8595
St. Louis, MO 63126
www.fast-swimming.com
314-852-5216

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SECTION ONE: IMPORTANT TEAM INFORMATION

FAST group progression

10&under, 11-13: FAST Prep

Our entry level group will introduce participants to their first competitive swimming experience. This session based program will be divided into a ten and under and eleven and over group. Swimmers must be able to complete 25 yards of both freestyle and backstroke in good form as well as have a basic understanding of breaststroke and butterfly.

14-18 FAST Prep High School

Our entry level group for swimmers 14 and over, or the perfect group for high school swimmers who aren't quite ready to commit to a more rigorous training schedule. Swimmers must be able to complete at least 50 yards of both freestyle and backstroke in good form and have knowledge of both breaststroke and butterfly.

6-13: Age Group 1

This group is designed for swimmers between the ages of 6 and 13 who are proficient in all 4 competitive strokes. Swimmers in Age group 1 will focus on proper stroke technique and be introduced to a more focused swim practice.

9 - 12: Age Group 2

Age group 2 swimmers will range in age from 9 to 12 who have advanced from Age group 1 or have transferred from another team. Swimmers in this group are encouraged to participate in at least 3-4 practices per week as well as one meet per month. Age group 2 swimmers will focus on proper stroke mechanics and begin learning the basics of interval training.

10 - 13: Age Group 3 - Currently offered at Pattonville and Principia only

For swimmers who have advanced from Age Group 2 or transferred from another club team. Swimmers in this group will typically be between 10 and 13 years old with one or more 11-12 BB time. Swimmers in this group will be more dedicated to the sport and strive to make the majority of their practices each week as well as attend all meets recommended by their lead coach.

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12 - 14: Select - Currently offered at Pattonville and Principia only

The select group is designed for 12 year old swimmers advancing from Age group 3, and 13-14 year old swimmers who have advanced from age group 3 or transferred from another club team. Select swimmers typically will have one or more 13-14 A time and have excellent stroke mechanics. Swimmers in this group will be expected to attend and complete the majority of the practices offered and attend all meets recommended by their lead coach

13 - 18: Senior 1

Designed for swimmers ages 13-18, who have completed Age group 2, high school swimmers, or those who are just starting their competitive swimming journey. The primary focus of Senior 1 is proper stroke technique, racing strategy and learning what it means to be a Senior level swimmer. Meet participation is encouraged.

13 - 18: Senior 2

Swimmers in Senior 2 will have advanced from Age Group 3, Senior 1 or transferred from another club team. Senior 2 is a natural progression from Senior 1, building on the skills previously learned as well as introducing additional training techniques and racing strategies. Senior 2 swimmers will range in age from 13-18 years and typically have 2 or more BB times in their age group.

14 - 18 Competitive: Senior Select - offered at Pattonville only

Senior Select swimmers advance from Select or Senior 2 and will range in age from 15-18 years old. Swimmers in this group are expected to make and complete the majority of the practices offered to their group, Swimmers in this group will have achieved at least one 15-18 A time, have a positive practice and meet attitude,and participate in all meets recommended by their lead coach.

15-18 Competitive: National - offered at Pattonville only

FAST's National group is reserved for swimmers at or near Sectional cuts in multiple events, and who have made swimming their primary focus in extracurricular activities. National swimmers will be good role models for swimmers in other groups and have a positive practice and meet attitude. Swimmers will be expected to participate in all meets recommended by their lead coach.

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Practice changes/cancellations: FAST may need to cancel practices or change location due to weather, school events or pool malfunctions. Check the practice change page weekly on the FAST website for any practice changes. You will also be notified via email about any practice changes as soon as we are aware of them. Last minute practice changes will also be posted to the FAST Facebook page.

Parent meetings: FAST coaches will schedule parent meetings to give parents an overview of the season and group expectations. You will be notified by email by your swimmer's lead deck coach regarding the date and time of the meeting.

General membership meeting: FAST is a parent owned team with an elected board of directors. Once a season in September we hold a general membership meeting to review the state of the team and elect new board members. All parents are encouraged to attend. You will be notified by email the date and time of this meeting.

