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| **Tryouts** | **2-week trial period:** FAST FAQ’s and information packet provided  Must be able to swim 25 yards freestyle and 25 yards backstroke and be deep water safe | $25 for 2 weeks [prorated for remainder of the monthly fee] for each athlete |
| **Pre-competitive Age 4-8** | **Equipment:** Swim suit, goggles [Optional: swim cap]  **Practice:** 3 Days per week 30-45 min  The emphasis will be learning the 4 competitive strokes through stroke technique, drills and games while building endurance in a positive learning environment.  **Advancement Criteria** to the Beginning Competitive Group:   1. Swim the freestyle and backstroke with legal turns 2. Consistent practice effort/behavior 3. Coach’s recommendation | $75/ 2nd athlete $50 |
| **Novice: Beginning Competitive**  **Ages 7- 10** | **Equipment:** Swim suit, goggles, team swim cap, team T-shirt  **Practice:** 4 days per week 1 hour – attendance: minimum 3 days per week  **Advancement Criteria to the Beginning Age Group:**   1. Swim 4 strokes legally in a USA sanctioned swim meet 2. 5 x 25 fly, back, breast on :45 interval 3. 5 x 50 free on 1:30 4. Consistent practice effort /behavior 5. Coach’s recommendation | $75/2nd athlete $50 |
| **Beginning Age Group**  **Ages: 9 - 12** | **Equipment:** Team swim suit & cap, team t-shirt, fins, team warm up jacket  **Practice:** 5 days per week 1.25 hours – Attendance: minimum of 3 days per week  **Advancement Criteria to Advanced Age Group: Focus on B times**   1. All 4 strokes with legal turns 2. 5 x 50 fly, back, breast on 1:00 interval with legal turns 3. 10 x 50 free on :50 interval with flip turns 4. 5 x 100 IM on 2:00 interval with legal turns 5. Regular competition in USA sanctioned swim meets 6. Consistent practice effort/behavior 7. Coach’s recommendation | $80/2nd athlete $55 |
| **Advanced Age Group**  **Ages: 11-14** | **Equipment:** Team suit & cap, team t-shirt, team warm up jacket, fins, pull buoy, kick board, paddles, team bag or backpack, mesh bag for equipment  **Practice:** 5 days per week 1.5 hours including any dry land exercises- Attendance: minimum of 4 days per week – Focus on A Times  **Advanced to Senior Development Group:**   1. A times in all 4 strokes 2. 5 x 100 fly, back, breast on 2:00 interval 3. 10 x 100 free on 1:30 interval 4. 5 x 200 free on 3:00 interval 5. Ability to complete 5,000 yard practice 6. Coaches recommendation | $80/ 2nd athlete $55 |
| **Senior Development/Senior**  **Ages: 13-18** | **Equipment:** Team suit & cap, team t-shirt, team warm up jacket, fins, pull buoy, kick board, paddles, team bag or backpack, mesh bag for equipment  **Practice:** 5 days per week 1.5 -2 hours per day including dry land exercise: Focus on AA/Zone times in all strokes | $85/2nd athlete $60 |
| **Swim & Water Polo**  **Ages:7-14** | **Equipment:** Team suit and cap, team t-shirt, fins, kick board,  **Practice: Swim**: 1 – 1.5 hours per week **Polo**: 1 hour 2 days per week  **Attendance:** Minimum 3 days swim, 2 days polo  **Polo emphasis**: learning skills through drills and scrimmages  **Polo leagues:** Participate in leagues as they become available – additional cost to each player | $85/2nd athlete $60 |
| **Diving**  **Ages 8-18** | **Equipment:** Swim suit  **Practice:** 1.5 hours 3 days per week  **Minimum Attendance:** 2 days per week | $85/ 2nd athlete $65 |
| **Swim & Dive**  **Ages 8-18** | **Equipment: Diving –** Swim suit **Swim:** Team swim suit & cap, team t-shirt, fins, team warm up jacket  **Practice:** Dive: 1.5 hours 3 days per week  Swim: 1.5 hours 5 days per week  **Minimum attendance**: Dive: 2 days per week  Swim: 3 days per week | $100 |

Questions regarding billing: e-mail [seanmaryfast@gmail.com](mailto:seanmaryfast@gmail.com)

The prices above are for the 1st and 2nd athlete in the same group.

Athletes in mixed groups: The highest level athlete pays full price, the 2nd/3rd athlete pays the 2nd athlete price of their group.