



2026 Team Handbook

2026 Board of Directors

Director – Shannon Smith

Vice President & Parent Rep - Tamara Gregg

Secretary - Sonya Jones

Treasurer – Ruby Foley

Board Member – Ryan Criste

Welcome to Foxcroft FAST Fins!

Welcome to Foxcroft Aquatic Swim Team (FAST)! Our goal is to build a top rate swim team and get your kids to LOVE the sport of swim. FAST competes in the Chesterfield Aquatic League (CAL). We hope you will enjoy summer swimming and being part of this amazing swim squad for years to come.

FAST Fins Mission Statement:

At Foxcroft FAST Fins, our mission is to cultivate a safe, inclusive, and motivating environment where swimmers of all ages and abilities can pursue personal excellence. We are dedicated to providing opportunities for the development of essential life skills—such as discipline, teamwork, and leadership—both in and out of the water. Through a commitment to continuous improvement, team unity, and community engagement, we aim to inspire a lifelong passion for swimming and empower our athletes to reach their fullest potential.

FAST Fins Code of Conduct:

The primary goal of Foxcroft Aquatic Swim Team, Inc. (“FAST”) is to ensure a positive experience for all athletes, coaches, spectators, and officials, as well as our team sponsors and community partners. In consideration of that goal, athletes, parents, coaches, and the Board agree to ensure that the words and actions of the Board, coaches, and the athlete(s) that have registered, as well as any accompanying guests, align with and adhere to the following code of conduct while attending, coaching, or participating in FAST practices, meets, and events.

We will demonstrate respect and good sportsmanship toward coaches, lifeguards, athletes, spectators, officials and team sponsors and community partners at all times. This expectation applies to all interactions and communication including in-person, verbal, written, text messages, email, and all social media outlets.

We will treat the property of the team, community, fellow athletes, and others, including the facilities where practices and meets are held, with respect. We will leave the property in the same condition or better than it was found.

We will abide by pool policies, meet rules and the decisions of coaches and officials. We will address concerns through proper channels.

We understand that failure to comply with these standards may result in consequences to be determined by the FAST Board of Directors and/or the coaching staff, including, but not limited to verbal warning, removal from practice(s) and/or meet(s), suspension or expulsion from the team.

Expectations for Behavior at Swim Practice:

It is the goal of the coaching staff to provide instruction and training during the entire practice session. Foxcroft coaches create lesson plans for each day and week of the season to teach the swimmers proper technique, prepare them for competitive swimming, and meet the needs of each swimmer in the practice group. All swimmers are expected to demonstrate a cooperative attitude and follow the instructions and directions of the coaching staff. Parents are welcome on the pool deck to watch practice, but should not interrupt practice by talking with coaches or swimmers.

Team Communications/Groups

- [Foxcroft Fins Team Website](#)
 - Registration, Meet RSVPs and Volunteering will all go through our SwimTopia website.
- [Foxcroft Fins Facebook Page](#)
 - Important information will also be posted on the team Facebook page
- Email:
 - General - foxcroftfastfins@gmail.com
 - Board - fastfinsboard@gmail.com
 - Spirit/Fun - fastfinsspirit@gmail.com

We are excited to continue to use SwimTopia for the 2026 season. You will be able to register, RSVP for meets and volunteer positions, order team gear, and stay up to date on all season announcements. Please bookmark our [website](#) as well as download the SwimTopia app. ([iOS App Users](#) | [Android App Users](#))

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Important Dates

NOTE: All dates are tentative and subject to change.

Registration Opens - March 15, 2026 - Registration link will open at 8:00 am on foxcroftfastfins.swimtopia.com!

Swim Suit Fitting / In-Person Registration - March 22, 2026 @ 1-3PM at the Foxcroft Clubhouse. This is for families interested in learning more about the Foxcroft FAST Fins Swim program or who would like to register in-person. The Midlothian Swim Shop will be on-site for team suit fittings and spirit wear sales. This will be an open house format, please stop by to ask any questions you have about the team. If paying by check, you can also drop your check off today!

