



## University of Victoria-Pacific Coast Swimming Proudly announces the 2017-18 School Swimming F.A.S.T. program

Welcome to a brand new school team swim season! We are excited to partner with you in delivering a fantastic program to your students again this year. F.A.S.T. stands for Friends Achieving Skills Together and that is what they do. The program gives the students swimming skills, endurance in the water, teamwork, fitness and fun!

Our program includes school team shirts, pool time, coaching, four competitions, prizes and certificates! Schools are able to purchase caps as well at an extra fee. Participants must be able to competently swim 25 meters and be comfortable in the water without an instructor in the pool with them.

Our coordinators have been busy booking pool time for meets and practices. Please make sure to check and clarify that everything is correct for your needs by contacting the F.A.S.T program coordinator. Schools starting in October will begin the week of October 10<sup>th</sup>.

If you wish to receive the shirts you must submit school spelling, desired t-shirt colour and sizes (Youth Sm-Adult XL) when ordering and note that these take up to 4 weeks to be completed. These orders are due this year by **October 31<sup>st</sup>** for teams starting in October and by January 15<sup>th</sup> for teams starting in January.

All swimmers must be registered to participate. Attached to this email is a registration form for each of the participant's parent/guardian to fill in. **The forms are to be printed out, collected by each school team's manager and given to your school's PCS coach or Ian Mattock at or before your first practice.** Please note that without both pages of the forms filled out completely a swimmer will not be able to take part in our program as we must comply with Swimming/Natation Canada's policies for liability. Parents will receive an email confirmation from Swimming Natation Canada that they must respond to in order to complete the registration process.

Tentative F.A.S.T. Meet Dates (All at Saanich Commonwealth Place):

Sunday November 19<sup>th</sup> 10am-1pm

Sunday December 17<sup>th</sup> 10am-1pm

Sunday January 28<sup>th</sup> 10am-1pm

Sunday Mar 4<sup>th</sup> 10am-1pm

The F.A.S.T meets consist of:

- 25m of each Free, Back, Breast, Fly and Kick a 50m Free and 4x25m relay
- A certificates for each swimmer at each F.A.S.T. meet
- Ribbons at the F.A.S.T. Championship meet
- A treat for all participants at the end of each meet

For meet entries please have the names and grades of the swimmers participating to Penny by 8pm Friday on the meet weekend. Each child will be entered in all 5 events plus a relay. They are encouraged to swim all of their races but may opt out.

F.A.S.T. program cost remains at: \$60.00 per student for one practice session per week. \$110.00 for teams swimming 2 sessions per week.

Please direct all your questions about the F.A.S.T. program to Ian Mattock by means of the contact information below.

All FAST team practices will finish the last week of February, schedule to follow in September.

Sincerely,  
Ian Mattock  
Pacific Coast Swimming  
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