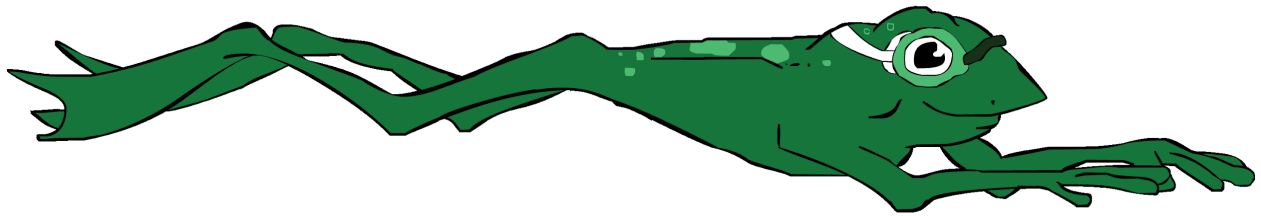


FLAMBEAU AREA SWIM TEAM FAST



**2022-2023 Season
Family Handbook**

FAST 2022-2023 Competitive Season

Welcome to the 2022-2023 Swim Season! We are looking forward to a great year in the pool where our swimmers will make friends, set and meet goals, and achieve personal best times! Together, we will make this season a success!

INTRODUCTION

FAST is a non-profit organization whose objective is to create an experience for young people focused on building skills in the areas of responsibility, goal setting, decision making, self-discipline and communication. FAST offers an environment that develops a love for swimming and fitness in each child. We strive to provide a positive competitive experience for swimmers and parents. Our coaching allows new and accomplished athletes to improve their strokes and times throughout the season. Our athletes develop teamwork, team spirit, and sportsmanship throughout all age groups. Swimming promotes a positive self-image by helping kids get physically fit, stay active and achieve their goals. Our club is run by volunteers and through fundraising and sponsorships we keep the fees low so all kids can be involved.

Each year, our club serves between 60 and 80 swimmers as young as 5, and some stay with the club through high school. We host two to three swim meets each season where up to 300 swimmers and their families attend the event and spend time in our community. Both youth and their parents/guardians are considered part of FAST! Although swimmer and parent/guardian roles are different, they are equally as important to the success of our club.

PREREQUISITES

Swimmers need to swim 25 yards unassisted and feel comfortable in the deep end.

CHANGES THIS SEASON

- 1) Season dates.
- 2) Board members will be available the first week of practice to review the handbook, talk about volunteering, and answer questions.

REGISTRATION NIGHT 2022

Tuesday, October 18 OR Thursday, October 20 @ 6-7 pm - Ladysmith Pool

Registration night is used to determine which squad your swimmer qualifies for based on age, ability, and skill. **This applies to new swimmers only.** Returning swimmers will begin the season on the squad they ended the prior year on.

All parents of new swimmers are asked to wait for the coaches after evaluation to discuss squad placement.

FEES AND PAYMENT OPTIONS

Fees paid are non-refundable.

Fees cover coach salaries, pool rental, insurance, swim meet entry fees, and general operation of the club.

There is a mandatory \$25 Registration Fee (per family).

Squad	Cost
Bronze	\$150
Silver B	\$190
Silver A	\$220
Titanium	\$230
Gold	\$250
Platinum**	\$270

**The fee is adjusted to \$150 for Trident swimmers and swimmer athletes.

Fees are payable in an annual lump sum or on a payment basis. Please see the Treasurer for payment options.

We offer a multiple family member discount (for immediate family members only) as follows:

1st Family Member – Full Price

2nd Family Member – 10% discount (taken from equal or lesser fee)

3rd & Additional Family Members – 25% discount (taken from equal or lesser fee)

EXTENDED SEASON

The FAST extended season is from February 6, 2023 to April 5, 2023. This includes Fond du Lac, State and Midwest regionals. State and Midwest regionals have time qualification requirements which are posted on our website.

Any swimmer may choose to swim in Fond du Lac. Fond du Lac is sponsored by USA Swimming and requires splash and meet fees, which are the responsibility of the parent. A USA Swimming membership is also required to swim in USA meets. (More information on registering will be available in December.) If you choose to swim at Fond du Lac, an additional \$25 will be charged to cover coach salaries.

If you qualify and choose to swim until state, an additional \$50 will be charged.