Team photo and outfitting day: Early in the season FAST will take an all team photo. B&B Aquatics will be on site to outfit swimmers with team suits, warm ups and other equipment. The location and date will be posted once determined.

Annual FAST awards ceremony: The annual FAST awards ceremony is held every year in April. The location and date will be posted once determined.

FAST hosted meets: Currently, FAST is targeting to host 3 meets for the 2022-2023 season. The dates are listed on page 10 of this document.

Communication: The FAST website, emails, and the FAST Facebook page will be used to communicate important team news.

Leaving the team: Anyone leaving the team must give 30 days written notice to the team Business Manager prior to leaving the team. Please indicate if you have signed up for any future meets. **Note:** Fees will continue to be payable until written notice is received.

Questions: If you have questions regarding your swimmer's training, meet attendance, or anything related to the swimming side of the program, please contact your swimmer's lead deck coach during their office hours, prior to the start of practice or after practice. Questions about your account, meet worker requirements, and other non-swimming related questions should be directed to the team Administrative Assistant.

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Fundraising Obligation: The 2022-2023 Swim-a-thon will be the only fundraiser of the season. FAST is a non-profit organization, so your Swim-a-thon donation is TAX DEDUCTIBLE, your training fees are not. Funds raised by our Swim-a-thon help support team social activities, continuing education for FAST coaches, the purchase of new equipment, and allow FAST to give back to our community. In addition, fundraising also helps to keep training fees down. If we were to not fundraise, training fees would have to increase significantly. In the future, we hope to also use these funds to offset team travel costs for swimmers and their families.

The Swim-a-thon date is TBD. Date, time and format will be announced early in the new season. We hope to see 100% participation at this “all team” event.

For the 2022-2023 season, swimmers will have a chance to meet their Swim-a-thon fundraising goal in the traditional way: collecting donations via the FAST Swim-a-thon donation page. Swimmers who do not meet their fundraising goal by the Swim-a-thon will have any remaining fundraising obligation charged to their invoice on the 1st of the month following the event

Fundraising obligation by group:
Age Group 1 & Senior 1 - $75 per swimmer
Age Group 2, Age Group 3, & Senior 2 - $125 per swimmer
Select, Senior Select & National $175 per swimmer

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SECTION TWO: REGISTRATION DOCUMENTS

NOTE: - the following pages include all the registration documents that you will need to agree to during the online registration process (you do not need to print, sign or send these documents to complete the registration process)

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Medical Waiver

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 Flyers Aquatic Swim Team to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge Flyers Aquatic Swim Team and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in Flyers Aquatic Swim Team 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.

Liability Waiver

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 Flyers Aquatic Swim Team to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge Flyers Aquatic Swim Team and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in Flyers Aquatic Swim Team activities, whether 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.

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FAST Parent Meet Worker Agreement

Swim meets require parent involvement and FAST needs stroke & turn judges, timers, meet directors, hospitality staff, safety marshals and much more to operate a meet that adheres to USA Swimming guidelines and sanctions.

Each family must work a set number of sessions per year and/or per meet, depending upon the practice group their swimmer(s) is assigned. A session is defined as one job assignment on the Event Job Sign Up page. A session is typically about 4-5 hours of work. The work requirement is not cumulative if you have multiple swimmers.

Currently, FAST is targeting to host 3 meets for the 2022-2023 season. The tentative dates are:

November 18-20, 2022

February 11-12, 2023

May 5-7, 2023

The meet worker requirement is dependent upon the practice group your swimmer(s) is registered with and will be applied as follows:.

- **The following requirements, by meet, will be used for FAST hosted meets:**
    - The November meet will staffed by families of swimmers who do not attend the 2022 Ozark “A” Champs meet.
    - The February meet will be staffed by families who did not work the November meet and families who have swimmers in the February meet.
    - The May meet will require staffing from families of swimmers in all groups with the exception of FAST Prep.
- The number of sessions required per family for each meet will be determined by the meet director prior to the meet according to the number of volunteer responsibilities that are needed for each meet.

