



FREQUENTLY ASKED QUESTIONS

Q: WHAT ARE THE PRINCIPLES OF THE FAST FALCONS SWIM TEAM?

Principle #1: Creating an environment where everyone is valued and can find purpose.

Principle #2: Playing the long game for continued growth, motivation, and improvement. To achieve that goal, focus on technique development, a training environment that prevents injury and has variety and measured progression. A continued commitment to our athletes and staff for clear communication allows for a smooth collaborative process throughout the facility and creates a positive environment for all who walk through our doors. Lastly, encourage the parents to foster a process to develop a well-rounded person, a happy and continually improving athlete, and a shared goal process that promotes team goals, personal goals, and resiliency.

Principle #3: Our experiences with great teams has shown us that practicing gratitude regularly for a challenge, reward, process, and people makes the team experience very rewarding. The FAST Falcons will practice this as a primary team goal.

Q: WHAT IS THE BEST WAY TO TALK TO MY CHILD'S COACH?

A: Since the coaches only have a limited time with their swimmers daily, we ask that you do not approach coaches on the pool deck during practice time. Instead, they prefer to be contacted by email. This is the best way to reach your child's coach and will result in the quickest response possible. All the coaches are available to meet with parents and should be set up via email.



Q: WHO ARE THE COACHES ON DECK?

A: Bios for each coach on the FAST Falcons staff can be found on the team website!

Q: WHY CAN'T PARENTS BE ON DECK DURING WORKOUTS?

A: Due to USA Swimming and FAST liability regulations only, USAS registered athletes and coaches are allowed on deck during your child's practice time. This also allows for the coaches and swimmers to focus on what needs to get done in the water. All parents and guests are invited to watch workouts from the upstairs viewing deck. We are sorry for any inconvenience this may cause.

Q: CAN I GO BEHIND THE BLOCKS WITH MY CHILD?

A: Parents are not allowed behind the blocks. If children have their event, heat, and lane written on their arm, it is much easier for people to help get them in the proper place. Your child should report to their lane by the event before the one they are swimming to check in with the timer and make sure they are in the right place. Coaches will help younger and inexperienced athletes get into position, but as an athlete gets older and becomes more experienced, they will be expected to report to the block on their own.

Q: WHAT SHOULD WE BRING TO THE MEET?

A: Please bring a FAST Falcons team suit, goggles, cap, multiple towels, water, sunscreen, sharpie marker. During the cooler months be sure to bring warm clothes (i.e. parka). All swimmers should bring a spare cap and goggles for backup just in case. Swimmers should bring water, sport drink of their preference, and snacks of their choosing to help keep them hydrated and fueled between races. For the meets during the cooler months, it is essential to bring some warm clothes and socks.



Q: IF MY SWIMMER IS ENTERED IN A MEET AND DOES NOT SWIM, AM I STILL CHARGED FOR THE MEET?

A: Yes. Entries and entry fees are sent to the host club approximately two weeks before the meet. Once FAST has submitted entries to the host club, no changes to the entries or refunds can be made.

Q: WHY DO YOU REQUIRE FAMILIES TO VOLUNTEER?

A: It is important to work together to maintain the high standards of the FAST Falcons Swim Team. We will host a handful of swim meets per year. Each swim meet lasts a few hours per session, about 8 hours per day, and most are 2 day meets. If families work one session at each meet, we can continue to provide local, high quality, sanctioned competition for our swimmers and region.

Q: WHY IS FAMILY COMMITMENT SO IMPORTANT TO YOUR TEAM AND TO THIS SPORT?

A: Children need commitment and support through their challenges as well as their successes. The best swimmers, past, present and future all have families that support them. Along with the FAST Falcons team philosophy, which, leads them to become responsible, self-motivated, confident, and successful adults.

Q: WHAT IS SHORT COURSE? WHAT IS LONG COURSE?

A: Short Course is training or competing in 25 yard/meter pools, while Long Course is training or competing in 50 Meter Pools. Most indoor pools in the USA are set-up as 25yard pools, most of the times younger athletes become familiar with early on are the short course yard (scy) times. Since these meets are held in the fall/winter months, our Short Course competition season starts in September and culminates with championship meets in March. The Long



Course competition season begins in March and continues through July and August depending on the highest-level championship meet a swimmer can qualify.

Q: WHAT IS AN A TIME?

A: USA Swimming has established National Age Group Motivational Times to allow for a steppingstone approach that swimmers can grasp. This is a great way to see progress even if a swimmer doesn't win their event. They start at B times and finish at NRT times. First time swimmers, or swimmers with times slower than the B time, are classified as having C times for those events. You can see the list of time standards [here](#).

Q: WHAT EQUIPMENT DOES MY SWIMMER NEED FOR PRACTICES?

A: All level Swimmers need a water bottle, fins, goggles, team cap, and suit, plus a gear bag to carry all of it. For specific group equipment, please click this [link](#) and click on the specific group you're looking for. Additional equipment answers can be found [here](#).

Q: WHAT ENTITIES REGULATE THE SPORT OF COMPETITIVE SWIMMING FOR THE TEAM?

A: Florida Swimming and [USA Swimming](#) are the governing bodies of competitive swimming in our area and the U.S. respectively.

Q: HOW DOES MY SWIMMER CHANGE GROUPS OR MOVE IN THE PROGRAM?

A: Each child will be considered on an individual basis for placement within a group. As your child progresses in swimming, he or she will be offered the opportunity to move within our group structure. This is a decision that will be made by the entire coaching staff, based on numerous different criteria. Some of the qualities our staff looks for are subjective such as behavior within



the group, coachability, and attitude. Other qualities we look for are objective based on performances on test sets, time standards, and capability.

Q: HOW MUCH DOES IT COST MONTHLY TO JOIN YOUR TEAM?

A: Every member must register through USA Swimming and pay their annual fee. The FAST Falcons monthly dues range from \$75 per month for beginner swimmers to \$100 – \$200 for more advanced elite level programs that have more practice times and opportunities to travel to various competitions out of state. For more information on monthly rates click [here](#).

Q: HOW DO I JOIN THE FAST FALCONS SWIM TEAM?

A: Please email swim@floridafast.com, For new swimmers, we will schedule an evaluation with our coaches For transfer swimmers please click [here](#).

Q: CAN I JOIN FAST FALCONS AT ANY TIME?

A: Club swimming is a year-round sport. There are different seasons (August-March is considered Short Course season, March-August is considered Long Course season) but registration occurs year-round!

Q: HOW DO I REGISTER FOR THE SWIM TEAM?

A: On the FAST Falcons team website, click on the "About" tab on the top banner, under the list of drop-down options, find the option that says "Non- Athlete Registration". Complete the required information and click "submit." Link [here](#).

Q: WHEN AM I BILLED?

A: Bills are processed on the first of each month.



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Q: IS THERE A MASTERS PROGRAM AVAILABLE THROUGH FAST FALCONS?

A: Yes! Our masters program is for anyone 18 years and older, all skill levels are welcome! For more information on our masters program, click [here](#).