If you qualify and choose to swim at Minnesota Regionals, it will be an additional \$75 per swimmer to practice until the end of the season. Swimming at MN regionals does not require a USA membership.

SWIMMER EXPECTATIONS

1. Swimmers are expected to set at least one goal for the season. These will be posted at the pool and reviewed frequently.
2. For optimal development, swimmers are expected to attend practice at least 3 days per week. Bronze swimmers are expected to attend 2 times per week.
3. Swimmers are required to compete in at least two meets to be eligible to compete in a Divisionals meet.
4. Swimmers are expected to be on deck no later than 5 minutes prior to the start of practice and wait on the first row of bleachers until the coach provides instructions.
5. Swimmers are expected to be on the deck no later than 10 minutes prior to meet warm-up times.
6. Swimmers are expected to use locker rooms for changing and showering only. Swimmers are expected to be in and out of the locker room after practice within 10-15 minutes.
7. Swimmers are expected to attend meets they sign up for. If unable to attend, the coach must be notified by 5:00pm the night before. Extraneous circumstances are understood.
8. Swimmers are to respect the decisions made by the coaches. Coaches try their best to make decisions in the best interest of individual swimmers and the team.

CONSEQUENCES

1. Verbal reminder of expectation.
2. Continued unexpected behavior could lead to sitting out of part or all of practice.
3. Locker room will be closed if unexpected behavior occurs.

PRACTICE SCHEDULE

Platinum

Monday-Friday
4:00-6:00pm

Gold

Monday-Friday*
4:00-5:30pm
(*Wednesday is an optional practice.)

Titanium

Monday, Tuesday, Thursday, Friday
4:00-5:15 pm

Silver A

Monday, Tuesday, Thursday, Friday
6:00-7:00pm

Silver B

Monday, Wednesday, Friday
6:00-7:00pm

Bronze Group 1

Monday and Wednesday
6:00-7:00pm

Bronze Group 2

Tuesday and Thursday
6:00pm-7:00pm

**Facebook, email, and our website will communicate canceled practices.

PARENTS/SUPPORT TEAM POLICY

FAST has implemented a volunteer system to ensure successful operation of the club, especially at our home meets. There are a variety of volunteer opportunities that will be communicated throughout the season.

Families are required to volunteer a total of 12 hours during the season. If these hours are not completed by January 31, 2023, families will be invoiced \$100. These hours can be fulfilled by any member of your family, aged 13 and older. Team support hours will not roll over to the next season. Hours must be fulfilled by January 31, 2023.

This policy applies to all families of any FAST swimmer who competes in swim meets, home or away. At registration, families will sign a Team Support Acknowledgement form documenting their understanding of this policy. Our Volunteer Manager will communicate how to track and report your hours.

See the following page for examples of volunteer opportunities. Sign up sheets are available approximately one week before meets.

VOLUNTEER OPPORTUNITIES

Including, but not limited to home swim meets:

- Assist in set-up in pool area on Friday evening prior to meet
- Staging Help
- Ribbon Organization
- Heat winner/DQ slips
- Timing
- Selling Heat Sheets
- Concession Stand
- Garbage Patrol
- Bathroom/Locker Room Patrol
- Post-meet clean up

Other including, but not limited to:

- Fundraiser Organization
- Updates to bulletin boards, etc., at the pool

CONCESSION DONATIONS

Concessions generate the majority of FAST's profits. The less we spend on overhead, the more we make. Therefore, we ask families to donate various items. Prior to the home meets, a sign up sheet will be posted at the pool. If you would rather donate money, please inform the board treasurer, Kathy Vacho.

STAYING INFORMED

Flambeau Area Swim Team website: FlambeauSwim.com

Facebook at Flambeau Area Swim Team: <https://www.facebook.com/flambeauareaswimteam>

Emailed newsletter with FAST updates (sign up on the website).

Bulletin Board at Pool

SWIM MEETS

Swimmers are not automatically signed up for swim meets. Entry sheets will be at the pool and/or online. Swimmers need to be signed up 12 days prior to a scheduled meet.

If you are signed up for a meet and suddenly become unable to go, please text, call, or email the Head Coach before 8pm the Friday prior to the meet. If you cancel after 8pm on Friday, for any reason, or don't show up to the meet, a \$10 fee per swimmer will be charged. This will offset the cost that FAST pays per swimmer to enter the meet.