If a FAST family has not met their worker obligation, a $200 fine for each session not worked will be billed to your FAST account. Since FAST is in need of volunteers, we would prefer families not pay to get out of working at a meet. Any family who fails to satisfy their meet worker requirement will be billed $200 per missed session on the next billing cycle after the meet.

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FAST Parent Meet Worker Agreement, cont'd

If you know in advance that you will be unable to work a meet, contact another FAST family to try to swap sessions at another meet. FAST needs its parent volunteers.

I agree to fulfill my Parent Meet Worker Requirement as outlined above. I understand that should I not fulfill any meet worker requirement I will pay the $200 per session penalty for the 2022-2023 FAST swim season.

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USA Swimming Registration

All FAST swimmers must be registered members of USA Swimming. Parents are now responsible for registering their children with USA Swimming. There is a $74 fee to register with USA Swimming. See the following sections for complete information.

Swimmers may not begin practicing with FAST until a USA Swimming registration is completed. FAST will send a link to all registered swimmers when the registration link is available from USA Swimming.

New USA-S Registration Process

Parents will register their athletes directly with USA Swimming and pay the 2023 membership fees during that process. This year, the USA-S registration process will be separate from and in addition to the registration that they do to join the team and can't be initiated prior to September 1. The team will generate a unique registration link and send it to team members to initiate the process on the USA-S website. This page on the USA-S website is dedicated to information pertaining to online registration. Be sure to scroll down the page and click on the link to the for SWIMS Database Resources for additional information. More details and training will be coming so stay tuned!

Changes to Flex Registration

The USA-S Board of Directors recently made changes to the Flex membership type. In 2023 Flex memberships will cost $30 and will only be available to athletes who are 12 years-old or younger on the date of registration.

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Payment Policy

- $200 per family administration fee. Returning families who register between July 1 and July 31 will receive a $25 early registration credit on their September 1 invoice. On March 1, this fee drops to $100. On June 1, this fee drops to $50.
- $74 per swimmer USA Swimming registration fee. This is paid directly to USA Swimming.
- $45 per swimmer uniform fee. This includes 3 FAST shirts and 1 silicone cap which we anticipate delivering during the second week of practice of the 2022-2023 season. Replacement FAST caps and FAST shirts can be purchased during registration for returning swimmers. All swimmers must have the 3 FAST shirts and green FAST cap for use at swim meets. Returning swimmers who have the shirts and caps do not need to repurchase them every season unless they have outgrown or lost the item.
- FAST will email your monthly invoice to you on the 1st of every month. The invoice will be sent to the primary email account that you provide on the FAST website. Please update this information if your email address changes. You also can access your invoice on the FAST website on or after the first day of each month. If you check your balance before the first day of the month, it may not reflect all charges that will be included on your invoice.
- Each month's invoice will be due on the 15th day of that month. If the 15th day of the month falls on a holiday or weekend, then payment is due on the first business day after the 15th.
- If you elect to pay your account by ACH, the total amount of each invoice will be deducted from your checking account automatically on the 1st day of the month (or the first business day after the 1st if the 1st falls on a weekend or holiday).
- If you elect to pay your account by credit card with auto pay or an on demand payment, the total amount of each invoice plus a $0.30 dollars per transaction with a 2.95% transaction fee will be charged to your credit card. Auto pay will automatically bill on the 1st day of the month (or the first business day after the 1st if the 1st t falls on a weekend or holiday.
- Accounts not paid on or before the 15th day of the month will be assessed a $30 late fee (which will be included on the next month's invoice). Please note that if you pay by check, the payment must be received in the PO Box on or before the due date to be considered paid on time.
- Accounts that remain unpaid at the close of business on the last business day of the month will be deactivated and swimmers in such families will not be permitted to attend any FAST events (including practices and meets) until the past due payment, late fees and $20 reactivation fee are paid in full. Any member whose account is deactivated because of nonpayment will be required to make all payments by credit card or ACH after reactivation.

