

# Fairfield Area Swim Team

## Parent Handbook - 2013 Summer Season

### Welcome:

The board and coaching staff of the Fairfield Area Swim Team (FAST) welcome you to the summer of 2013 season. We look forward to working with you and your swimmers. Our goals are to help each swimmer get better, have fun, make new friends and learn to love the great sport of swimming. There are some changes for this summer - please read this handbook all the way through - even if you have been with FAST many years - so you don't miss anything important to you.

### Organization:

FAST is made up mostly of volunteers who love swimming and working with young people. Our coaches are the only paid members of our staff. Your registration fees pay the coaches and help defray the cost of running swim meets, social events and general administration.

The swimmers are organized into 4 practice groups set up by age and ability to keep swimmers mostly with peers, but also to challenge those who are more advanced and not overwhelm those who are still developing. The practice groups and coaches this summer will be”

**PIRANHAS:** (10 & younger novice) practice 8:30 to 9:30 with Coach Julie

**BARRACUDAS:** (11 and older novice) practice 9:30 to 10:30 with Coach Julie.

**SHARKS:** (11 & older intermediate) practice 8:30 to 10:30 with Coach Mike

**SWORDFISH:** (13 and older advanced) practice 8:30 to 10:30 with Coach Mike

The coaches decide the groups swimmers train with and for kids on the borders of age/ability - they could be in two different groups over the course of the season; for new swimmers we do not know, we may not get it right sight unseen and have to change groups. But in most cases, only one coach will be responsible for each swimmer for the entire season.

To determine where your child will practice as a start point:

Swordfish: can swim 75 yards of all 4 competitive strokes and their turns; can complete a 200 IM (usually age 13 & older)

Sharks: can swim 50 yards of all 4 strokes and their turns; can complete a 100 IM (usually age 9/10 to 13)

Barracudas: can swim 25-50 yards of 1 or more strokes, possibly but not always 100IM (usually age 8-10)

Piranas: can swim 25 yards of 1 or more strokes (usually age 8 and younger)

There may be some exceptions to the description above; these will be handled case-by-case. Our goal is to do what is best for each swimmer and parents will have the final decision on what's best for their child. **The 1-hour groups are generally smaller with more individual attention; the 2-hour groups spend more time working on “fine-tuning” skills and conditioning - there is very little one-on-one.**

The **Parent Board** includes:

Chairperson/President:	Jamie King
Vice President:	Kenny Kirby
Secretary	TBD
Treasurer	Tammy Stanley
Volunteer Coordinator:	Tonia Clarke

**FAST** is pretty **SMART** as well: our team has a special relationship with the year around SMART swim club that trains in the evenings at the Clayton County pool. Two of our coaches are in each team and it gives us the ability to offer training in both the morning and evening. The two teams are different organizations that share a passion for helping kids become better swimmers but have a different administrative set up as well as

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different costs which we try to work to our advantage without being too confusing. **But any swimmers who need to swim evenings will need to register with and pay your fees to SMART for the summer. This applies to Fairfield residents also - the resident rate only applies if you practice in the mornings at Fairfield.** If you expect to have a mixed schedule due to camps or other summer activities please talk with or get a message to Coach Mike before you attend the evening practice so he can plan accordingly. It hasn't been a problem in the past and for a couple or more swimmers it's generally manageable. Same applies to evening swimmers who would like to practice in the morning sometime - please contact Coach Mike or Jamie King before attending in the morning. Anyone who wants to train twice a day would need to register and pay for both programs. Otherwise, please plan to practice only once each day.

FAST is part of the 8-team **Southern Crescent Swim League (SCSL)** along with 5 teams from Henry County and 1 teams from Fayette County communities and Summer Tarpons. We also offer the option to compete in the Georgia Recreation and Park Association (**GRPA**) District championships. Because GRPA requires participation by county of residence, FAST swimmers have to split up based on where you live to participate with either the Clayton (CCST) or Henry County (HCST) teams. We're disappointed about that arrangement but those are the GRPA rules. So we send one coach with swimmers to each District. The only exception is for USA Swimming registered swimmers - they may compete with their primary team regardless of where they live. **There is an additional fee to participate in the GRPA District and State meets; this year parents will have to pay those fees.**

### Where to find information:

The team web site is: [www.leaguelineup.com/FAST](http://www.leaguelineup.com/FAST) - please check out the site for directions to other community pools and other useful information.

There will be a parent meeting on May 4th (registration day) at the Fairfield Community center.

