

PROGRAM DUES

Non Competitive groups

Development (I & II)

| | | |
|--------|------------------|-----------|
| Fall | Sept 27 - Nov 29 | \$ 185.00 |
| Winter | Jan 10 - Mar 14 | \$ 185.00 |
| Spring | Apr 11 - May 23 | \$ 145.00 |

Home School group

| | | |
|--------|-----------------|-----------|
| Fall | Sept 27 - Dec 6 | \$ 340.00 |
| Winter | Jan 10 - Mar 14 | \$ 340.00 |
| Spring | Apr 11 - May 23 | \$ 260.00 |

Morning Workout only

| | | |
|--------|-----------------|-----------|
| Fall | Sept 27 - Dec 6 | \$ 340.00 |
| Winter | Jan 10 - Mar 16 | \$ 340.00 |
| Spring | Apr 11 - May 25 | \$ 260.00 |

Stroke Development

NEW

| | | |
|--------|-----------------|-----------|
| Fall | Sept 27 - Dec 8 | \$ 185.00 |
| Winter | Jan 10 - Mar 14 | \$ 185.00 |
| Spring | Apr 11 - May 23 | \$ 145.00 |

To register, fill out the registration forms on our web page, WWW.FAST92.ORG, and send in with payment to the address listed. Forms can also be scanned and sent via e,ail to:

FAIRLANDSWIM@COMCAST.NET

If paying with credit card, forms can be faxed to

(240) 554 - 1537

All faxes go directly to our Team Administrator. No one else has access to your information.

Our Non Competitive programs are designed to serve three objectives. The primary goal is to provide a natural progression from swim lessons to competitive swim. The second goal is to give swimmers (mostly summer league) a low keyed taste of year round swim. And third these groups allow for swimmers with busy schedules a chance to do some swimming during the year without a heavy commitment requirement.



Your child's safety and well being is our top priority. At FAST, our programs are run by experienced, knowledgeable, certified USA Swimming coaches. Our staff has undergone training in Athlete Protection, Safety Training for swim coaches, and have all had background checks.

WWW.FAST92.ORG

For more info, please contact
Manga Dalizu

FAIRLANDSWIM@COMCAST.NET

(301) 526 - 6597

FAIRLAND AQUATICS SWIM TEAM

Fairland Aquatics Swim Team, locally known as FAST, was founded in 1992 and has been developing champion swimmers ever since. We are a member club of USA Swimming nationally, and compete locally under Potomac Valley Swimming.

With today's families having numerous sports and activities to choose from, we understand that not everyone can make a full time commitment to swimming. To that end, FAST offers several alternatives to those who have chosen something else as their primary endeavor, but wish to continue swimming.

We offer four distinctly different options to span the range of ages and offer a quality swimming experience without necessarily making the full time commitment. All of these options, however, can move into our competitive team at any time throughout the year.

The only difference between our competitive and non-competitive groups is the time commitment. The coaching staff is the same. The instruction and stroke development standards are the same.

20+ years of Excellence!

GROUP DESCRIPTIONS

Development

Within our development groups we strive to foster a love and enjoyment of our sport, to develop good body position, and lay the foundations of sound stroke mechanics. The Development group is the natural progression from swim lessons to swim team.

Home School Group

While there are many reasons for home schooling, one thing is certain; the DC Metro area has a large number of home schooled children. This group is aimed at providing an opportunity for home school children to take part in our program while allowing them to meet the various afternoon / evening commitments they may have as a result of their home schooling obligations.

Morning Workout group

With many elementary and middle schools now starting as late as 8:30 to 9:00, consider a before school practice schedule that does NOT involve waking up in the middle of the night.

Stroke Development **NEW in 2016**

This group is for swimmers who can comfortably swim 200 yards and have at least one summer of summer league swim. In this group stroke mechanics will be further enhanced and refined. Better starts and turns will also be part of this group.

Limit of 6

NB

Because this is a new group, anyone interested MUST register by August 31 to ensure pool space is reserved.

PRACTICE SCHEDULES

All practices take place in 13 feet of water. It's critical that younger children are comfortable in deep water.

Development I

Tuesdays 5:15 - 6:00 pm 5 - 8 yrs

Ideal for swimmers just coming out of lessons (Youth Levels 2 - 3). Development I will typically swim about 30 - 35 minutes. The first part of class is devoted to;

- 1) Stretching
- 2) Refresh what was taught during the last class
- 3) An overview of what will be taught that day

Must comfortably swim 25 yards free and back. Doesn't have to be pretty. :-)

Development II

Tuesdays 4:00 - 5:00 pm 8 - 13 yrs

Ideal for swimmers coming out of lessons (Youth levels 3 - 6) or those with a summer league experience.

Must comfortably swim 100 yards non stop.

Home School Group

Tues, Thur 12:30 - 1:30 pm

Must be able to swim 100 yards non stop
We have some flexibility to go earlier or later as needed.

Morning Workouts only

Tues, Thur 7:00 - 8:00 am 8 - 13 yrs

Stroke Development

Thur 4:00 - 5:00 10 - 14
5:00 - 6:00

Things to keep in mind...

- 1) Success takes on many different forms in the sport of swimming. Speed is but one component.
- 2) All things take time, so get a good book and be prepared to take up a second career, called "Patience".
- 3) There will be highs and lows throughout the career of an athlete. Enjoy the good times, and be patient and supportive through the tough times.
- 4) In this day and age of access to information, there is a ton of swimming / coaching material you can find online. Educate yourself but be careful not to become jaded or close minded on any specific area or aspect of your child's development. Talk to the coach to understand their approach.
- 5) Don't hesitate to ask questions.

Welcome to the sport of swimming. It's our hope that you and your child become lifelong swimmers, and better yet, competitive swimmers.

Whether or not your child competes, or becomes a National caliber athlete, they have acquired a set of skills that open the door to many employment opportunities in the field of Aquatics.

At any time during the season, swimmers in these groups may switch to our competitive swim team groups. Talk to your child's coach.

A lot of people notice when you succeed, but they don't see what it takes to get there.

- Dawn Staley