



University of Victoria - Pacific Coast Swimming Announces the 2019-2020 School Swimming FAST Program

Welcome to a brand new school swim team season!

We are excited to have your school and student join PCS for the School Swimming F.A.S.T Program! F.A.S.T stands for "Friends Achieving Skills Together" and that is what they do. This program gives the students swimming skills, endurance in the water, teamwork, fitness and fun!

Our program includes school team t-shirts, pool time, coaching, four competitions, prizes and certificates. Schools are able to purchase caps as well for 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.

Important Dates:

The swim season will begin the week of **October 14th, 2019**. Your School Swim Program Teacher/Parent Sponsor will update you on when your schools practices are. More info can be found on the registration website: <https://pcs.poolq.net/program-info>.

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

- Sunday November 24th 9:30am - 1 pm
- Sunday December 15th 9:30am - 1pm
- Sunday January 19th 9:30am- 1 pm
- Sunday March 1st 9:30am - 1pm

Winter Break begins the week of **December 16th**, season resumes week of **January 6th, 2020**. Final practices will be held the last week of **February, 2020**.

Registration and Cost:

FAST program cost is \$90 per student for one practice session per week, \$130.00 for students/teams swimming two sessions per week. All swimmers must be registered to participate in the program.

Online registration to the School FAST program can be found here: <https://pcs.poolq.net/program-info>.

1. Go to www.pacificcoastswimming.com
2. Click on ONLINE REGISTRATION on the left hand side, and click "Create Account" on the top right.
3. Once your account is created, under Program Info/Registration choose FAST School League and your school. Follow the prompts (ignoring credit card information), and you will be emailed a confirmation.
4. Payment will be collected by the teacher sponsor before the first practice.

Swim Meet Information:

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

Swim meets will begin with a warm-up at 9:30am, and races will start at 10am. Please have your swimmer on deck, ready to swim before 9:30am. Packing extra towels and water for the race day is always a great idea, as well as cap, goggles and a swim suit. Parents will be asked to cheer on their swimmers from the bleachers, as the pool deck gets crowded with the swimmers and coaches. Please help the coaches encourage the swimmers to try all 5 events during the race day!

If you want more information about Pacific Coast Swimming, and how to join our team, please check out our website: <https://www.pacificcoastswimming.com> or chat with your swimmer's coach on the pool deck.

We hope to see you at the pool!

School FAST Program Coordinator Team
Pacific Coast Swimming - A Family of Champions