To reach Jamie King, please call (404) 456-4369 or Kenny Kirby (404) 702-3672.  
Head Coach is Mike Slotnick is available at (404) 731-1651.

The FAST and SMART Facebook page is at <http://www.facebook.com/profile.php?id=100000033057151> - has some pictures and other info but please consult the leaguelineup site for "business" and the Facebook site for "pleasure."

The SMART Swim Team website is located at: [www.smartswimmer.org](http://www.smartswimmer.org).

Attached at the end of this Handbook is a timeline of events, activities and deadlines. We hope you find it helpful. If you're not finding information you need, please call any of the pocs listed above, your coaches or one of your teammates.

FAST practice is in the morning at the Fairfield Community pool; SMART practice is in the evening at the Clayton County pool. Swimmers should attend practice at the time and with the group with which they register. If / when you need to change practice time due to work schedule, a camp or other activity, please coordinate the change with Coach Mike.

Piranhas, Sharks and Swordfish should be at the pool for practice by 8:30 to loosen up and stretch for an 8:40 am start. Barracudas should be at the pool for practice by 9:20 to loosen up and stretch for a 9:30 am start We will stretch together from 8:30 to 8:40 am; you'll stretch on your own from 9:20-9:30. If your swimmer is in one of the 1 hour practice groups (Piranha or Barracuda), please drop off/pick up to meet those times or make arrangements with another adult. The coaches will not be able to (reliably) look after kids outside of their practice time.

There's a 1 page calendar available separate form this handbook, which is an expanded version of the weekly schedule included in this handbook.

Parents are welcome to stay and watch practice; if you need or want to leave and come back, please return by practice end time. **On Thursday mornings, we will have everyone practicing at the same time**

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**and play a team-wide game usually ending at or before 10:30.** Please check the calendar for those exceptions to the routine.

When there is a chance of bad weather, you decide whether or not to make the trip; Coach Mike will not usually cancel practice unless there is active lightning in the area; we may have to cancel practice at last minute due to weather so we'll understand if you decide not to take that chance. The only other reason for a cancellation is poor water quality - we'll try to call you before you leave the house if that happens. If there is bad weather on a meet night please plan to swim unless we call you; meets are sometimes delayed due to storm activity but rarely cancelled.

### Swim Suits caps and goggles:

Our team colors are Navy Blue with a gold/yellow splice; Royal Blue with Gold splice would also be consistent with our style. There are several makers of this style suit and we don't insist you buy from one or another. We have coordinated with Augusta Swim Supply for a TYR sponsorship and reduced prices. But you are welcome and free to shop around for a better deal. We have the following sources of supply available:

**Augusta Swim Supply:** go to: <http://www.augustaswimsupply.com> and select the "Teams" link.

**For TYR suits** enter user name "FAST" and password "1234." select your suit and complete the payment process. At the bottom of the payment info page there is a place for additional instructions. To save your self a shipping charge write in that box: Please group with other FAST team orders."

**For Speedo suits** you'll have to use different source. Speedo does make a splice style suit in our team colors. Please see the choices below.

Note: our last team order with Free Shipping from Augusta Swim Supply will be on May 17th, the Friday following registration day. Any orders made after the 17th will be shipped directly to you but you will have to pay the shipping cost.

**Swim Outlet:** go to: <http://www.swimoutlet.com/?Click=1346052> and select either men's or women's swimwear. Look for and choose a Blue with gold/yellow splice suit to meet your needs and complete the checkout process. The suit will ship directly to you and you will pay the shipping cost.

**Friends Unlimited - Swim Shop:** go to: <http://www.swimshop1.com> and select the On-Line store. Look for and choose a Blue with gold/yellow splice suit to meet your needs and complete the checkout process. The suit will ship directly to you and you will pay the shipping cost.

The **Sports Authority** located on Mt Zion Road in Morrow and **Dick's Sporting Goods** located on Jonesboro Road (GA-20 off I-75) in Henry County or in the Fayette Pavilion (off GA-85 just north of Banks Crossing) may also have suits in our team style and colors.

Coach Mike will arrange for a sizing kit of TYR suits to have available from registration day until the first week of the season. If you can't arrange a sizing, there's a sizing chart you may be helpful at the end of this handbook. **After you know the size of suit please place the order yourself.**

### Other team gear:

a. For practice you can wear any one piece suit you are comfortable in. For meets we encourage each swimmer to wear our Blue and gold team colors but if you don't have a team suit or it goes missing at some point in the season you can race in another suit. We also encourage swimmers to wear the Yellow/Blue FAST swim cap during races - it will make it easier for people to find you among the swimmers in a race. Like the team colored suit however, it's legal to swim without it. You won't be disqualified for swimming in another suit. So, please come to practice - please come to the meets even if you don't have or can't find your FAST swim cap.