Registration Closes / Registration Payment Due - April 30, 2026

Pre-Summer Practice Begins - May 18, 2026

Memorial Day Pool Party (hosted by the FAST Fins) - May 23, 2026

Summer Practice Schedule Begins - June 01, 2026

Time Trials / Team Photo - June 2, 2026

Regular Season Meet Dates and Locations:

- 6/9/26: The Highlands @ Foxcroft
- 6/16/26: Bayhill Pointe @ Foxcroft
- 6/23/26: Foxcroft @ Walton Lake
- 6/30/26: Foxcroft @ Westerleigh
- 7/07/26: Collington @ Foxcroft
- 7/13/26: Foxcroft @ Founder's Bridge

Champs and End-of-Season Celebration Dates:

- 7/14/26 (with a raindate of 7/15/26) : End-of-Season Celebration
- 7/20/26 and 7/21/26 : @ CASC/SwimRVA [Sessions for each age group are TBD.]

Practice Schedule

NOTE: All dates are tentative and subject to change.

IMPORTANT: Due to limited lanes available at the Foxcroft pool in the afternoons when we share the pool with the community, afternoon/evening practices are reserved for swimmers who absolutely cannot make morning practices.

Weeks	Days	Group	Time	Pool
Before School's Out (Afternoons Only)				
May 18-28	Monday - Thursday Afternoons Only	13 & Older	5:00-5:40	Foxcroft
		8 & Under	5:45-6:15	
		9-12 Year Olds	6:20-7:00	
Summer Practice Starts (Mornings/Afternoons)				
June 1 - July 17	Morning Practices Monday, Tuesday, Thursday, Friday	9-12 Year Olds	8:30-9:15	Foxcroft
		8 & Unders	9:15-9:45	
		13 & Older	9:45-10:30	
	Afternoon Practice Monday, Wednesday, Thursday	11 & Older	5:00-5:50	Foxcroft
		10 & Under	5:50-6:30	

Registration

2026 Registration Process

Foxcroft FAST Fins need to register at the team registration link on [SwimTopia](#) before the registration deadline of April 30, 2026.

Payment Options

- **Stripe Credit Card Payment** - Credit card payment is now accepted! A small processing fee is charged when paying by credit card.
- **Check** - please write out your check to **Foxcroft Aquatic Swim Team**. You may drop checks at the in-person registration or at the Foxcroft Treasurer, Ruby Foley's home - 6254 Fox Branch Ct.
- **Zelle** - *Please leave your full name in the memo if paying via Zelle.*
fastfintreasurer@gmail.com

All swimmers must be registered on the swim team before participating in practices. The cost of the team swimsuit and other equipment (such as goggles, swim caps, etc.) is not included in the registration fees. These items must be purchased separately.

Registration fees for the 2026 Swim Season:

- First Swimmer - \$160
- 2nd Swimmer - \$150
- 3rd Swimmer - \$140
- 4+ / High School Swimmer - \$85

One time fee per family

- Non-Resident - \$75
- Late fee (payment made after April 30th deadline) - \$25

Registration fees cover the following:

- Coaches' salaries
- League fees
- Administrative costs
- Miscellaneous expenses such as team supplies, fun events, etc.

Swimming Proficiency Policy

This is a swim team and not swimming lessons. Swimmers must already have basic swimming skills before joining the team. They must be able to safely swim 25 yards (one length of the pool), unassisted as determined by the head coach.

Swimmers in question will be tested after the first week of practice to ensure that they can swim the 25 yards unassisted. The coach has the ability to remove a swimmer from the team if he feels the swimmer has insufficient skills to be safe in the water. If the swimmer is removed from the team, the parent of the swimmer will be refunded for their registration fee, less \$25.