Conference Season

- Nov. 12, 2022 - Pentathlon @ FAST
- Nov. 26, 2022 - Rice Lake
- Dec. 3, 2022 - Antigo
- Dec. 17, 2022 - Phillips
- Jan. 7, 2023 - Rice Lake
- Jan. 14, 2023 - Black River Falls
- Jan. 21, 2023 - Home (Ladysmith)
- Jan. 28-29, 2023 - Divisionals @ Black River Falls
- Feb. 4-5, 2023 - Conference @ Home (Ladysmith)

Extended Season

- Feb. 17-19, 2023 - WI LSC Regionals @ Fond du Lac
- Feb. 25-26 - (10 and under) - State Meet
- Mar. 3-5 - (11 and up)- State Meet
- April 1-2 - Midwest Regionals

WHAT YOUR SWIMMER NEEDS

- **Team swim suit** (black), **team cap** (green), **goggles (2 pairs recommended)**
- **Towels** (2 or 3)
- **Sweatpants/sweatshirt** (2 sets): Swimmers need to stay warm and dry between events. Remember slippers/socks for their feet, too.
- **Blanket or sleeping bag** for the rest area
- **Folding chairs** for parents in the rest area
- **Games:** Travel games, cards, coloring books, something to read between events
- **Food/beverages:** Concessions are available, and all purchases benefit the host club. However, you are free to bring your own cooler. Make sure your swimmers stay hydrated and eat light, HEALTHY snacks throughout the day!!
- **Dry clothing** for the end of the meet
- **Permanent marker and highlighter** for marking swim events both on the heat sheet and on the back of your swimmer's hand, arm, or leg. Heat sheets/programs typically cost \$5 each. Admission to meets is FREE.
- **Positive attitude:** Cheer on your teammates!

FAST SWIM SHOP

Visit our swim shop if you are looking for swimsuits, goggles, caps, and more!

If you are looking for something we don't carry, please visit our affiliate store, SwimOutlet.com. A portion of all proceeds goes back to FAST. Please use the link below to shop!

<http://www.swimoutlet.com/fast>

SUIT CARE

Proper suit care will help suits last longer and save you money! Rinse your suit after practice or a meet with plain cool water to remove chlorine and body oils. Hand wash suits at home using one tablespoon or less of mild detergent. Turn the suit inside out and submerge in water. Swish it around in the water for several minutes, drain and rinse well. Gently squeeze the water out of the fabric. Be sure to avoid wringing. Do not put your suit in the washing machine because the agitation and spinning is too harsh and will damage the fabric.

COMMUNICATION

FAST values open communication with swimmers and their parents/guardians. Swimmers and parents are encouraged to communicate directly with coaches. The coaches have the most contact with the swimmers and therefore are the best ones to talk to regarding issues you may have. This applies to the operation of the swim club, as well. Please contact a board member if you have "out of the pool" concerns.

BOARD OF DIRECTION & MEETING INFORMATION

President	Marly Nobles
Vice President	Natalie Ponsler
Secretary	Shaun Jochimsen
Treasurer	Danalise Stanger
Concessions Manager	Josh Nobles
Fundraising Manager	Natalie Ponsler fast.wi.fundraising@gmail.com
Swim Shop	Ann Van de Voort
Learn to Swim	Emily Moelter fastlearntoswim@gmail.com
Meet Manager/IT	Jennifer Allard
Volunteer Manager	Cassie Heitke

The board meets the first Monday of the month at 6 pm. May change at any point and we will notify via facebook or website. We discuss all aspects of team operations. All are welcome and encouraged to come...questions, problems, concerns and ideas are appreciated.

Head Coach

Jerilea Hendrick

Phone (landline): 715-532-0328

E-mail: flambeauswimcoach@gmail.com

Assistant Coach 715-226-2539

Emily Moelter flambeauswimcoach@gmail.com

Flambeau Area Swim Team

2022-2023 Family Handbook

I hereby acknowledge that I received and read the FAST 2022-2023 family handbook.
My signature also indicates that I understand the volunteer policy.

Swimmer's Name: _____

Parent/Guardian Name: _____

Parent Signature: _____

Date: _____