



# FAST High School Prep Program

## Rationale

High school swimming is an important component for our FAST senior athletes. The high school season is a great time for team building, skill progression, and continued development. Within each high school program, there are athletes who do not compete year-round in swimming. As such, they enter each new high school season needing to re-learn strokes, refine techniques, and increase conditioning and endurance. The **FAST High School Prep Program** offers these high school only swimmers an opportunity to remain in the water throughout periods of the year as best meets their schedule and affords them the opportunity to enter the next high school season much better prepared to contribute to their team immediately.

## Session Schedule

The FAST High School Prep Program is divided into **four 8-week sessions**. Each session will offer athletes the **opportunity to swim 4 mornings each week (M, T, Th, F from 6:30 - 8am) at the Fishers High School Natatorium** and FAST recommends that athletes attend at least 3 workouts each week. Workouts will focus on stroke development, technique refinement, and aerobic conditioning.

Session 1\* – July 8 – August 30

Session 2\*\* – September 3 – October 25(Girls)/November 8(Boys)

Session 3 – February 10 – April 3

Session 4 – April 14 – June 6

\*Starting with Session 1, Fishers High School athletes must have a 2024-2025 IHSA Physical on file to begin swimming with this program.

## Fee Schedule

Athletes will pay \$250 per session to be part of the FAST High School Prep Program. This will include 2 Team Caps and 3 Team T-Shirts. In addition, athletes **MUST BE** registered with USA Swimming and be a Member in good standing. This is a separate Annual fee paid by the athlete upon registering with USA Swimming. The fee is \$90. Proof of receipt must be provided to the business manager at [businessmanager@fasttigers.com](mailto:businessmanager@fasttigers.com). Any 18&Over athlete **MUST** also complete USA Swimming's Safesport Training for Athletes **PRIOR** to their 18<sup>th</sup> birthday.

\*\*Session 2 will end on either October 25 for girls or November 8 for boys, due to the start of the Girls/Boys HS season (respectively). Girls in Session 2 will pay \$250, Boys in session 2 will pay \$300 instead of \$250 due to two additional weeks of training.

## Optional Meet Component

FAST High School Only Program athletes will have the opportunity to compete in FAST-hosted meets each year. While competitions are not required, athletes choosing to compete will swim for FAST. In addition, those choosing to compete will have a family volunteer requirement. Families will be required to volunteer for 1 position for each session in which the swimmer competes.

## **Getting Started**

Athletes can register online for the FAST High School Prep Program. Additional information and program announcements can also be found on the FAST High School Prep Program web page. For more information, please contact Coach Keller at ([coachkeller@fasttigers.com](mailto:coachkeller@fasttigers.com)).