Swimmer Practice Groups

Practices will be organized by age group to allow our amazing coaches to develop swimmers in the most efficient way possible. We will be offering both morning and afternoon practices to accommodate summer schedules. Swimmers are only expected to attend morning or afternoon practice and are encouraged to try and make morning practice if possible. We share the pool with the community in the afternoon which limits lane lines and space.

Swim Meet Participation

Parents must commit their swimmer for the meets via the Meet RSVPs which are available on [SwimTopia](#); **this is for committing and declining.** Swimmers cannot be entered in swim meets once the deadline has passed. Please ensure you are checking the [site](#) as well as your email and app notifications often so your swimmer is not excluded from the upcoming meet(s).

Parent Volunteers

Family participation is essential to the success of a summer swim team. At Foxcroft, volunteering at meets is mandatory. Parents will be able to sign up for volunteer positions at the same time they RSVP to meets on Swimtopia. Each family is required to volunteer at meets in which their child(ren) is swimming.

Volunteer Sign-Up

Volunteer Job opportunities will be available with the Meet RSVPs on [SwimTopia](#). For **any** volunteer position, **all families are required to sign up via the Jobs sign up through SwimTopia.** Volunteer positions will be structured for half meet and full meet support.

If you are unable to fulfill a volunteer shift, another family member or friend may volunteer in your place. Please let the swim team volunteer coordinators know when this occurs. Email is the best form of communication in this case. Scheduling conflicts arise and if you cannot fulfill your selected role, it is your responsibility to find a substitute. Please email foxcroftfastfins@gmail.com AND foxcroftspirit@gmail.com to communicate any changes prior to the meet.

Meet Day Volunteer Sign-In

Volunteers for each swim meet will need to check in with the volunteer coordinator ***no later than 30 minutes prior to the meet start time for first half volunteers.*** It is the responsibility of the volunteer (first and second half) to check-in prior to their shift starting. At that point, the volunteer coordinator will give any additional information that may be needed. Volunteer check-in is located at the porch in front of the clubhouse at home meets.

Officials / Meet Volunteer Job Descriptions

The following are positions that have been held in the past. Certain positions are “official” positions and require training at a pre-season clinic. More details on volunteer positions can be found [here](#).

POSITION	CAL CLINIC	SWIM EXPERIENCE REQUIRED
1. Referee	Y	Y
2. Starter	Y	Y
3. Strokes and Turns	Y	N
4. Head Timer	N	N
5. Computer Operations Specialist	Y	N
6. Announcer	N	N
7. Clerk Of Course	N	N
8. Timer	N	N
9. Ribbon Labeler	N	N
10. Concessions	N	N
11. Results Table Worker/Verifier	N	N
12. Hospitality	N	N
13. Runner	N	N
14. Mite Parent	N	N
15. Heat Winner Ribbons	N	N
17. Meet Manager	N	Y
18. Meet Breakdown	N	N
19. Volunteer/Swimmer Check-In	N	N
20. Parking Team	N	N

Below is a brief description of the available volunteer positions:

1. **REFEREE (home meet only):** The referee is the head official and ensures that all CAL rules are enforced.
2. **STARTER (home meet only):** The starter advises swimmers at the start of each race as to the stroke and distance.
3. **STROKES & TURNS JUDGE:** Judges observe starts, strokes, and turns of each event; they communicate potential stroke violations to the Referee of the meet. Judges must attend a CAL clinic.
4. **HEAD TIMER (home meet only):** Head timers keep the official stopwatch and an extra in case one of the lane timers has a malfunction.
5. **COMPUTER OPERATIONS SPECIALIST (home meet only):** The computer operations run the technical aspects of the home swim meet. This includes timer setup, operating Meet Manager software, verifies timers' inputs from Dolphin timing system. The Computer Operations specialist runs the meet software, generates reports and processes results. The person filling this role must have a thorough understanding of the timing rules and how to apply them. Additionally, a Computer Operator needs a working knowledge and understanding of the software. The ability to troubleshoot computers and other related problems is very helpful. When it comes to time verification, accuracy is a must. Speed is highly desirable.
6. **ANNOUNCER (home meet only):** Supplied by the home team. Announces the next events and the results of the previous events. Calls upcoming heats to the clerk of course. This is a great job for someone with a strong voice. You make any necessary announcements, and work with the Starter/Referee to keep the meet moving quickly and smoothly.
7. **CLERK OF COURSE:** Two or three are needed for each home meet to line up swimmers prior to their events. Responsibilities include verifying the names of swimmers in each event and assigning lanes to the swimmers. This is a crucial job to keep the meet running smoothly and on time.
8. **TIMER:** Multiple timers are needed at each meet (home and away). Timers record each individual swimmer's time. Additional instructions will be given at the beginning of each meet. This is the most popular meet job among both new and experienced swim parents. You use a stopwatch to time the swimmer in your assigned lane. There are typically three timers per lane, and the median of the times is used as the official time (or as backup for electronic timing systems). You get a much better view of the action. One timer will also record the times on a timing sheet, and one will also hand the sheet to the runner. **This is a great position for families new to swim. If you have a swimmer in the 8 & Under group, sign up for the FIRST HALF of a meet as you will have a front row view of your swimmer and will be likely able to leave the meet at the halfway mark.**

9. **RIBBON LABELER:** This volunteer position is needed to apply placement (1st, 2nd, 3rd, etc.) ribbons for Foxcroft swimmers and place them in the designated ribbon box. Ribbons are pre-printed after the meet. **This job is completed at practice the following day.**
10. **CONCESSIONS (home meet only):** Workers are needed to staff the concession stand at each home meet. Volunteers who sign up for the first half of the meet should plan on arriving an hour early to set-up the food and cash boxes. Volunteers who sign up for the second half of the meet should plan on staying to clean up.
11. **RESULTS TABLE WORKER:** These volunteers support the computer operations team processing timer sheets, disqualification (DQ) forms and verifying results for each event.
12. **HOSPITALITY (home meet only):** Meet and greet visiting team coaches, swimmers, and guests. Provide direction to away team swimmers and parents, answer general Foxcroft questions. Deliver water to coaches, officials and meet volunteers during the meet. We also need an additional hospitality volunteer who will man our "Sports Drink Station." They will ensure the Sports Drink Station remains clean, that the gallon jugs are full, and that athletes and volunteers have the opportunity for hydration.
13. **RUNNER (home meet only):** After each race, the runner collects the times from the timers in each lane, finishes judge cards, stroke and turn judge cards, and any cards from the starter/referee and takes them to the scoring table. You stay on the move throughout the meet, so it's great exercise.
14. **MITE PARENT:** This is a parent position that assists with 8 and under swimmers during the meet. This position works with the Clerk of Course to ensure young swimmers are in the proper lanes and proper events. Works in conjunction with the Clerk of Course to see that swimmers report to their lanes in an orderly and timely fashion. Especially needed during the 25-yard events and relays. Stay with the swimmers until they are seated behind the blocks. Often need to find the swimmers in the team area and/or escort the swimmers in lane assignment and heat order from the clerk area to the starting end of the pool.
15. **HEAT WINNER PRIZES (home meet only):** This position will provide an award ribbon (or prize) to each heat winner during the meet. Great spot to watch meet.
16. **MEET SET-UP (home meet only):** Assists with getting the pool ready for the meet. Requires early arrival.
17. **MEET BREAKDOWN (home meet only):** Assist with pool clean-up. Requires staying until the end.

CHAMPS

Champs is an exciting end of season finale where swimmers who have qualified in various events meet and compete against all Chesterfield Aquatic League swimmers. This includes all swimmers in Division A through D. Aside from individual accolades, there is a season Champs winner crowned each year. Our Foxcroft Fins won Division B Champs for the 2023 season!

