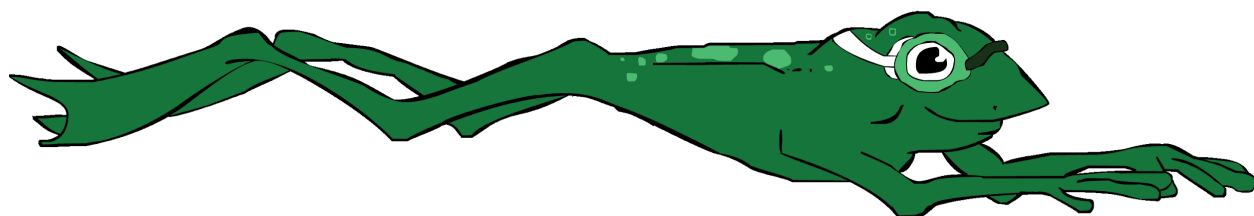


FLAMBEAU AREA SWIM TEAM FAST



**2026 - 2027 Season
Family Handbook**

FAST 2026 - 2027 Competitive Season

Welcome to the 2026 - 2027 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 youth 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) Squad Fees
- 3) Swimmer AND Parent/Guardian expectations/code of Conduct
- 4) Volunteer Policy

REGISTRATION NIGHT 2026

Monday, October 19th OR Thursday, October 22nd @ 6 - 7 pm - Ladysmith Pool

Board members will be available to go over the handbook, volunteering hours, and season's costs.

(Please see next page for more information)

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.

Because the Flambeau Area Swim Team is not school or government funded, the swim club must charge fees to help cover the swim team's operating expenses. The largest portion of our operating expenses goes toward coaches' salaries. Other expenses incurred by our swim club include swim conference fees, insurance, office supplies, postage and awards for the swimmers. These fees are based on the squad the swimmer is placed on and corresponds to the number of coaching hours he/she receives.

It is the **coaches' sole decision** to advance swimmers from the different squad levels. When a swimmer is moved from one squad to another, **he/she must pay an adjusted fee for the higher squad in which the swimmer participates for the remainder of the season.** In the event a swimmer is advanced to the next squad the Treasurer will indicate the change and any amount due will be emailed to the swimmer's family.

There is a mandatory \$25 Registration Fee (per family) not included in the yearly swim dues.

Squad	Cost
Bronze	\$180
Silver B	\$230
Silver A	\$265
Titanium	\$275
Gold	\$300
Platinum**	\$325

****The fee is adjusted to \$180 for Trident swimmers.**

Fees are payable in a lump sum or in two payments. **50% of fees are due by November 1, 2026. Remaining fees are due by December 1, 2026.**

If fees are not current, swimmers will be unable to participate in practices and meets.

(Please see next page for more information)

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)

We do not want to exclude any swimmer because of financial circumstances. Those who feel they may have difficulty meeting the fee schedule are asked to speak to a board member to make special arrangements. (All information submitted will remain strictly confidential.)

***** If your family has an outstanding balance from a previous season ALL outstanding balance and the total fee for the new season will need to be paid BEFORE your swimmer(s) will be allowed in the pool. *****

****Outstanding balance is defined as any fee/fees that were not paid by the end of the season banquet. Example - any fees that were not paid by April 19, 2026 are now considered an outstanding balance. ****

PRACTICE SCHEDULE

Platinum

Monday-Friday
4:00-6:00 pm

Silver 1 - pick 3 days per week

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

Gold

Monday-Friday
4:00-5:30 pm

Silver 2 - 4 days per week

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

Titanium

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

Bronze 1

Monday & Thursday
6:00-7:00 pm

Bronze 2

Tuesday & Friday
6:00pm-7:00pm

****Facebook, email, and text will communicate canceled practices****

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.

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.

Fins for swimmers are HIGHLY recommended but optional.

(Please see next page for more information)

EXTENDED SEASON

The FAST extended season is from February 8, 2027 to MN Regionals Meet on April 3rd & 4th. This includes Ashwaubenon, State and Midwest regionals. State and Midwest regionals have time qualification requirements which are posted on our website.

Any swimmer may choose to swim during the extended season. You do not have to participate in meets. Fees for extended season swim are laid out below. **Extended season fee (\$100) is due February 2, 2027.**

If doing practice ONLY:

FAST fee - \$100

If doing practice AND meets:

FAST fee - \$100

*NLAC fee - \$10

*USA Swimming Membership - \$90

*Meets - \$100/meet

****These fees are approximate. You will receive instructions on how to register for USA Swimming from the coach. Meet prices can vary depending on what events your swimmer participates in. You will be invoiced from FAST for all fees EXCEPT the USA Swimming Membership.****

***** If your family has an outstanding balance from a previous year, you will be required to pay for extended season fees and a \$100 deposit per meet you plan to participate in BEFORE your swimmer will be allowed back in the pool. ***
(FAST will refund swimmer the difference if amount due per meet is less than deposit paid)**

****Outstanding balance is defined as any fee/fees that were not paid by the end of the season banquet. Example - any fees that were not paid by April 19, 2026 are now considered an outstanding balance.****

SWIM MEETS

Swimmers are **NOT** automatically signed up for swim meets. Entries are done at the pool with the coach or by emailing the coach prior (check your email and the white board at the pool frequently with deadlines).