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Code of Conduct

The mission of the Flyers Aquatic Swim Team (FAST) is to develop excellence in swimming through proper technique, good sportsmanship, family participation, team unity and individual accomplishments. The FAST experience will provide opportunities for social, emotional and educational development of swimmers, empowering them to face challenges in and out of the water throughout their lifetime.

The Flyers Aquatic Swim Team vision is to create a team atmosphere promoting success and inclusion in a healthy, fun, safe and supportive environment

In accordance with our mission and vision, all members of FAST are not only expected to comply with USA Swimming-mandated policies, but to promote FAST values when interacting with other FAST members, coaches, staff, volunteers, facilities and other teams. The FAST coaching staff and board of directors are committed to provide a safe, positive environment for our athletes to be able to succeed in and out of the pool and to grow into healthy, responsible adults.

These values will be reinforced throughout the year by the coaching staff in practices, electronic communication and at parent meetings. Members not upholding our tradition of positive behavior in or out of the pool will be given guidance on how to model their personal behavior. There is a wide gap between not meeting your best potential and acting willfully against the team's mission. In instances where personal behavior is threatening to others, facilities, the reputation of FAST or in violation of local laws, timely and appropriate punishment may be given to the individual(s) in violation of FAST policies up to, and including loss of membership privileges. The FAST Head Coach will evaluate issues of athlete or coach conduct. The FAST Board of Directors will evaluate issues of non-athlete conduct.

The following areas of concern are specific and the most common areas everyone needs to be aware of. However, this should by no means be considered a complete list. Below is the FAST code of Conduct:

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General Conduct:

- All members – swimmers, parents, volunteers, and coaches are to treat each other with respect. During events where FAST interacts with other members or nonmembers of USA Swimming, they should be treated with the same respect.
- Use, sale or distribution of any drugs that are illegal, per local law, or banned as per USA Swimming's Performance Enhancing Drug policy (other than for medical condition) is prohibited for any athlete or employee of FAST.
- Swimmers should arrive within 15 minutes of practices and meets, with the appropriate equipment/uniform, to be prepared to swim (but not earlier unless supervised by a parent or guardian).
- Bleacher talk should be appropriate for a youth athletic environment.

Locker Room Conduct

- The locker room at all practice and meet facilities is for athletes to change clothes, use the restroom and shower. Deck changing is prohibited. Loitering in locker rooms is not allowed.
- Swimmers should not leave any items in a locker room that is not locked in a locker. If we do not have an agreement with a facility that we may use the lockers then no items should be left in the locker room.
- Parents and siblings of athletes are encouraged to use a separate bathroom from the locker room.
- Team members should report conditions in the locker room to coaches immediately inconsistent with a safe locker room environment.
- Cell phones are not to be used in any way in the locker room.
- All using the locker rooms will follow team code of conduct and limit their time to no more than 10 minutes in the locker room.

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Electronic Communication Policy of the *Flyers Aquatic Swim Team*

The Flyers Aquatic Swim Team (the "Club") recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

GENERAL CONTENT

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- Drugs or alcohol abuse
- Sexually oriented conversation; sexually explicit language; sexual activity
- The adult's personal life, social activities, relationship or family issues, or personal problems; and
- Inappropriate or sexually explicit pictures
- Note: Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?" or "Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, the board, or other athletes?"

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is **T**ransparent, **A**ccessible and **P**rofessional.

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the Club's records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

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Professional: All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the **T.A.P.** criteria, then it is likely your method of communication with athletes will be appropriate.

FACEBOOK, BLOGS, AND SIMILAR SITES

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Club join their personal page as a "friend." A coach should not accept any "friend" request from an athlete. In addition, the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to "private message" each other through Facebook. Coaches and athletes are not permitted to "instant message" each other through Facebook chat or other IM method.

The Club has an official Facebook page that athletes and their parents can "friend" for information and updates on team-related matters.

Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

TEXTING

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 8:00am-8:00pm with a guardian included. Texting only shall be used for the purpose of communicating information directly related to team activities.

