Guidelines for Alumni Swimmers

Purpose
FAST has a very rich history of success in developing competitive swimmers. Our alumni list is a strong one including Olympic silver medalist Marianne Limpert, swimmers who have continued to swim on university varsity teams, and many who have returned to FAST as coaches. We have been successful in instilling the qualities that help our swimmers become successful and responsible adults and we are proud.

It is very important that FAST maintains a strong Alumni connection. They are "products" of our success and will help the club and its swimmers in many ways. Alumni swimmers returning to swim with FAST on university breaks allow our current swimmers to be exposed to positive role models and be inspired to compete in training every day (even during breaks).

It also enriches our coaches to see the "products of their success" return to our pool, share their experiences and assist FAST coaches where possible. It is very motivational to everyone.

Responsibilities in this document
Head Coach
Alumni Swimmer
FAST Registrar

Guidelines:

Alumni swimmers returning to swim with FAST for the purposes of preparing for upcoming competitions:

- have priority in being allowed to join FAST, vs Alumni Swimmers who are not training for an upcoming competition
- Alumni Swimmers may join FAST practices if space is available and upon consultation with the Head Coach.
- Head coach will notify other Coaches as applicable to their practice schedule
- Alumni swimmers are required to have proof of current insurance through Swim Canada. Swimmer can do this through FAST Registrar, who can confirm and charge for insurance if required.

Alumni swimmers returning to swim with FAST from time to time but are not training for an upcoming competition:

- will be allowed to join FAST practices if space permits and after consultation with the Head Coach.
- The Head Coach will designate a couple of practices a week that will be open for swimmers in this category and notify Coaches as applicable to their practice schedule.