Williamson County Parks & Recreation

 Summer Recreational Competitive Swim Team

Ages 5 – 18 Years



Franklin Area Swim Team **2016**

**Franklin Recreation Complex**

**REGISTRATION: February 15th-May 31st**

**Registration is now Online!!! www.excelaquatics.org**

**New Swimmer Evaluation and Returning Swimmer Practice - (1 week ONLY)**

**May 23rd-27th**

**Please come as many days this week as you can! Our season starts quickly!**

***Ages 6 and under 4:00-4:30***

 ***Ages 7 – 8 year olds 4:30-5:00***

***Ages 9-10 year olds 5:00-5:45***

***Ages 11 and up 5:45-6:30***

ALL Swimmers MUST Meet the Following Swimming Levels to Participate on F.A.S.T.

 (stroke does not need to look perfect, but there needs to be a demonstrated potential to learn the stroke)

***8 & Under*** – Ability to swim entire length of the pool Freestyle

***9 & 10year olds*** – Ability to swim entire length of pool Freestyle, Backstroke & Breaststroke

***11 & Older*** – Ability to swim 2 lengths of pool Freestyle, Backstroke & Breaststroke

**Meet Schedule**

**Tues.,** June 7th FYMCA @FAST

Tues., June 14th FAST @ Nolensville

Tues., June 21st FAST @ Comets

Tues., June 28th BYMCA @ FAST

Tues., July 5th FAST @ Longview

**Championship Meet-July 15th- 16th** Swimmers participate in one session of the 2 days. This meet is divided by age groups.

**TEAM FEE**

$140.00 per swimmer (includes team cap)

Team Suit—required

Purchase suits at:

All American Swim Supply Brentwood, TN

(615) 309-7636

NO Refunds after May 31st

**Practice Schedule**

**May 30th -July 14th**

Outdoor Pool

**Monday – Friday (exception: Meet Days)**

Ages 11 and Older 7:00am – 7:55am

Ages 9 & 10 7:55am – 8:40am

Ages 7 & 8 8:40am – 9:20am

Ages 6 & Under 9:20am – 9:50am

\*\****SWIMMERS ARE REQUIRED TO PARTICPATE IN 3 SWIM MEETS***\*\*

Parent Participation is Required: Parents will be required to volunteer for a minimum of 3 meets plus the Championship Meet July 15th &16th .

Questions???? Please e-mail

Head Coach Christina Swart

fastcoaches@gmail.com