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b. This year FAST will offer a team gear package consisting of a FAST latex cap and pair of goggles. Cost for this package is \$20. The 2013 FAST Team t-shirt will be included free if you order early (by May 17th). Order yours early from a member of the board so that you have everything before the first meet.

c. The t-shirt can be ordered separately at a cost of \$15 after May 17th.

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**Weekly Schedule** of Practices (P), Meets (M) and other activities or events:

Dates/Day	Mon	Tues	Weds	Thurs	Fri	Sat
May 27 - Jun 1	Memorial Day Holiday	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART <i>*Sign up 4 Thurs meet</i>	open
Jun 3 - 8	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART <i>*Sign up 4 Sat home meet</i>	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:45 <b>M @ ELST</b>	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	<b>M @ Fairfield</b> HBay, MV & Tara
Jun 10 - 15	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART <i>*Sign up 4 Sat away meet</i>	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	<b>M @ Eagle Brook</b>  <i>*Sign up 4 GRPA District meet</i>
Jun 17 - 22	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART <i>*Sign up 4 Sat home meet</i>	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART <i>*Sign up 4 SCSL Championship</i>	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	<b>M @ Fairfield</b> Lmont & Walden
Jun 24 - 30	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 8:30-9:30, 9:30 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 6:00-7:45	SCSL League Championship ** Sunday June 30
End Main Summer Season ... Start Post-season (USA Swimming and GRPA Swimmers)						
Jul 1 - 6	P: 9:00 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 9:00 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 9:00 - 10:30 with FAST or P: 6:00-7:45 with SMART	4th of July Holiday	open	open
Jul 8 - 13	P: 9:00 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 9:00 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 9:00 - 10:30 with FAST or P: 6:00-7:45 with SMART	P: 9:00 - 10:30 with FAST or P: 6:00-7:45 with SMART	open	??? (T) GRPA District Meets @ TBD/TBA ???
Jul 15 - 20	P: 6:00-7:45	P: 6:00-7:45	P: 6:00-7:45	P: 6:00-7:45	P: 6:00-7:45	
Jul 22 - 27	P: 6:00-7:45	P: 6:00-7:45	P: 6:00-7:45	P: 6:00-7:45	open	GRPA State Championship Meet @ Gainesville

# Fairfield Area Swim Team

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### Swim Meet Procedures:

\*\*\* Sign up for meets you will be present for; we submit our entries to the host team 3-4 days before the meet; **if you don't sign up, we assume you will not attend** - that's ok; although swimmers are encouraged to race, you are not required to compete. (Note: Meets are a healthy part of the swim experience: they build camaraderie between and among swimmers and allow kids to see their hard work pay off. Also most kids like to know if the team wins or loses and the team's success is often related to how many kids can participate.) If you do sign up we will plan for you - that includes relays; if plans change and you will miss a meet you signed up for, tell your coach so we can change your relay. If plans change and you can attend but did not sign up, tell your coach; we "may" be able to get you added into open lanes for an event or two. Nobody should pressure or harass you if you cannot make a meet.

The sign up list will be kept by the parent staff on the Fairfield pool deck during each practice. Coach Mike usually picks it up after practice on the date of the sign-up deadline and distributes it to coaches so they can decide the entries for each swimmer. He will try to bring a printout of the entries to the next practice so we can check our work and see if there any swimmer add/drops. After that double-check they are sent to the meet host.

The red text in the calendar (**\*sign up 4 Th**) shows the expected deadline to have signed up for an upcoming meet. Please sign up earlier if you know you can swim - especially for the District meet and League Championship meets - those entries are due even earlier than our league meets.

Thursday meets start at 6:00 pm; please be at the host team pool by 5:15 pm to loosen up for a 5:30 warm up swim.

Saturday meets start at 8:00 am; please be at our pool by 6:45 to loosen up for a 7:00 warm up swim.

We are scheduled for one Saturday away meet at Eagles Brook; warm-up will probably be at 7:20 or 7:40 am.

Ribbons earned by the swimmers at the meet will be available for pick up, usually at the next practice.