If you are signed up for a meet and suddenly become unable to go, please text, call, or email the Head/ Assistant Coach before 8pm the Friday prior to the meet.

Swimmers are required to compete in at least two meets to be eligible to compete in a Divisionals meet.

Swimmers are expected to be on the deck no later than 10 minutes prior to meet warm-up times.

(Please see next page for more information)

Conference Season

- November 14th - Pentathlon
- December 5th - FAST (Ladysmith)
- December 12th - Rice Lake
- December 19th - Antigo
- January 2nd - Medford
- January 9th - Eau Claire
- January 16th - Black River Falls
- January 23rd - Medford
- January 30th - 31st - Divisionals @ FAST (Ladysmith)
- February 6th - 7th - Conference @ Phillips

Extended Season

- February 19th - 21st - WI LSC Regionals @ Ashwaubenon
- February 26th - 28th - State Meet (Senior)
- February 27th - 28th - State Meet (10 & under)
- March 5th - 7th - State Meet (11-14)
- April 3rd & 4th - Midwest (MN) Regionals @ University of Minnesota - Aquatic Center

WHAT YOUR SWIMMER NEEDS FOR SWIM MEETS

- **Team swim suit** (black/green), **swim 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

(Please see next page for more information)

- **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!

ADULT ATHLETE MEMBERS (18+)

Adult athlete members (18+) and being **APT-compliant**; those athletes **must complete APT prior** to participating in ANY meet. Swimmers who are 18 years of age and have not completed APT cannot participate in team practices or events under USAS rules and regulation, and as coaches we are further required to enforce the Safe Sport policies and cannot allow ineligible athletes to participate. APT is completed annually through the **U.S. Center for SafeSport**, available via their USA Swimming account.

SWIMMER EXPECTATIONS/CODE OF CONDUCT

The Flambeau Area Swim Team Board and coaching staff adopted the following as a basic expectation of its members, in an effort to provide a positive learning, effective training, and a fun environment for our swimmers. One swimmer's poor behavior has a negative effect on all others on deck.

1. I will follow the coaching/training instructions from all coaches immediately. *(NO talking back and NO whining)*
2. I will respect all coaches, swimmers, volunteers, and teammates in and out of the pool.
3. I will try my best to give 100% at every practice and meet.
4. I will treat all swimmers, coaches, volunteers, and teammates with respect and dignity. *(no threats, injuries, endangerment of oneself, or physically/emotional harm)*
5. I will be a positive team member and only say positive things about other teammates and coaching staff. *(If it is not positive don't post it online or say it out loud.)*
6. I will exhibit good sportsmanship in and out of the pool.
7. I will use language that is appropriate.
8. I will respect the property of teammates, the school, and the team therefore, I will not abuse or tolerate the abuse of property. *(This includes stealing.)*
9. I will cooperate with teammates, coaches, and officials.
10. I will use the locker room for changing and showering ONLY and I will be done within 10-15 minutes after my practice ends.

The following Steps for Negative Behavior Corrections will be followed if a swimmer does not comply with the basic expectations. The following steps will be followed on a daily basis. The swimmer will start off with a fresh start each practice.

(Please see next page for more information)

1. A warning will be given by the coaching staff, volunteer, and/or board member
“If that behavior happens again...”
2. Removal from pool
 - * Swimmer will sit on deck out of the water
 - * The length of time out of the pools will be determined by the coach, volunteer, or board member.
 - * Parents will be notified about the behavior and actions taken to correct the negative behavior
3. Final removal from pool
 - * Swimmer will sit on deck out of the water for the remainder of practice
 - * Parents will be notified about the behavior and actions taken to correct the negative behavior
 - * The coaching staff, volunteer, or board member will determine what day the swimmer will be allowed to return to practice.
 - * There will be no refund of fees if the swimmer has to miss day(s) out of practice.
4. Removal from team
 - * If the swimmer’s behavior is excessively outside of the basic expectations, the coaching staff and FAST board will discuss the situation. The FAST board will ultimately make a decision on if the swimmer will be able to return to the team for the remainder of the season.
 - * There will be no refund of fees if the swimmer is removed from the team.

If you choose to accept this responsibility, you and your guardian MUST sign the Handbook Signature page and turn in a paper copy before starting the season’s practice, and in doing so, you agree to abide by the consequences set forth by the FAST Board and coaching staff.

