

Welcome to
FAST!



Summer 2022

What is FAST?

FAST is a summer swim team. We begin practices in May before the school year ends and compete in 5 meets hosted by CCSL (Clear Creek Swim League.) We swim against other teams in the area: Pearland, Deer Park, South Belt, League City, PineBrookwood.

Schedule of Events for 2022 is posted on our website: www.friendswoodswim.org.

Practice Schedule

Your swimmer will register for ONE PRACTICE SQUAD, which is simply their practice time. These are multi-age practices. Your swimmer will always attend the same squad practices, so please choose carefully! All three squads together form our team and compete together at Saturday meets.

Attendance is not taken at practice. You do not need to notify anyone if your swimmer misses practice.

Email address and cell numbers

During registration, be sure to add an email that you check often. We apologize in advance, but you will receive a LOT of emails.

Also, please add a cell number where you can receive text messages. In the event that practice has to be canceled because of weather, chemicals, or other situations out of our control, the quickest way we can notify you is through text.

Parent Involvement

Summer swim league is likely different than any other sport or activity that your child has participated in.

For many sports, there is a coach and a team parent who brings snacks and sends out email reminders.

FAST employs a head coach, assistant coach, and lane coaches who run team practices.

FAST has a board of directors who are in charge of hiring staff and coordinating meets.

Parent Involvement

FAST will host 3 home meets at Stevenson Park and swim in 2 meets at other pools.

In order for these meets to happen, we need LOTS of family involvement. Without our families, meets simply can't run.

When signing your swimmer up for FAST, it is your obligation to fulfill 4 service slots per family. Anyone who is not a swimmer, and is at least 16 years of age can fulfill a service slot.

If a swimmer does not participate in Saturday meets, families are still expected to fulfill their service requirement. Failure to do so will accompany a \$50 fine per missed slot.

Board of Directors - we need your help!

If you are interested in learning what a specific board member's job responsibilities are and “shadowing” a board member this season, please reach out to the board member below. ***Being a member of the FAST Board will satisfy your service hours for the season.*** You will be all trained up to take over for the 2023 season! We anticipate these positions being available for the 2023 season. The team cannot function without volunteers.

President, Jennifer Hubenak

hubenak40@gmail.com

Secretary, Stacey Morgan

fastswimvolunteer@gmail.com

Treasurer, Aaron Kovach

aaronkovach@sbcglobal.net

Clerk of Course/Registrar, Melanie Patton (this position comes with a stipend)

fastswimclerk@gmail.com

CCSL Officials

Just like a referee or umpire, swim meets cannot be held without officials.

If you are interested in becoming an official, we will train you!

In addition, once trained and committed to officiate at FAST meets, half of your swimmer's registration fee is taken care of and "meet official" satisfies *all* of your service requirements.

Contact:

Troy Voelker, tavoelker@gmail.com

Service to the team

During meets:

Lane timers

Scorekeepers

Assistants to the clerk

Ready area helpers

Set up and tear down (home meets)

Ribbon coordinators (not during meets)

We have approximately the need for 100 people to fully run a home meet. Each service slot is half of the meet.

Registration

For all swim families who had at least one swimmer registered for the 2019 or 2021 season, you will register beginning on March 20th. Register all of your swimmers at this time - even new family members to the team!

For all swim families who are NEW to the team, you will begin registering on March 27th.