\*\*\* Each meet requires many parent volunteers to make them run smoothly - this is true for both home and away meets. We expect each parent/family to volunteer at for least 3 meets. We will have sign up lists for parent volunteers at the pool during practice. If this is your first experience please remember you are not alone; there is plenty of expertise and we can teach you ... If you are not the one that usually brings your swimmers to practice, please call Jamie, Kenny or Tonia to let them know when you can help. There are several positions available: Timers, Runners, Bull-Pen assistants, Stroke Judges and for home meets, the concession stand. Stroke Judging is the only position that requires some understanding of the rules. The other positions are fairly simple and require just your time and attention.

Swimmers should check in with your coach when you arrive at the meet so they know you have made it ok. If you expect to be late, please tell your coach or they may take you out of any relays you were in, thinking you won't make it.

To be eligible to swim in the SCSL Championship you must swim at least 2 of the 4 regular season meets. Please keep this in mind when making vacation and trip plans. For example: if you go away on vacation Jun 3 - 8, and to a camping trip the 15th or 22nd, you miss 3 meets and you'll be ineligible for championship. We realize that some of you will have busy summers and may not be able to attend enough meets. We don't get upset with anyone or their kids if they can't swim championship. Although we like to win, and having everyone present helps, our main goal is to give you the choice. We don't want you to be surprised and get left out if you want to swim championship.

The GRPA District meet is an "extra" optional race opportunity; FAST swimmers that are Clayton County residents join with Summer Tara Tarpon swimmers to form a Clayton County team and compete against other counties in District 4. FAST swimmers that are Henry County residents join with Walden, Eagles Landing, Heron Bay and Monarch Village to form a Henry County team and compete against other counties in

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District 6. Top 3 finishers in each event qualify for State. We always have FAST swimmers qualify for State - normally some in each District. (Note: we understand there is a new provision that will allow USA Swimming registered swimmers to compete for the county in which their club swims - that would be Clayton for SMART. We'll still have to split our team but this provision may give some of you a chance to swim relays together.

### Volunteer Positions during meets:

**Important note: the meets last several hours and most of these positions can use with a replacement - someone to give them a break or relieve them completely. So we try to have twice as many people signed up to volunteer as you see listed in the parenthesis below.**

Timers (5 or 6 people): each lane will normally have a timer from the host team and visiting team so there will always be a need for somebody to operate a stopwatch and record times.

Stroke Judges (1 or 2 people): usually one or two people from each team will provide an adult to watch the kids swim and look for violations of swimming rules - you don't have to be an expert; there will be training for you and a "cheat sheet" with the possible infractions. Your coaches will be available to help you if you see something you're not sure about. It's not like being a baseball umpire and you don't yank anybody out of the water if they make a mistake - you write it down and turn it in for the coaches and meet host to sort through. Benefit of the doubt always goes to the swimmer.

Starter (the One): this is a high profile job - you get to check that timers are ready, start every race, and then take a break until that race is over. You repeat that sequence about 100 times. Even if you've never done it before, you'll have it figured out pretty quick.

Concession sales (3 or 4 people): For home meets we'll offer snacks and drinks to serve our guests and selves as well as raise some money for the team. This takes several people to run well.

Event and Heat Display (usually 1): For home meets we try to maintain a display for which event (there are 88) and which heat (the actual race - usually more than one race for each event) is in the water. It helps swimmers and spectators keep track of where we are in the meet.

Bullpen Assistants (1 or 2): you help the swimmers (especially the youngsters) get to the correct starting block / lane. The "Bullpen" is near the starting blocks and we usually line up 3 or 4 heats ahead of the one about to race - it keeps the meet flowing smoothly and helps kids be in the right place at the right time for their race.

Award/ribbon clerk(s) (1 or 2): you get to make sure labels printed by the host make it onto the correct ribbon and into the right stack for each team - teams handle getting them to the swimmers.

**Team Picture** Date is still tbd - we usually try to set it up for the second or third week of June; individual pictures will begin by 8:30 am and continue until finished after which the team photo is taken. A SCORE company photographer comes in at the start of practice to take individual pictures (for those who want them) and a team photo of the group. We'll have a separate team picture and individual photo shoot for the evening group.

- End of Season Party will be TBD - we are looking at either the week after championship or the week before school resumes and most everyone has completed vacations.

