



Switch Practices

Goal of Switch Practices

Switch Practice means “switching” practices for 1-2 times each week to swim with another group. The purpose of the switch practices is to allow for swimmers to have a “taste” of the rigor, requirements, and expectations for their next step with FAST. This can be used as a motivator to help some achieve qualifications for another group. Or it can also be used as a trial to help swimmers decide about what level of participation they want to commit to.

Aqua 1, 2, 3 and Senior Switch Practices:

- Group switch practices with Aqua 1, 2, 3 or Senior are at coaches’ discretion, based on times, training, dedication, social and emotional maturity
- There will be no additional fee for switch practices within Aqua 1, 2, 3 or Senior.
- Coaches’ discretion will allow for some flexibility and individual consideration. However, the intention is for switch practices to be short term as part of the transition to their next group
- Switch practices are typically **instead of** current group practices, not in addition to them.

Aqua 4 Switch Practices:

- Switch practices are available only to athletes who are in Grade 6, 7 or 8. Early switches are not permitted.
- Those who hold one Aqua 4 standard (SC or LC) **may** be offered to join switch practices with Aqua 4 (some coaches discretion is also warranted due to attitude, dedication, social and emotional maturity). **Aqua 4 standards are listed at the bottom of this document.**
- Once an athlete has achieved their second Aqua 4 standard, they may be invited to join the group at the discretion of the coach.
- Switch practices are typically **instead of** current group practices, not in addition to them.
- Switch practices with Aqua 4 will be charged \$40 a month and does not include dryland. Athletes will continue to do dryland with their current group.
- If a swimmer ages out of their qualifying times during their switch practice, it is at the discretion of the coaching staff to decide whether switch practices will continue.
- Parents/guardians are expected to respect all staff decisions regarding switch practices and group assignments and are advised not to lobby for switch practices on their swimmer’s behalf.

High Performance

- **Switch practices with High Performance are solely at the discretion of the head coach.**

- Switch practices with HP will be charged \$40 a month and does not include dryland. Athletes will continue to do dryland with their current group.
- Parents/guardians are expected to respect all staff decisions regarding switch practices and group assignments and are advised not to lobby for switch practices on their athlete's behalf.

FAST Aqua 4 Group Standards - Female						
Short Course			EVENT	Long Course		
12U	13	14		14	13	12U
01:14.77	01:11.28	01:08.33	100 FR	01:09.16	01:12.71	01:16.27
02:44.55	02:33.66	02:26.93	200 FR	02:29.93	02:36.73	02:47.85
05:42.67	05:20.75	05:09.08	400 FR	05:15.26	05:27.17	05:49.53
11:27.03	10:48.93	10:31.05	800 FR	10:43.66	11:01.91	11:40.77
21:52.74	20:39.96	20:05.79	1500 FR	20:29.90	21:04.76	22:19.00
01:22.33	01:18.49	01:15.56	100 BK	01:17.08	01:20.06	01:23.98
03:01.47	02:48.72	02:42.68	200 BK	02:45.93	02:52.09	03:05.10
01:31.98	01:27.69	01:24.40	100 BR	01:26.09	01:29.44	01:33.82
03:19.27	03:06.94	03:00.54	200 BR	03:04.15	03:10.68	03:23.26
01:19.51	01:15.80	01:13.38	100 FL	01:14.85	01:17.31	01:21.09
02:56.02	02:45.45	02:40.08	200 FL	02:43.28	02:48.75	02:59.55
03:02.73	02:51.36	02:45.42	200 IM	02:48.73	02:54.78	03:06.39
06:25.26	06:01.53	05:49.27	400 IM	05:56.26	06:08.76	06:32.97
Athletes must have 2 or more standards to be eligible for entry to Aqua 4.						
Standards are subject to change in accordance with any updates to East Coast Champs Standards.						
FAST Aqua 4 Group Standards - Male						
Short Course			EVENT	Long Course		
12U	13	14		14	13	12U
01:13.40	01:09.98	01:05.65	100 FR	01:06.18	01:11.78	01:15.29
02:40.88	02:29.78	02:21.68	200 FR	02:24.51	02:32.78	02:44.09
05:38.15	05:15.20	04:58.49	400 FR	05:04.45	05:21.50	05:44.91
11:30.36	10:44.42	10:11.08	800 FR	10:23.30	10:57.31	11:44.17
22:00.05	20:32.18	19:28.44	1500 FR	19:51.81	20:56.83	22:26.46
01:20.29	01:16.55	01:12.38	100 BK	01:13.83	01:18.08	01:21.90
02:59.45	02:45.78	02:35.57	200 BK	02:38.68	02:49.09	03:03.04
01:28.30	01:24.18	01:20.01	100 BR	01:21.60	01:25.86	01:30.06
03:18.28	03:04.63	02:54.66	200 BR	02:58.15	03:08.33	03:22.25
01:17.09	01:13.49	01:09.45	100 FL	01:10.84	01:14.95	01:18.62
02:55.73	02:43.38	02:34.29	200 FL	02:37.38	02:46.64	02:59.24
03:00.23	02:48.62	02:40.28	200 IM	02:40.28	02:48.62	03:00.23
06:14.02	05:50.50	05:33.65	400 IM	05:40.33	05:57.50	06:21.51