Champs will be held at Collegiate School Aquatic Center (SwimRVA)
5050 Ridgedale Pkwy, Richmond, VA 23234

Monday, July 20, 2026

- TBD - Morning Session
- TBD - Afternoon Session

Tuesday, July 21, 2026

- TBD - Morning Session
- TBD - Afternoon Session

2025 Chesterfield Aquatic League Annual College Scholarship

NOTE: Scholarship information for the 2026 season is still being updated. We will post the link to the 2026 application once it becomes available.

The Chesterfield Aquatic League (CAL) will award two \$1,000 scholarships during the 2025 swim season. One award will go to a graduating high school senior girl and the other to a graduating high school senior boy. The scholarships are one-time awards and are not renewable each year. A check for the amount of the scholarship will be paid directly to the scholarship award winner's college or university once proof of admission and attendance to the college or university is verified by the Treasurer of CAL.

The scholarships are intended to reward outstanding citizens of the CAL. The scholarships will be awarded to the individuals that best exemplify leadership, dedication to team, educational excellence and concern for community.

A scholarship selection committee shall select the winners. The committee shall comprise a minimum of five members selected by the CAL Board of Directors. Consideration will be given by the CAL Board of Directors to include a committee member from each CAL division. The committee shall judge the applicants as follows:

- (i) contributions to CAL (50%)
- (ii) education achievements (25%)
- (iii) contributions to the community (25%).

The committee shall not give consideration to the applicant's swimming ability. The committee may, at its discretion, interview the finalists to assist in determining the winners.

Applicant eligibility:

- The applicant must have participated in the CAL a minimum of four years (this may be reduced if the applicant participates on a team that has been in the league less than four years) and be an active participant on a CAL team in the current year.
- The applicant must be a graduating high school senior.
- The applicant must have the recommendation of a CAL Parent Representative or CAL Director.
- The applicant must have the recommendation of one of the following: their high school principal, guidance counselor, a high school teacher, or a community leader.

Application Process:

- The applicant must fill out the attached information sheets.
- The applicant must submit a typewritten Personal Statement detailing why they should be selected for the scholarship. The Personal Statement should include information on the importance of swimming and how participation in the CAL has affected their life by completing the following: "The Chesterfield Aquatic League has affected my life by..." The Personal Statement should be approximately one page.
- The applicant must submit two letters of recommendation prepared by: (1) a CAL Parent Rep or a CAL Director and (2) high school principal, guidance counselor, teacher, or a community leader. Letters of recommendation should not exceed one page.
- The applicant must provide a copy of their high school transcript.
- The applicant must submit the original and one copy of the application packet.
- Finalists may be interviewed at the discretion of the scholarship selection committee.

Complete applications must be submitted to Doug Twiddy. Submissions may be made electronically to dtwiddy81@gmail.com (preferred method), via U.S. mail to 12425 Buffalo Nickel Dr., Midlothian VA 23112, or in person at any CAL function.

The scholarships will be presented at CHAMPS. In the event that CHAMPS is canceled, the winners will be notified no later than July 31, 2025.

If the applicant knows that they will be participating on a college or university athletic team, they should contact the college or university to determine if they are eligible for the CAL scholarship.

8 & Unders (Mites)

Welcome to our tiniest and mightiest swimmers! Most swimmers in our 8 & Under bracket (Mites) are in the beginning stages of their swim experience, and as parents, you may be new to summer swim as well! While this is a swim team and not swimming lessons, we do encourage our Mites to dive in with the swim team, even if they are not strong swimmers...yet. Our coaches are eager to grow our Mites team and will do their best to help your swimmer gain the confidence they need to safely swim and compete during summer swim.

Swimmers in question will be tested during the beginning of the season to ensure that they can swim 25 yards unassisted. The coach has the ability to remove a swimmer from the team if he feels the swimmer has insufficient skills to be safe in the water. If the swimmer is removed from the team, the parent of the swimmer will be refunded for their registration fee, less \$25.

If you're new here, we wanted to share what to expect, as well as our FAQ below to help you feel more comfortable in these waters as well.