EMAIL

Athletes and coaches may use email to communicate between the hours of 7am and 9pm. When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

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SECTION TWO: REGISTRATION DOCUMENTS

2022-2023 FAST Prep Schedule and Fees

FAST Prep- Focusing on **F**un **A**nd **S**troke **T**echnique, our FAST Prep group is a session based group offering 4 sessions during the 2022-2023 school year and 1 summer session. The sessions average 9 weeks in duration with typically 2 practice sessions offered per week. The session dates and fees are listed on the FAST website: https://www.teamunify.com/team/ozfast/page/team-registration/custom-page2

This is our entry-level group and will introduce participants to their first competitive swimming experience. This session-based program will be divided into 14 and under swimmers in 8th grade and below and 14 and over swimmers who are in high school. There are separate sign-ups for each session by location and by age group. Please make sure you are signing up for the correct location and age group.

Swimmers in the 14 and under groups will swim twice a week for an hour. **Swimmers in the 14&over/high school groups will swim twice a week for an hour and a half and will get to choose any 2 practices with the Senior 1 group at their sign-up location.**

FAST Prep swimmers will be registered with USA Swimming and will be offered the option to compete in USA Swimming meets that FAST coaches recommend for this group.

The annual team registration fee does not apply to swimmers in the FAST Prep group. When a swimmer advances to one of FAST's year round training groups, the annual training fee will be charged to the account, if it was not already charged for sibling swimmers on the account for the 2022-2023 season.

FAST apparel is required of FAST Prep swimmers who plan to compete in meets. Swimmers who do not plan to compete at meets may still purchase FAST apparel during registration if they wish.

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2022-2023 Group Fee Schedule

Year-round training groups- Swimmers in these groups are expected to swim with FAST until the end of the season. At the time of registration the team registration fee and apparel fee will be collected.

If paying the registration fees at one time creates a hardship or paying training fees throughout the season creates a hardship, please contact Angie Dorsey to work out alternate arrangements.

Group	**Training Fees**
Age Group 1	9 installments of $105 (for a total of $945)
Age Group 2	9 installments of $140 (for a total of $1260)
Age Group 3	9 installments of $185 (for a total of $1665)
Select	9 installments of $205 (for a total of $1845)
Senior 1	9 installments of $175 (for a total of $1575)
Senior 2	9 installments of $200 (for a total of $1800)
Senior Select	9 installments of $220 (for a total of $1980)
National	9 installments of $240 (for a total of $2160)

Unless paid in full at registration, training fees are billed in 9 equal installments until the full amount is paid or the season ends.

"One Payment" Discount: Any family paying the total training fee by check on or before September 15, 2022 will receive a 5% discount.

Multi-Swimmer Discount: Families having 3 or more swimmers enrolled in FAST, including FAST Prep, will be eligible for a multi-swimmer discount for training fees. Families with 3 swimmers will receive a 10% discount. Families with 4 or more swimmers will receive a 15% discount. These discounts only apply to training fees (and not administration or other fees or charges or swim lesson charges).

Meet Fees: Meet fees will be charged to your account during the month in which FAST submits payment for such meet to the host team and will be included on the invoice generated on the first day of the following month. Please note that once FAST submits payment to the host team for a meet, meet fees for that meet are nonrefundable whether a swimmer who signed up for that meet swims in the meet.

Insufficient Funds: A charge of $25 for any check or debit returned for insufficient funds or closed accounts will be charged to your FAST account and included on your next invoice.

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Practice Locations and schedule

Pattonville High School
2497 Creve Coeur Mill Rd, Maryland Heights, MO 63043

Principia School
13201 Clayton Rd, St. Louis, MO 63131

University of Missouri-St. Louis
Mark Twain Building
211 Mark Twain Dr, St. Louis, MO 63121

Lindbergh High School
5000 S Lindbergh Blvd, St. Louis, MO 63127

Maplewood/Richmond Heights Aquatic Center - 50 meter outdoor pool for summer use only
7550 Lohmeyer Ave, Maplewood, MO 63143

Kennedy Rec Center - 50 meter outdoor pool for summer use only
6050 Wells Rd, St. Louis, MO 63128

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Practices for the 2022-2023 season begin on August 29!

