

# Purpose of Meeting!

## Summer Excel/Elite/National Group Information

\*[www.fasttigers.com](http://www.fasttigers.com)

\*Mission – To Create Life Champions through Swimming!

\*Vision – To Teach Children and Young Adults Superior Swimming in a Supportive Community!

\*CORE Values – TIGERS!

\*Starting Date – Monday, April 8 - \*exception! Spring Sports? May 30\*!

\*Summer Season Parent Information – Review!

-Purpose of Move to Senior Level?

-TEAMS Training Group Page

-Training Group Structure – Compete to Excel Groups!

**Compete to Excel** - In the Senior division, FAST athletes continue to learn and be taught progressively, but emphasis is placed on taking ownership of their individual goals and the path to achievement. SENIOR division swimmers compete at the local, state, regional, and national level. Competing at the highest level meet for which they are qualified is a priority. Swimmers will be introduced to collegiate opportunities, mentored through goal setting, and encouraged to be positive role models for the younger age group swimmers. Our *Compete to Excel* groups include Excel, Elite, and National Tigers.

- **Excel Tigers** - The Excel Tigers are a year-round training group for high school-aged swimmers. These athletes continue to learn and be taught progressively, but emphasis is placed on taking ownership of their individual goals and the path to achievement. Training sessions are offered 7 times per week and athletes are expected to attend all training sessions.
- **Elite Tigers** - The Elite Tigers are a year-round training group for high school-aged swimmers who have earned at least one 13 & Over State Cut. These athletes continue to learn and be taught progressively, but emphasis is placed on taking ownership of their individual goals and the path to achievement. Training sessions are offered 8-9 times per week and athletes are expected to attend all training sessions.
- **National Tigers** - The National Tigers are a year-round training group for high school-aged swimmers who have earned at least one Winter Juniors cut. These athletes continue to learn and be taught progressively, but emphasis is placed on taking ownership of their individual goals and the path to achievement. Training sessions are offered 9-10 times per week and athletes are expected to attend all training sessions. Each season, these athletes will have one major focal area to further develop their training base. These athletes, due to additional benefits received, will sign a commitment agreement to belong to this group.

-Weekly Training Schedule: Typical – \*April/May

## School Year "General" Training Schedule (September 2023 - July 2024)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National</b>	6:30-8:00a 3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a*	6:30-9:45a
<b>Elite</b>	3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a*	6:30-9:45a
<b>Excel</b>	3:15-5:45p	3:15-5:30p	6:30-8:00a 3:15-5:45p	3:15-5:30p	3:15-5:30p	6:30-9:30a

- Weekly Training Schedule: Typical – \*June/July
- Friday's!
- Summer School – June 3 – June 21 \*LCM!
- Athletes from Area Schools – June 3?
- Summer Jam Week – June 3 (June 7-9)
- Olympic Trials Invite Week – June 10 (June 14-16)
- Open Water Opportunities – June 13-14 & June 25
- Enchanted Forest Week – June 24 (June 28-30)
- Moratorium – Week of July 1-7 (M-Sun) – Rule!
- July 8 Week – SwimFest! Combined AG/Sr. State.
- July 15 Week – Last Chance Meet – 20<sup>th</sup>!
- July 22 Week – Championship Meets! \*Zones!
- Pool Shutdown – End of July, Early August?
- Training Requirement/Expectations (Excel/Elite/National)
- Fee Structure – May-July Fee Assessment!
- Weekly Information – Review w/ Athletes + Group TEAM Page! Senior Group ME!

\* Competition Schedule – Review!

\* Recovery/Shave/Performance Suits – Meets – Team Travel – Expectations!

\* Senior Group Activities – Required?

- Areas of Concern – Travel/Expense/Supervision!
  - Group Fund-raiser?
  - Culture Coach / Travel Trips / Other?

## Fishers High School Information

- \* Fall FAST Season – Annual Registration – August-September!
- \* Fall Sign-up/Registration – w/ Coach Keller – Call Out Meeting - September!
  
- \* Information Packet Includes: View
  - General Information
  - Registration Information
  - Physicals/Forms Information – 1<sup>st</sup> Day of FHS Practice!!!
  - Team Communications \*Group ME!
  - 1<sup>st</sup> Practice / 1<sup>st</sup> Meet Deadlines
  - \*Starting Dates – Girls – \*Monday, October 28<sup>th</sup> / November 11<sup>th</sup>  
Boys – \*Monday, November 11<sup>th</sup> / November 25<sup>th</sup>
  - X-Mas Break Schedule – Saturday, December 21<sup>st</sup> – Monday, January 6<sup>th</sup>! Training/Competition Requirements\*!
  - Academic Requirements
  - Practice Calendar – September/October! \*Options!
  - Competition Calendar – [www.fisherstigersathletics.com](http://www.fisherstigersathletics.com)! \*Comment!
  
- \* High School Swimming/Diving Parent Meeting
  - Week of October 21 - after Fall Break!
  
- \* Booster Club – Parent Group – Volunteers – Adams, Askren & Heuck!
  - Food! Team!
  - Championship Meets – Team Support – Host Boys Sectional!
  
- \* Financial Obligation!
  - Activities – Food! Approximately \$75 + Meet Meals - \$?
  - Team Attire
  - Team Suits/Caps + Competition Suits – Elsmore
  
- \* November 11<sup>th</sup> Week
  - Distribute Swimming and Diving Team Philosophy
    - Team Rules – Team Activities/Team Attire\*
    - Training Rules – Absences/Tardies – Unexcused/Excused\*
    - Training Schedule – Review – On-Line!
    - Training Groups – Excel vs. Elite vs. National/Commitment
    - Updated Meet Calendar?
    - Varsity Letters and Awards