



# Jump Into the **FAST Lane** and Join the **Tiger Nation!**



More than just a “swim team”, the Fishers Area Swimming Tigers is a partnership that **develops positive, healthy, and responsible relationships**. We provide a **fun and rewarding experience for athletes of all ages and abilities**.

FAST Tigers’ **diverse swimmers** come from Fishers and the surrounding area. Our program offers a **wholesome and fun atmosphere that brings out the best in each person** - both in and out of the pool.

## Our Core Values

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

## Our Youth Programs

Age group swimming builds a strong foundation for a lifetime of **good physical and mental health by teaching time management, self discipline, and healthy fitness habits**. FAST teaches the ideals of **integrity, respect, and sportsmanship**, in addition to **proper stroke technique and the values of effort and commitment**. From the 1st time competitive swimmers to the USA National Qualifier, everyone has a special place with the FAST Tigers.

**Swim Lessons** - This program is designed to help children learn basic water skills and safety.

**Swim Academy** (pre-competitive program) - This program is designed to help children with basic water skills prepare for the competitive team.

**Fishers Area Swimming Tigers / FAST** (competitive age group program) - The FAST competitive program has five Divisions: FUNdamentals, Learn to Practice, Learn to Train, Train to Compete, and Compete to Excel. Within those divisions, there are 9 distinct training groups. Please visit [www.fasttigers.com](http://www.fasttigers.com) to learn more about each division. Athletes moving on to the competitive team (either from the pre-team or through an evaluation) will be assigned to the appropriate group - both by age and ability level.

## Our Adult Lap Swim Program

No longer limited to our youth, FAST is expanding our programming to offer both coached workouts and lap swim opportunities for the adults in the Fishers community. If you want to incorporate swimming into a healthy lifestyle, we have a place for you! Available Monday through Friday mornings from 5:15-6:30 am, FAST will offer coached practices on Monday, Wednesday, and Friday. On Tuesday and Thursday mornings, workouts designed by a FAST coach will be available for those interested. **FAST will begin offering adult programming on January 2, 2019.**

## Stroke Evaluations

There is a place for everyone at FAST! FAST is always ready to evaluate potential new members of any and all skill levels. Team evaluations are simply to help our coaching staff guide your swimmer into the appropriate group. Evaluations typically last about 15 minutes. When arriving for an evaluation, please have your swimmer bring a swimsuit, goggles, and towel - and be ready to have fun! To schedule an evaluation, please contact our Administrative Assistant ([karengernert@gmail.com](mailto:karengernert@gmail.com)) or call us at 317-775-2304. *Please Note:* No evaluations are needed to join the Adult Lap Swim Program.

**Join the Tiger Nation Today!**