Practice Format

Mites do best if they are able to make morning practices as we have the pool to ourselves which prevents distractions and allows for smaller groups across more lanes. The mites often practice with kick boards to help them focus on proper and stronger kicks and become more comfortable in the water. The mites do not wear life jackets as they are expected to have some comfort/experience in the water.

The Mites are grouped by their swimming ability to better focus the practice on skills specific to the swimmers ability.

Items Needed

Swimmers will need to bring a towel and goggles to each practice and meet. Please note, our pool as well as other pools in the league, are NOT heated pools, which means the water may be a bit cold depending on the weather. It is suggested that swimmers bring their towels as well as a jacket/sweater to warm up with after practice and at meets.

Swimsuits and Caps will be available to purchase. We will have a swimsuit sizing kit available ahead of the season so that you can ensure you are ordering the correct size for your swimmer. Mites are not required to wear caps but getting swimmers used to wearing them will help as they continue their swim career. Our caps can be purchased at registration for a discounted price.

On meet days, we suggest you bring your small swimmers a chair, jacket/sweatshirt, and healthy snacks and water. Swim meets typically start around 6:30 (with swimmers arriving around 5:30) and run well into the evening. The Mites swim first and most Mite events are complete by the second half of the meet (each half is about 1.5-2 hours). Having snacks and items to keep your Mite busy while they wait is ideal. There will be a special section at each meet for Mites to gather as they await their event. Our Mite Parent volunteers will help get your swimmers to their events throughout the meet. We suggest your swimmer wait in the Mite area from the start of the meet until all of their events are over. This will help the meet run quickly and smoothly.

Swim Meets - What to expect

Swim meets will be held on Tuesday evenings, with the exception of the week of the last meet of the season, which is held on a Monday to allow for extra preparation for Champs. Swim meets start at 6:30 PM but warmups typically start between 5:30 and 6:00. Most teams will have snack bars and food trucks available at the meet. We suggest bringing cash as some snacks/food trucks are cash only.

Foxcroft is a Yards pool, which means it is a bit shorter than other meter pools. Try not to point this out to swimmers as this may intimidate them when at meter pools that look longer. Times are adjusted to account for swimming in yards over meters.

Preparing your Mite before they arrive at the meet:

There will be various email communications ahead of each meet with important details. Please check your emails and app notifications frequently to have the most updated details. All meet details throughout the season can be found on our [“Meet Details”](#) page. One of the emails sent ahead of each meet is the “Heat Sheet.” The Heat Sheet is your guide to which events your swimmer will be participating in so that you can listen and watch for at the meet. Before you head to a meet, please review how to read a Heat Sheet and how to mark your swimmer.

How to read a Heat Sheet and draw events on your swimmer:

Materials Needed: Sharpie and Highlighter/Pen/Pencil

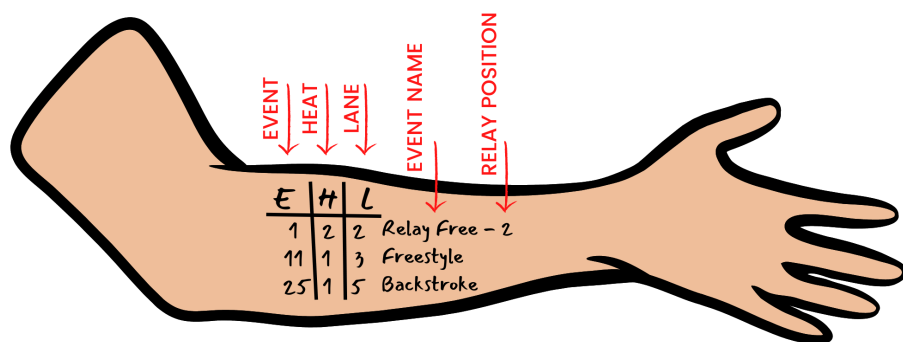
1. Find your child’s name on the heat sheet. Each child should have 2-4 total events per meet. Highlight or underline his/her name. The events will be called out on a PA system. When a swimmer’s event is called out, they should report to the Clerk of Course.
2. Draw the below matrix on your heat sheet or another paper and fill in the blanks. See below for example:

#11 Girls 6 & Under 25 Yard Freestyle				
CAL Yard:	17.66	2015	Ashlyn Bonanno	
	25.94	GOLD		
	31.34	SLVR		
	38.16	QUAL		
	--	BRNZ		
Lane Name	Age	Team	Seed Time	
Heat 1 of 3 Finals				
1 Tucker, Lucy	6	FAST	47.75	BRNZ
2 Annan, Ella	6	FAST	36.34	QUAL
3 Glass, Bristol	6	FAST	27.21	SLVR
4 Kashurba, Ellie	6	FAST	35.41	QUAL
5 Annan, Charlotte	6	FAST	41.81	BRNZ
6 Barnes, Brooklyn	6	FAST	49.31	BRNZ
Heat 2 of 3 Finals				
2 Clark, Mallory	6	FAST	55.67	BRNZ

The matrix should be filled out like this (if you are Bristol Glass in the example heat sheet entry above):

Event	Heat	Lane	Stroke
11	1	3	Freestyle

- Now draw that on your swimmer in a sharpie on their arm. This allows the clerk of course to place swimmers into the correct events, heats, and lanes. If your swimmer is 7 or younger, please write their name on their back as well. This is also very helpful for the clerks of course while organizing the kiddos.



- Now, just for fun- let your kid decorate their friends in sharpie! Example below:



Swim meets include hundreds of swimmers and most clubhouses are quite small. Listing out your swimmers name and events will help them be identified easier. You will also want to plan extra time for parking and bring chairs/snacks/water to keep you comfortable on hot summer days.

Volunteering is required for the Swim Team. If you only have swimmers in the Mite group, we suggest volunteering for events in the **first half** of the meet. This will allow your family to leave the meet at the second half as your swimmer will likely be done competing at that point. The most popular volunteer position for families new to swim are timers. The timers have a front row view to the action so you will be able to watch your swimmer compete up close. If you have experience in swimming yourself, we encourage you to consider becoming a strokes and turns judge. This position requires certification that is provided by the league.

Our coaches will be cheering on our Mites and encouraging them to do their best. At the Mite level, we want our swimmers to enhance their skills and grow their love for swimming. We encourage parents and older swimmers to cheer on the Mites during their events.

The FAQ below dives in a bit more to commonly asked questions.

New to Swim FAQs

What is a 25 (50)? Indicates the pool length: some pools are 25 meters (e.g. Summer Lake), while others are 25 yards (e.g. Foxcroft). Swimming a 25 simply means swimming one length; swimming a 50 would be two lengths. Times are adjusted for swimmers during meets when a yard pool is used to standardize the results.

What is a heat? Indicates a group of 6 swimmers that participate in an event; most events have multiple heats. Seeding is used to group swimmers in heats based on their times. The first heat of each event is the fastest heat in summer swim.

What does bronze, silver, or gold mean? Indicates the three categories or time standards for each event. All new swimmers start in the bronze category and move up into the other categories if their times meet the standards. Swimmers in different categories (e.g. a “gold” swimmer and a “silver” swimmer) may swim in the same heat during the regular season meets, but all are awarded points and ribbons based on their own classification. For example, a first place might be awarded to a gold swimmer in 50 free. In that same event, a silver swimmer might also be awarded first place.

What is an IM? Stands for Individual Medley. During this event, one swimmer swims 25 meters of all four strokes in the following order: butterfly, backstroke, breaststroke, and freestyle.

What is a medley relay/free relay? The medley relay starts with the lead-off swimmer swimming backstroke, then the next swimmer swims breaststroke, followed by a butterfly, and, finally, a freestylist. In a free relay, all swimmers swim freestyle. A relay team can have no more than 2 boys and is placed in a time category based on the highest level a swimmer in the relay has achieved.

