



University of Victoria - Pacific Coast Swimming Announces the 2022-2023 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, three 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 or parent in the pool with them.

Important Dates:

The swim season will begin the week of **October 17th, 2022**. 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 27th from 9:30 – 1pm
- Sunday, December 18th from 9:30 – 1pm
- Sunday, January 15th, from 9:30 – 1pm
- Sunday, March 5th from 9:30 – 1pm

The last practices for Winter break will be held the week of December 12 - 16th, 2022, season resumes week of **January 9th, 2023**. Final practices will be held the week of February 27 - March 3rd, 2023.

Registration and Cost:

FAST program cost is \$90 per student for one practice session per week. All swimmers must be registered to participate in the program. Schools will be collecting the payment fees from you directly.

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/school.

COVID Response

Each pool and facility will have specific policies and procedures for our participants in response to COVID-19. The measures put in place, that our coaches and swimmers will need to follow will be communicated directly with your Teacher/Parent Sponsor and Coach. Any changes to these policies, we will update you as soon as we are able.

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 certificate 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