



## FAST 11-14 Training Groups

2025-2026

### Our Mission

To create life champions through excellence in swimming.

### Our Vision

To teach children and young adults superior swimming in a safe and supportive community.

### Our Tiger Values

- T** – Team
- I** – Integrity
- G** – Grit
- E** – Excellence
- R** – Respect
- S** – Sportsmanship

### T1, T2 & T3

Learn to Train - Athletes in the *Learn to Train Division* are further refining their strong foundation of skills and techniques, while integrating training philosophies. The foundation for aerobic/anaerobic training, increased training volume, and the development of underwater training will be laid, as well as how out-of-the-water responsibilities, such as nutrition, hydration, and dryland training, affect performance in the pool. Our *Learn to Train* groups are Tigers 1 and Tigers 2.

- **Tigers 1** - Tigers 1 swimmers are the 11–12-year-old swimmers. While stroke mechanics are refined, a shift to competition training begins to be emphasized. Tigers 1 swimmers must be able to successfully complete a 100 Free, 50 Back, and 50 streamlined Kick. Training sessions are offered 6 times per week and 85% attendance will provide the opportunity for continued improvement.
- **Tigers 2** - Tigers 2 swimmers are the 13–14-year-old swimmers who are refining stroke mechanics. This group is shifting to a competitive training focus. Tigers 2 swimmers must be able to successfully complete a 100 Free, 50 Back, and 50 streamlined Kick. Training sessions are offered 6 times per week and 90% attendance will provide the opportunity for continued improvement.
- **Tigers 3** – Tigers 3 swimmers are the 11–14-year-old athletes who are focused on developing training habits through interval training, dryland (including but not limited to weights, running, and agility exercises), and goal setting. These swimmers are aspiring to achieve multiple Divisionals or Age Group State cuts. Training is offered 7 times per week and 85% attendance will provide the opportunity for continued training and competition development.

## **Tiger Pride**

Train to Compete - In the *Train to Compete Division*, the athletes will learn about how their decisions and behavior outside of the pool affect their performance in the pool. Athletes continue to build on good practice habits with progressive skills, drills, and a variety of techniques, and work to challenge themselves and prepare for the senior level. These swimmers compete at the local, state, regional, and possibly national level. They begin to see a glimpse of their future swimming experiences by competing at the highest-level meet for which they qualify. Our *Train to Compete* group is Tiger Pride.

- **Tiger Pride** - Our Tiger Pride swimmers are the 11–14-year-old athletes that have met the minimum IM Xtreme (IMX) scores. This is the swimmer's final step in age group swimming. These swimmers are continuing to refine all aspects of their swimming, while learning how their decisions and behavior affect their performance in the pool. Training sessions are offered 7-8 times per week and 95% attendance will provide the opportunity for continued improvement.
- IMX scores for 11–12-year-old athletes are based upon the 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, and 200 IM.
- IMX scores for 13 and over athletes are based upon the 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, and 400 IM.

## **Coaches**

T1 - Coach Isaiah - [ishuisman@outlook.com](mailto:ishuisman@outlook.com)

T2 - Coach Ellen - [fero\\_ellen@yahoo.com](mailto:fero_ellen@yahoo.com)

T3 - Coach Brett - [coachbrett@fasttigers.com](mailto:coachbrett@fasttigers.com)

TP – Coach Steve - [coachsteve@fasttigers.com](mailto:coachsteve@fasttigers.com)

## **Equipment**

Learning to use and being responsible for their equipment is an essential part of all training groups.

- [Long/Training Fins](#)
- [Snorkel/Jr Snorkel](#)
- [Strokemaker hand paddles](#)
- [Mesh bag](#)

[Elsmore Swim Shop](#) is our equipment supplier for training gear, practice suits, parkas, etc. Items can be purchased through Elsmore Swim Shop located at 4705 E 96th Street, Suite 37, Indianapolis. You may contact them directly at 317-208-3000. In addition to gear for the water, athletic shoes are also required for our daily dryland activities. Crocs and other sandal-like footwear are not recommended.

## **Team Shirts and Caps**

Each athlete will receive (3) Team T-shirts and two (2) Team Swim Caps. These will be distributed to each athlete via their coaches. There is no charge for these items as this is included in your registration fees. These shirts and caps are to be worn at each meet. There will be an email with meet information that will let everyone know what color to wear on each day of the meet.

## **New Parent Resource**

[www.fasttigers.com](http://www.fasttigers.com) - Parents tab, New Parents, scroll down to [New Parent Presentation](#) under Swimming 101.

## FAST Tiger Events

Meet	National	Elite	Emerging Elite	Excel	Pride	T3	T2	T1	Stripes	TC3	TC2	TC1
FAST Tigers Monster Splash Closed Invite October 4-5, 2025** 9/8/25	X	X	X	X	X	X	X	X	X	X	X	X
World Aquatics World Cup SCM Meet (Carmel)* October 10-12, 2025 8/14/25	X	X										
FAST Friday October 24, 2025 10/21/25				X	X	X	X	X	X	X	X	X
Holiday Hoopla IU Natatorium November 7-9, 2025* 09/21/25	X	X	X	X	X	X	X	X	X	X	X	X
FAST Friday November 21, 2025 11/18/25					X	X	X	X	X	X	X	X
FAST Santa Claus Classic December 5-7, 2025 ** 10/26/25	X	X	X	X	X	X	X	X	X	X	X	X
Speedo Winter Jrs at IU Natatorium (IUPUI)* December 10-13, 2025	X	X			X							
FAST Friday December 19, 2025 12/16/25					X	X	X	X	X	X	X	X
Mid-State All-Star Meet at IU Natatorium (IUPUI)* January 3-4, 2026					X				X			
FAST Friday January 9, 2026 1/6/26					X	X	X	X	X	X	X	X
FAST Winter Classic January 16-18, 2026 ** 12/5/25	X	X	X	X	X	X	X	X	X	X	X	X
JAGS Winter Invite at IU Natatorium (IUPUI) February 6-8, 2026 12/31/25					X	X	X	X	X	X	X	X
FAST Friday February 20, 2026 2/17/26					X	X	X	X	X	X	X	X
FAST Sunday Splash Last Chance March 1, 2026 2/24/26	X	X	X	X	X	X	X	X	X	X	X	X
Divisional Championship (Fishers)* March 6-8, 2026 ** 2/25/26			X	X	X	X	X	X	X	X	X	X
Sr State Champs at Elkhart Aquatic Center* March 13-15, 2026 3/2/26	X	X	X	X	X							
SwimStrong National Champs Meet (Fishers) March 20-22, 2026 3/1/26	X	X	X	X								
Age Group State at IU Natatorium (IUPUI)* March 20-22, 2026 3/9/26					X	X	X	X	X	X	X	X
Spring Speedo Sectional at IU Natatorium (IUPUI)* March 26-29, 2026 12/27/25	X	X			X							

\*Indicates you must qualify for the meet.

**\*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.**

We are very excited to be coaching your Tigers, the future of FAST. Please feel free to contact me any time via email at [coachsteve@fasttigers.com](mailto:coachsteve@fasttigers.com) or text me on my cell at 317-938-9501.