Pattonville:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAST Prep		5:30-6:30		5:30-6:30			off
Age Group 1	5:30-6:30	off	5:30-6:30	off	off	10:45-11:45 am @ Principia	off
Age Group 2	off	5:30-7:00 (dryland 5:30-5:45)	off	5:30-7:00 (dryland 5:30-5:45)	5:30-6:45	9:30-10:45am @ Principia	off
Age Group 3	(Dryland 6:45) 7:00-8:30	5:30-7:00	(Dryland 6:45) 7:00-8:30	5:30-7:00	off	8:00-9:30am @ Principia	off
Select	5:30-7:15 (dryland 7:00-7:15)	7:00-8:30 (dryland 6:30-7:00)	5:30-7:15 (dryland 7:00-7:15)	off	5:30-7:00	7:00-9:00am	off
Senior 1	7:00-8:30	5:30-7:00	off	7:15-8:30	5:30-7:00	7:00-9:00am	off
Senior 2	5:30-7:00	Dryland 6:00-6:30 6:30-8:30		Dryland 6:15-6:30 6:30-8:00	5:30-7:00	7:00-9:00am	off
Senior Select	5:00-6:30AM @ Lindbergh (dryland 6:15pm) 6:30-8:30pm	Dryland 6:00-:6:30 6:30-8:30	(dryland 6:15) 6:30-8:30	(Dryland 5:00) 5:30-7:30	5:00-6:30AM @ Lindbergh OR 5:30-7:00PM	7:00-9:00am	off
National	5:00-6:30AM @ Lindbergh (dryland 6:15pm) 6:30-8:30pm	Dryland 6:00-:6:30 6:30-8:30	(dryland 6:15) 6:30-8:30	(Dryland 5:00) 5:30-7:30	5:00-6:30AM @ Lindbergh 5:30-7:00PM	7:00-9:00am	off
Principia	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Sunday

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			y				
FAST Prep			6:00-7:00			10:45-11:45 am	off
Age Group 1	7:30-8:30	6:00-7:00	off	6:00-7:00	Off	10:45-11:45 am	off
Age Group 2	6:00-7:30 (dryland)	7:15-8:30	Off	7:15-8:30	6:00-7:30 (dryland)	9:30-10:45a m	off
Age Group 3	6:00-7:30	7:30-9:00 (Dryland 7:15 - 7:30)	6:00-7:30	7:30-9:00 (Dryland 7:15 - 7:30)	6:00-7:30	8:00-9:30a m	off
Select	dryland 5:45-6:00 pm swim 6:00-7:30 pm	swim 6:00-7:30 pm dryland 7:30-7:45 pm	dryland 7:15-7:30 pm swim 7:30-9:00	dryland 5:45-6:00 pm swim 6:00-7:30 pm	5:30-7:00 @ Pattonville	7:00-9:00a m @ Pattonville	off
Senior 1	7:30-8:45	5:45-7:30	7:30-8:45	5:45-7:30	Off	7:00-9:00a m @ Pattonville	off
Senior 2	7:30-9:00	5:45-7:30 (dryland)	7:30-9:00	5:45-7:30 (dryland)	off	7:00-9:00a m @ Pattonville	off

UMSL	**Monday**	**Tuesday**	**Wednesda y**	**Thursday**	**Friday**	**Saturday**	**Sunday**
FAST Prep	5:30-6:30		5:30-6:30				
Age Group 1	5:30-6:30	off	5:30-6:30	off	off	10:45-11:45 am @ Principia	off
Age Group 2	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	off	9:30-10:45a m @ Principia	off
Senior 1	6:45-8:30	6:30-8:00	6:45-8:30	6:30-8:00	off	7:00-9:00a m @ Pattonville	off
Senior 2	6:30-8:30	6:45-8:30	6:30-8:30	6:45-8:30	5:30-7:00 @ Pattonville	7:00-9:00a m @ Pattonville	off

