

Swim FAST all Year Long with BASS!

Thank you for your interest in year-round swimming with FAST. We practice locally at the Health Nutz and Camp Friendship facility and swim under the USA Swimming club, Battlefield Area Star Swimmers (BASS), a year round USA swimming program based in central Virginia. This affiliation allows us to continue the fun and mission of FAST swimming while benefiting from joining with BASS for competitions and social activities. We offer multiple practice groups to meet the needs of the beginning level swimmer (those who can complete 25 yards of freestyle and one other stroke) through those competing on state and national levels. Our philosophy is to help swimmers be “the best they can be” through goal setting and appropriate training. FAST is developing a reputation as a team that develops outstanding swimmers in and out of the pool. Our professional coaching staff has extensive coaching experience. Additionally, the dedication of our parents and swimmers has led to our success from state champion swimmers to National and Olympic Trial Qualifiers.

Our 2009-10 practice schedule begins on September 14th and concludes on May 14th. During the first month of the season, we will practice in our heated outdoor pool at Camp Friendship before moving inside at Health Nutz.

Please note, our year round program has only 120 spots available and we will give preference to our year round swimmers and summer swimmers. Returning swimmers will have until Friday September 11th to confirm that they are returning to the team. New swimmers are asked to attend an evaluation session at the Camp Friendship Pool from 5:30-6:00 pm on any day between Tuesday September 8th and Friday September 11th for the coaches to determine which group is best for each of your swimmers.

The initial registration process is done online where the account information is entered / verified and the payment of the registration fee is made. There are several convenient payment plans for the program dues. The seasonal rate option is available for those who wish to prepay and save approximately 10% of the total fee; otherwise, eight (8) equal monthly payments can be made. In either case, full payment is not contingent on swimmer participation. In both cases, the payment can be made by check or credit card and is due prior to the 20th of September.

REGISTRATION PROCEDURE

- Please complete registration forms online at <http://www.teamunify.com/vsfast>.
- Please verify that all of your family is correct especially in the Billing, Guardianship, and Insurance/Emergency Contact forms
- For all practice groups, please select the practice location (morning, afternoon, evening). Blue and Pre/Senior have two work out options (see Program Options below).
- Please print and sign the participation agreement and bring it with you to the parent’s meeting.
- To complete the registration process, a parent of *all swimmers wishing to register* must attend a meeting on either Wednesday, September 9th from 5:30-7:00 pm at Camp Friendship or on Friday, September 11th from 7:00-9:00 pm in the Terrace Room at the Lake Monticello Club House.

FAST WINTER 2008-2009 PROGRAM OPTIONS

Minor adjustments may be required to the times shown herein through the course of the 2009-2010 year to accommodate others who use the facilities.

WHITE:	Afternoon	White I	M/W	4:00 pm - 4:45 pm
	Afternoon	White II	T/TH	4:00 pm - 4:45 pm

This is an introductory group for novice 12 & Under swimmers. Emphasis is on developing the fundamentals of the 4 strokes and starts & turns by means of drills & games and competitive swimming. **Children who can comfortably swim 25 yards of freestyle and 1 other competitive stroke are eligible.**

RED:	Afternoon	M, T, W, TH	4:00pm - 5:00pm
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Emphasis is on the technical development of strokes, starts and turns, while the elementary principles of training are introduced. Four practices weekly.

BLUE:	Morning	M, T, W, TH	5:45 am - 7:00 (in pool)
		M, W	6:05 pm - 6:25 pm (dry land)
	Afternoon	M, T, W, TH	4:45 pm - 6:00 pm (in pool)
		M, W	6:05 pm - 6:25 pm (dry land)

This is our top age group program. The polishing of stroke technique starts and turns is important at this level while pursuing a general distance / IM background. Morning and afternoon practice groups are offered with four practices weekly with modest attendance requirements. Swimmers must select either the morning or afternoon practice group.

BRONZE:	Afternoon	Bronze I	M/W	5:00 -6:00 pm
	Afternoon	Bronze II	T/TH	5:00 - 6:00 pm

An introductory age group program for 11 & older swimmers which emphasizes stroke technique.

PURPLE:	Evening	M, T, W, TH	8:00 pm - 9:00 pm
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A more advanced age group program for 11 & older swimmers which continues to emphasize stroke technique and begins to build a true training base. 4 practices weekly.

PRE/SENIOR:	Morning	M, T, W, TH	5:45-7:15 am (in pool)
		M, W	6:45 pm - 7:15 pm (dry land)
	Evening	M, T, W, TH	7:30 pm - 9:00 pm (in pool)
		M, W	6:45 pm - 7:15 pm (dry land)

This level of training is geared towards state, regional and national competition. Morning and evening practice groups are offered and all pre/senior swimmers are required to attend a minimum of **4 practices weekly**. Swimmers must select either the morning or evening practice group. All swimmers in this group are expected to contribute ten (10) hours to volunteer / fund raising / team events and actively participate in the summer program. This group is strongly encouraged to participate in the Friday. **Some** Friday sessions listed below may be held at Woodberry Forest NOT at Camp Friendship or Health Nutz.

FRIDAY OPTION: This is a great opportunity for all the best swimmers from different development groups to practice together. This program is for swimmers in the Red, Purple, Blue, or Pre/Senior groups who wish to add an extra day to enhance their preparation to compete at the state level. Red and Blue groups will practice in the water Fridays from 4:00-5:00 pm have a dry land practice from 5:00-5:30. Purple and Pre/Senior groups will practice Fridays from 4:30-6:00 pm and have a dryland practice from 4:00-4:30. *Some Fridays may involve BASS north practice groups and some age groups may occasionally travel to the Woodberry practice pool for some practice sessions.*

REGISTRATION FEE

Child	Registration fee	Example
First	\$150	2 Children \$150 + \$125 = \$275
Second	\$125	3 Children \$150 + \$125 + \$100 = \$375
Third or More	\$100	4 Children \$150 + \$125 + \$100 + \$100 = \$475

MONTHLY RATES (8 PAYMENTS)/ ANNUAL RATE (PREPAY)

Returning families, please note that we have reduced the payment plan from 9 payments to 8 monthly payments and therefore price per group is not a direct comparison to last years pricing.

Group	Monthly Payment (8 payments)	Pre-Pay Full Season (10% Disc)	Friday Session - One time payment due at registration
White I/II	\$52	\$385	
Red	\$71	\$515	\$80
Blue	\$85	\$625	\$80
Bronze I/II	\$67	\$490	
Purple	\$71	\$515	\$80
Pre/Senior	\$119	\$875	\$80

Please note that by registering for any year-round program you are obligated for the entire year of fees. Exceptions may be made for medical withdrawals and requests for this consideration should be made in writing to the FAST Board and mailed to FAST, P O Box 188, Palmyra, VA 22963