

## PROGRAM DUES

### DEVELOPMENTAL

Fall	10 Weeks	\$ 175.00
Winter	10 Weeks	\$ 175.00
Spring	7 Weeks	\$ 130.00

### WHITE GROUP

\$ 230.00 per session (5 Sessions from Sept - May)  
OR Full payment of \$ 830.00 due by July 15

### BLUE I (\$ 1320)

September 19 through March 27

Options

- A) 3 installments of \$ 440.00 - Due 7/15, 11/15, 1/15
- B) 2 installments of \$ 660.00 - Due 7/15, 11/15
- C) Full payment of \$ 1230.00 - Due by 7/15

### RED I (\$ 1410)

September 19 through March 28

Options

- A) 3 installments of \$ 470.00 - Due 7/15, 11/15, 1/15
- B) 2 installments of \$ 705.00 - Due 7/15, 11/15
- C) Full payment of \$ 1320.00 - Due by 7/15

### BLUE II (\$ 2430)

September 7 through July 26

Options

- A) 3 installments of \$ 810.00 - Due 7/15, 1/15, 4/15
- B) 2 installments of \$ 1215.00 - Due 7/15, 11/15
- C) Full payment of \$ 2260.00 - Due by 7/15

### RED II (\$ 2490)

September 7 through July 26

Options

- A) 3 installments of \$ 830.00 - Due 7/15, 1/15, 4/15
- B) 2 installments of \$ 1245.00 - Due 7/15, 11/15
- C) Full payment of \$ 2320.00 - Due by 7/15

All program dues shown above include meet fees.

*The assembly line is for cars,  
not athletes ...*

*At FAST, we believe in develop-  
ing champions ...*

*one swimmer at a time,  
One stroke at a time!*



[WWW.SWIM-FAST.ORG](http://WWW.SWIM-FAST.ORG)

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# FAIRLAND AQUATICS SWIM TEAM

For all your competitive needs, consider joining FAST. Since 1992 we've been developing swimmers from novice through senior levels.

Our swimmers continue to shine at the local level in summer leagues, high school, and have achieved success at the regional level as well.

Many of our graduates continue enjoying success at the collegiate level, some on partial athletic scholarships. This past year 7 of our former swimmers competed at the college level, one swimmer being named MVP for her third straight year as well as being featured as one of Sports Illustrated's 'Faces in the Crowd'.

Let our family oriented program become a part of your swimmer's life and watch their career take shape.

## PRE COMPETITIVE GROUPS

These groups are ideal for summer swimmers wishing to refine their strokes. They also provide an introduction to year round swimming, but with a nominal time commitment. Development groups do **NOT** compete.

Fall	10 weeks	September 26 - November 29
Winter	10 weeks	January 3 - March 6
Spring	7 weeks	April 10 - May 22

**Development I**      Tues    5:15 - 6:10  
Ages 5 - 7              Limit of 15.  
Must be able to swim 50 yards non stop.

**Development II**    Thur    5:15 - 6:10  
Ages 7 - 9              Limit of 15.  
Must be able to swim 100 yards non stop and be able to swim freestyle and backstroke.

**Development III**    Tues    4:00 - 5:00  
Ages 8 - 13             Limit of 15.  
Must be able to swim 200 yards non stop, to include 50 yards frees and back, and 100 yards of any stroke.

## WHITE GROUP 6 - 9

Our primary focus is that kids have fun with swimming and learn basic skills that will become more important as they get older. These skills include, but are not limited to, streamlining, good kicking, proper technique, flip turns, and good breathing habits. All swimmers must be able to swim 100 yards non stop to include 25 yards freestyle and backstroke. [This group competes.](#)

We recommend 2 / 3 practices per week.

Mon., Wed.	6:00 – 7:00 PM
Thur	4:00 – 5:00 PM
Sat	7:00 – 8:00 AM

Session I	September 19 - October 27
Session II	November 7 - December 15
Session III	January 2 - February 9
Session IV	February 20 - March 26
Session V	April 11- May 24

## BLUE I (9 - 13)

This group has swimmers ranging from novice to championship meet qualifiers. Our emphasis is on having fun, stroke development and stroke refinement. There is also a conditioning component as well to ensure that swimmers have the fitness level required to swim proper strokes. Swimmers must be capable of swimming at least 300 yards, and should include 100 yards of free and 100 yards of back. Swimmers are expected to compete in meets.

We recommend swimmers attend 3 practices per week.

Mon	6:00 - 7:00 pm
Tues, Thur	5:15 - 6:30 pm
Tues	5:00 - 6:15 am
Sat	7:00 - 8:00 am

## RED I (14 - 18)

This group is for swimmers in high school that are looking to continue refining their strokes and improve their overall development without a huge time commitment. Workouts involve a good mix of conditioning, stroke technique, and social interaction. Since most swimmers are in high school, and tend to have many interests besides swimming, the coaching approach is more flexible and offers each swimmer a little more breathing room. This approach also fosters growth and maturity as swimmers are expected to take ownership and responsibility for their development. While it's still important to encourage growth at this age, it's also important that we not hold anyone's hand. This group competes in meets.

We recommend 3 / 4 practices per week.

Mon, Wed, Fri	4:30 - 6:00 PM
Tues	5:00 - 6:15 am
Sat	7:00 - 8:30 am

## ADVANCED GROUPS

Both groups listed below are for those swimmers who have chosen swimming as their primary sport. While stroke development continues to be an important part of both groups, there is an increased training load at both levels. Competition is a vital part and all swimmers are required to attend meets as scheduled by the coaches. Entry into these groups is by coaches invitation. Time management skills are vital if a swimmer is to maintain continued long term development. Swimmers **MUST** maintain their grades in school and be capable of balancing academics with the demands of training and competing.

## BLUE II (10 - 13)

The primary group goal is to qualify for local championship meets and strive to qualify for regional championships as well.

Minimum attendance is 4 practices.

Mon, Tues, Thur, Fri	4:00 - 6:00 pm
Sat	7:00 - 9:00 am
Tues, Fri	5:00 - 6:15 am

## RED II (13 & over)

The goals of this group are to qualify for local championship level meets, along with meets at the regional and higher level. We also place an emphasis on ensuring that swimmers are prepared for the collegiate level if they choose to swim in college.

Minimum attendance is 5 practices.

Mon, Fri	4:00 - 6:00 pm
Tues, Thur	4:00 - 6:15 pm
Tues, Fri	5:00 - 6:15 am
Sat	7:00 - 9:00 am