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Lindbergh	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAST Prep	6:00-7:00pm			6:00-7:00pm			
HS FAST Prep	7:00-8:15pm			7:00-8:15pm			

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Online Registration Process:

- Go to www.FAST-swimming.com and click “Join Team” on the home and click on the green “register now” button on the bottom of that page.
- For returning members, click the button that states “I am logged in and will use this account: < **your user log in email address and the name on the account >”**
- For new members, click the button that states “I am a new user or I am not sure if I already have an account. This is the email I want to use”
- Click “Continue”
- Complete the fields on the following online pages and click “Continue” at the bottom of each page. For the question “Register to this Group”, returning members should choose the button indicating the group assignment they have received from their lead deck coach and new members should choose the group assigned by the coach at evaluations.
- Choose your payment method and proceed to the checkout page. Registration payments must be made by check or credit card. You will not be able to set up ACH processing until after you are registered. Please note that a $0.30 dollar per transaction with a 2.95% transaction fee will be added if you choose to pay your registration fees by credit card.
- Your registration is not complete until your payment is received. As noted above, if you are paying by check, the payment needs to be mailed to the post office box address: FAST, P.O. Box 8595, St. Louis, MO 63126.

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Ozark Outreach for USA Swimming Registration and Meet Fees: The Ozark LSC offers reduced fees for USA Registration and assistance with meet fees for families in need. The yearly income guidelines that are used by school districts to qualify children for the Federal Free and Reduced Lunch Program are used to qualify Ozark Outreach swimmers. A swimmer does not have to participate in the actual lunch program in order to qualify.

A copy of one of the following items are required to show proof of need:

- Federal Free and Reduced Lunch Program Verification Form
- Medicaid Card
- Food Stamp Letter
- Current signed Federal Tax Return that shows that the guidelines have been met

If you believe that you qualify for the Ozark Outreach program, please contact the team Business Manager. Ozark Outreach does not help with the cost of FAST training fees.

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Simplify your life with monthly automatic Swim Club payments!

FREE Electronic Withdrawal! No Checks! No Late Fees! No Hassle!

Electronic withdrawal is recommended for all FAST members (new or returning).

Frequently Asked Questions

What is Electronic Withdrawal?
ACH is a paperless alternative to writing checks. You simply pre-authorize your payments to be made automatically and electronically by your financial institution.

What does ACH offer me?
ACH allows you to make your payments without having to remember to write checks every month. ACH payments happen on time, every time.

How much does it cost?
$0.30 plus 1.25% of the transaction amount.

When is the payment transferred from my account?
The automatic transfer is always made on the same day of each billing period. The automatic withdrawal will occur on the 1st day of each month or the closest banking day to the 1st if that date falls on a weekend or holiday.

How will I know that my payment has been made?
Your payment is itemized on your bank statement.

What if I disagree with the charges?
The amount collected is transferred automatically from our billing system to ensure accuracy. We can still easily review the charges with you and make adjustments if necessary. Those adjustments would be reflected on your next month's invoice.

Who has access to my account?
No one but you and your financial institution. To use ACH, you authorize your financial institution to make the payments. Your financial institution automatically makes your payment on your behalf, but only with authorization.

Can I cancel the service?
Yes. You can cancel at any time if you end your membership with FAST or change your payment schedule and make one payment per year.

For additional information, please contact the FAST Executive Director at 314-852-5216.

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FA$T Scrip Program

Buy Gift Cards through FA$T's Scrip Program

Help Your Team When You Buy Things You're Already Buying! With FAST's Scrip Program, buying gift cards from participating merchants rebates a percentage to help our team.

Here's How You Get Started

1. Download the FA$T Scrip Order Form.

2. Send an email to admin@fast-swimming.com to submit an order electronically.

3. Pay for the cards at pickup! Orders received on the last Monday of the month can be picked up on the following Monday. Payment for the Scrip program will not be direct billed via Team Unify.