EXPECTATIONS/PARENT/GUARDIAN CODE OF CONDUCT

Flambeau Area Swim Team is committed to providing our athletes with an environment that will enable them to achieve their potential as well as an environment in which all individuals involved in the swim team are treated with respect. We will promote a supportive atmosphere for all of our swimmers and families.

Parents and guardians will adhere to the following guidelines.

1. I will conduct myself at all times in a manner consistent with the values of the Flambeau Area Swim Team. This includes acting with fairness, integrity, and respect. This pertains to interactions with all athletes, other parents, board members, officials, staff, and coaches.

(Please see next page for more information)

2. I will refrain from comments or behavior that is disrespectful, offensive, racist, abusive, or sexist. I will also refrain from the use of foul language on the pool deck, at meets, etc. This also includes all communication I have with the coach whether it is via email, phone, or talking in person with them.
3. If I have questions or concerns regarding the swim program, I should contact a coach directly and use appropriate, respectful language. My concerns may also be directed to a board member or brought before the entire board if the need arises.
4. I will not interfere with the swim team practices. I may sit and watch practice, but I will refrain from interacting with my child and the coaching staff while they are at practice under the instruction of the coaches. I understand that I may be asked to leave the pool area during practice if interference becomes a problem.
5. I will not interfere with my swimmer(s) during warm ups or events during meets.
6. I will make sure my child has the appropriate swim attire and is ready for practice and meets on time. This includes an appropriate one-piece swimsuit or jammers, a swim cap, and quality goggles.
7. I will NOT contact any NLAC or CWSC staff for entries. I understand that all entries MUST go through FAST coaches.
8. I will follow the volunteer policy set by the FAST board that is outlined later in this Handbook.

A productive and safe atmosphere is accomplished through collaborative efforts of our parents, athletes, coaches, and staff. With these values in mind, I understand that failure to comply with these codes may result in appropriate action as determined by the Flambeau Area Swim Team. This may include having membership terminated without reimbursement. Inappropriate behavior by parents will unfortunately have a negative effect on the child. We expect you to set a good example for the children on the team, and anything less will not be tolerated. Children learn best by example, please set a good one!

You MUST sign the Handbook Signature page and turn in a paper copy before the start of the season's practice, and in doing so, you agree to abide by expectations set forth by the Flambeau Area Swim Team.

CONCUSSION AGREEMENT

As a parent it is important to recognize the signs, symptoms, and behaviors of concussions. Please refer to the FAST website under the registration and fees tab to read more about concussion information. <https://flambeauswim.com/registration-fees/>

You will be required to sign a form (located in the Handbook Signature page) stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

(Please see next page for more information)

VOLUNTEER 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 **4 hours per home meet (this applies to Divisionals and Conference if hosted by FAST)**. These hours can be fulfilled by any member of your family, aged 13 and older.

Families have the option to pay a buyout of \$100 per swimmer per meet if they choose to not volunteer.

Signup for volunteer shifts will be available about 2 weeks before each meet through Signup Genius. Watch your email and our facebook page for the link.

Volunteer help is required of FAST at Divisionals and Conference - if your swimmer swims at either you will be expected to help.

This policy applies to all families of any FAST swimmer.

The following are examples of volunteer opportunities including, but not limited to:

- Meet Marshal (female & male needed) - We CANNOT have a meet without a marshal!
- Staging Help
- Ribbon Organization
- Timing
- Selling Heat Sheets
- Concession Stand
- Garbage Patrol
- Bathroom/Locker Room Patrol
- Post-meet clean-up

You MUST sign the Handbook Signature page and turn in a paper copy before the start of the season's practice, and in doing so, you agree to abide by the volunteer policy set forth by the Flambeau Area Swim Team.

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. Signup for concession donations will be available about 2 weeks before each meet through Signup Genius. Watch your email and

(Please see next page for more information)

our facebook page for the link. If you would rather donate money, please inform the board treasurer, Anita.

STAYING INFORMED

Flambeau Area Swim Team website: FlambeauSwim.com

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

FAST Email: flambeauswim@gmail.com

Bulletin Board at Pool

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.

Questions, Concerns and Inquiries need to go through the coaches first. If you feel like your concerns have not been addressed, please reach out to the Board of Directors.

BOARD OF DIRECTORS & MEETING INFORMATION

President

Cassie Barron

flambeauswim@gmail.com

Vice President

Brittany Howard

Secretary

Kari Hetchler

(Please see next page for more information)

Treasurer	Anita Gustafson
Concessions Manager	Brittany Howard
Fundraising Manager	Melissa Rudack
Volunteer Manager	Melissa Rudack
Swim Shop	Jennifer Meng
Hy-Tek Meet Manager	Katrina Rapp

The board meets once a month. We will post publicly when the next meeting is. 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

Samatha Heath

Phone (cell): 715-415-7433

E-mail: flambeauswimcoach@gmail.com

**Signature Page is REQUIRED - 1 per swimmer. Please be sure to turn in a copy.
Swimmers will not be allowed in the pool until this is done.**