

## Purpose of Meeting!

### Summer Excel/Elite/National Group Information

\*www.fasttigers.com

\*Mission – To Create Life Champions through Swimming!

\*Vision – To Teach Children and Young Adults Superior Swimming in a Supportive Community!

\*CORE Values – TIGERS!

\*Starting Date – Monday, April 10 - \*exception! Spring Sports? May 30\*!

\*Summer Season Parent Information – Review!

-Training Group Page

-Training Group Structure – Compete to Excel Groups!

-Weekly Training Schedule: Typical – \*April/May

### School Year "General" Training Schedule (September 2022 - July 2023)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National</b>	6:30-8:00a 3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a	6:30-9:45a
<b>Elite</b>	3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a	6:30-9:45a
<b>Excel</b>	3:15-5:45p	3:15-5:30p	6:30-8:00a 3:15-5:45p	3:15-5:30p	3:15-5:30p	6:30-9:30a

-Weekly Training Schedule: Typical – \*June/July

-Currently, no change!

-Summer School – May 30 – June 19 \*LCM!

-Athletes from Area Schools – June 2

-Week of June 5 – ISI ODCamp

-Summer Jam Week – June 5 (June 9-11)

-Open Water Opportunities – June 15-16 & June 27

-Travel Trip – June 30-July 2 – University of Michigan

-Moratorium – Week of July 3-9 (M-Sun) – Rule!

-July 10 Week – Senior State!

-July 17 Week – AGS!

-July 24 Week – Divisional Meets!

-Training Requirement/Expectations (Excel/Elite/National)

-Fee Structure – May-July Fee Assessment!

-Weekly Information – Review w/ Athletes + Group Page! Group ME!

\* Competition Schedule – Review!

## FAST 2023 Long Course Meet Schedule

The Fishers Area Swimming Tigers will compete in a number of meets throughout the long course season - both at home and away. The following table indicates name of meet, meet dates, and which training groups are eligible for each meet. If you have any questions, please contact your athlete's lead coach.

	National	Elite	Excel	Pride	T3	T2
*OW Nationals 04/21-23/23	X	X				
FAST Friday 04/28/23 *04/25		X	X	X	X	X
FAST vs Carmel Swim Club Dual Meet 04/29-30/23 *04/25	X	X	X	X	X	X
*ISI Dual in the Pool @ FMC Natatorium, Oak Brook, IL 05/5-7/23	X	X		X		
FAST 500 05/5-7/23 *04/19	X	X	X	X	X	X
*Indy Spring Cup 05/17-20/23	X	X		X		
FAST Friday 06/02/23 *05/30		X	X	X	X	X
FAST Summer Jam 06/9-11/23 *05/12	X	X	X	X	X	X
*CZ Open Water Championships in WI, 06/15-16/23	X	X		X		
FAST Friday 06/23/23 *06/20		X	X	X	X	X
*ISI OW State Championship in Muncie, IN 6/26/23	X	X		X	X	
*Phillips 66 National Championships @ IU NAT 6/27-7/01	X					
Noblesville Enchanted Forest 7/7-9/23 *05/5		X	X	X	X	X
*ISI Senior State @ IU NAT 7/13-16/23	X	X				
FAST Sunday Splash Last Chance 7/16/23 *7/13			X	X	X	X
*ISI Age Group State @ IU NAT 7/21-23/23		X		X		
*NCSA Summer Championships @ IU NAT 7/26-30/23	X	X		X		
*ISI Divisional Meet @ TBD 7/28-30/23		X	X	X	X	X
*USA Swimming Speedo Junior Nationals in Irvine, CA 7/31-8/4	X					
*Central Zones 14&U Championships in Elkhart, IN 8/3-6/23	X	X		X		

\*Indicates MUST Qualify!

\*Edit Commitment Deadlines are to the right of the meet date! This is the last date to commit to a meet to be GUARANTEED an opportunity to compete! Those without Commit Deadlines are qualification meets and staff will enter athletes into these events following communication with athlete/parent.

Schedule is subject to change!

\* Recovery/Shave/Performance Suits – Meets – Team Travel Options – Expectations!

\* Senior Group Activities – Required?

-Areas of Concern – Travel/Expense/Supervision!

- Group Fund-raiser?
- Culture Coach / Travel Trips / Other?

## Fishers High School Information

- \* Fall FAST Season – Annual Registration – August/September!
- \* Fall Sign-up/Registration – w/ Coach Keller – Call Out Meeting - September!
  
- \* Information Packet Includes:
  - General Information
  - Registration Information
  - Physicals/Forms Information – 1<sup>st</sup> Day of FHS Practice!!!
  - Team Communications \*Group ME!
  - 1<sup>st</sup> Practice / 1<sup>st</sup> Meet Deadlines
  - \*Starting Dates – Girls – \*Monday, October 23<sup>rd</sup> / November 6<sup>th</sup>  
Boys – \*Monday, November 6<sup>th</sup> / November 20<sup>th</sup>
  - X-Mas Break Schedule – Saturday, December 23<sup>rd</sup> – Monday, January 8<sup>th</sup>! Training/Competition Requirements\*!
  - Academic Requirements
  - Practice Calendar – September/October! \*Options!
  - Competition Calendar – [www.fisherstigersathletics.com](http://www.fisherstigersathletics.com)!
  
- \* High School Swimming/Diving Parent Meeting
  - 1<sup>st</sup> 2 Weeks of November and after Fall Break!
  
- \* Booster Club – Parent Group – Volunteers – Adams, Heuck & Stein!
  - Food! Team!
  - Championship Meets – Team Support – Host Boys Sectional!
  
- \* Financial Obligation!
  - Activities – Food! Approximately \$75 + Meet Meals - \$?
  - Team Attire
  - Team Suits/Caps + Competition Suits – Elsmore
  
- \* November 6<sup>th</sup> Week
  - Distribute Swimming and Diving Team Philosophy
    - Team Rules – Team Activities/Team Attire\*
    - Training Rules – Absences/Tardies – Unexcused/Excused
    - Training Schedule – Review – On-Line!
    - Training Groups – Excel vs. Elite vs. National/Commitment
    - Updated Meet Calendar
    - Varsity Letters and Awards