What is a DQ? Indicates that a swimmer has been disqualified during a particular event. The coaches will review the DQ cards and help the swimmer correct their error during the next regularly scheduled practice. DQ's are a learning tool and designed to help swimmers know what they need to work on.

What is the Clerk of Course? Represents the area of the pool during a swim meet where the swimmers are told which lane and heat they will swim in. All swimmers must listen to hear their event number called by the meet announcer and then report to the clerk of course in order to get ready to swim.

How do we know what event we are on? The announcer will announce each event, and also when there is a “first call” and “last call” for swimmers in a given event. Help your swimmer to recognize their event numbers, as they will be the same for each meet. It seems overwhelming at first, but there will be plenty of help from coaches, parents and other swimmers.

Can I be on the swim deck with my swimmer? Unless you have a specific job on the pool deck, it is difficult for you to be there. The deck gets very crowded, and it is hard for meet officials, swimmers, and coaches to do their jobs if too many people are there.

Why do kids have writing on their arms? It is helpful for the swimmers to have their events, heats, and lanes written on their arms or legs. Our Clerk of Course will use this writing to ensure the younger swimmers get where they need to be. It is also very helpful to write your swimmers name on his/her back if they are under 8 years old. See below for details on how to write on your swimmer/s.

How to read a Heat Sheet and draw events on your swimmer:

Materials Needed: Sharpie and Highlighter/Pen/Pencil

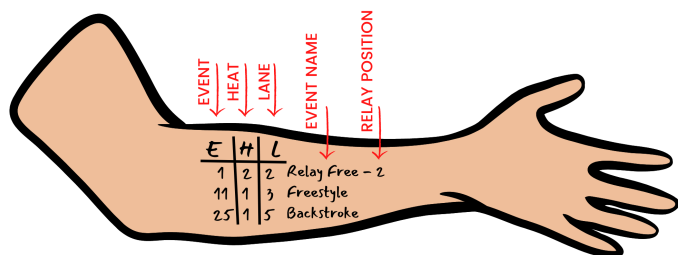
- Find your child's name on the heat sheet. Each child should have 2-4 total events per meet. Highlight or underline his/her name. The events will be called out on a PA system. When a swimmer's event is called out, they should report to the Clerk of Course.
- Draw the below matrix on your heat sheet or another paper and fill in the blanks. See below for example:

#11 Girls 6 & Under 25 Yard Freestyle			
CAL Yard:	17.66	2015 Ashlyn Bonanno	
	25.94	GOLD	
	31.34	SLVR	
	38.16	QUAL	
	--	BRNZ	
Lane	Name	Age	Team
Heat 1 of 3 Finals			
1	Tucker, Lucy	6	FAST
2	Annan, Ella	6	FAST
3	Glass, Bristol	6	FAST
4	Kashurba, Ellie	6	FAST
5	Annan, Charlotte	6	FAST
6	Barnes, Brooklyn	6	FAST
Heat 2 of 3 Finals			
2	Clark, Mallory	6	FAST

The matrix should be filled out like this (if you are Bristol Glass in the example heat sheet entry above):

Event	Heat	Lane	Stroke
11	1	3	Freestyle

- Now draw that on your swimmer in sharpie on their arm. This allows the clerk of course to place swimmers into the correct events, heats, and lanes. If your swimmer is 7 or younger, please write their name on their back as well. This is also very helpful for the clerks of course while organizing the kiddos.



- Now, just for fun- let your kid decorate their friends in sharpie! Example below:



Sponsorship Opportunities

Do you or someone you know own a business that is looking to sponsor our FAST Fins? We would love to work with you. We have a variety of sponsorship opportunities for the 2026 season. Please request our Sponsorship Catalog to review all available opportunities.

If you have additional ideas of ways you would like to sponsor the FAST Fins, please reach out!

foxcroftfastfins@gmail.com