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### Timeline for the 2013 Summer Season DRAFT - not updated yet

Date	Time	Event, Activity or Deadline
now - Apr 19th	all day	Swimmers can submit design ideas for Team T-shirt
now - May 17th	all day	Registration for FAST - get a free team shirt
now - Jun 1st	all day	Registration for FAST and SMART
May 4, (Sat)	12:00-2 pm	Registration and swim suit sizing (at Fairfield pool)
May 17, (Friday)	COB	Submit order for Team Suit through Augusta Swim Supply for free shipping
May 17, (Friday)	COB	Order Team gear package to have before first meet
May 19, (Sunday)	3 - 5 pm	Ice Cream Social and information session (Q&A)
May 28, (Tue)	8:30 am	First day of practice
May 31, (Friday)	10:45 am	Sign up for Eagles Landing away meet next Thursday (Jun 6th)
Jun 3, (Mon)	10:45 am	Sign up for 1st Saturday home Meet (Jun 8th)
Jun 6, (Thurs)	5:15 pm	Check in at Eagles Landing for swim meet (Warm-up starts at 5:30)
Jun 8, (Sat)	6:45 am	Check in at Fairfield for swim meet (Warm-up starts at 7:00 am)
Jun TBD, (TBD)	8:30 am	Team Pictures at Fairfield pool (TBD date)
Jun 10, (Mon)	10:45 am	Sign up for Eagles Brook away meet (Jun 15th)
Jun 15, (Sat)	1:00 pm	Sign up and pay for District meet (separate form and \$25 cost)
Jun 17 (Mon)	10:45 am	Sign up for 2nd Saturday home Meet (Jun 22nd)
Jun 18, (Tues)	10:45 am	Sign up for SCSL Championship meet (Jun 29/30)
Jun 22, (Sat)	6:45 am	Check in at Fairfield for swim meet (Warm-up starts at 7:00 am)
Jun 30 (Sun)	8:30 am - 3pm	SCSL Championship meet (awards available at end of year party)
Jul 1 - 25 (M-Th)	6-7:45 pm	Practices will be offered by SMART at the SLAC for District and USAS Long Course swimmers (Cost TBD/TBA)
Jul 13 (Sat)	8 am - 3pm	District meets (IV is TBD; VI is probably Rockdale - Johnson Park)
TBD (toward end of July)	6 - 9 pm	End of year party

**(Note: sign up deadlines for GRPA District and SCSL Championship meets are up to the meet host and may change from this list)**

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## SPEEDO SIZE CHART SWIM SUIT FEMALE

SIZE	22	24	26	28	30	32	34	36	38	40
Women's Size	n/a	n/a	n/a	n/a	5/6	7/8	9/10	11/12	13/14	15/16
Girl's Size	n/a	7/8	10	12	14	n/a	n/a	n/a	n/a	n/a
Chest	n/a	23½	26	28½	30	32	34	36	38	40
Waist	n/a	21	22½	24	25	26	27	29	30	32
Hips	24	25	27½	30	32	34	36	38	40	41

## TYR SIZE CHART SWIM SUIT FEMALE

SIZE	22	24	26	28	30	32	34	36	38	40
Women's Size	n/a	n/a	n/a	n/a	n/a	6	8	10	12	14
Girl's Size	6	7	8	10	12	n/a	n/a	n/a	n/a	n/a
Chest	23	24	26	28	30	32	34	36	38	40
Waist	21	22	24	25	23	24	26	28	30	32
Hips	24	25	27.5	30	32	34	36	38	40	41

## DOLFIN SIZE CHART SWIM SUIT FEMALE

SIZE	22	24	26	28	30	32	34	36	38	40
Women's Size	n/a	n/a	n/a	n/a	3/4	5/6	7/8	9/10	11/12	13/14
Girl's Size	3/4	5/6	7/8	9/10	11/12	n/a	n/a	n/a	n/a	n/a
Bust Size	22	24	26	28	30	32	34	36	38	40

## SPEEDO SIZE CHART SWIM SUIT MALE

**Measure waist about 1" above natural waist or just above the hip bone**

SIZE	22	24	26	28	30	32	34	36	38
Waist	22	24	26	28	30	32	34	36	38

## TYR SIZE CHART SWIM SUIT MALE

**Measure waist about 1" above natural waist or just above the hip bone**

SIZE	22	24	26	28	30	32	34	36	38
Waist	22	24	26	28	30	32	34	36	38

## DOLFIN SIZE CHART SWIM SUIT MALE

SIZE	22	24	26	28	30	32	34	36	38	40
Waist	22	24	26	28	30	32	34	36	38	40
Boy's Short	S	M	L	XL	n/a	n/a	n/a	n/a	n/a	n/a
Boy's Sizes	4-6	8-10	12-14	16-18	n/a	n/a	n/a	n/a	n/a	n/a