



2026 FAST Summer Swim Team

Welcome to FAST summer team family. Here are some important information will help you navigate through the summer season. Please let us know if you have any questions. Again, we are very excited to kick start the summer season as a FAST family.

Parent's responsibility

- June 5th - Parent meeting during practice meet @ 5:30pm
- Sign up your volunteer position each week (**minimum of 3 meets**)
- Declare your swimmer availability **each week**

Volunteers at Meets

We ask that families sign up for their volunteer positions at each meet and JSL Champs. Meets require many volunteers in order to run smoothly.

Volunteer positions include timers, table, computer, runner...etc. Please note that sign-ups are on a first-come, first-served basis and is **required**, so sign up early to ensure you get the positions that suit your best interests. There will be a fine of \$50 per swimmer if the requirement is not met by the end of the season.

Swim Meet Schedule

June 5th	@ Home - Practice Meet	5:15-7:15 pm
June 10th	@CBST (no scoring)	6 pm (warm up at 4:45 pm)
June 17th	@GCST w/ CBST	6 pm (warm up at 4:45 pm)
June 24th	@ Home - GCST w/ LG	6 pm (warm up at 4:45 pm)
July 1st	@LG	6 pm (warm up at 4:45 pm)
July 8th	@ Home - GHG w/ GCST	6 pm (warm up at 4:45 pm)
July 15th	@ Home - GHG	6 pm (warm up at 4:45 pm)
July 24th - 25th	JSL Champs @ YMCA Charlottesville	more info to come
July 26th	Summer Swim Team Banquet	5pm Pleasant Grove Pole Barn

****Be sure to declare your availability @ iswimfast.org by Sunday before each meet. Failure to declare availability, swimmer may not be able to participate in any event at the meet* ***

Pool Locations

CBST	2100 Country Club Road, Culpeper, VA 22701
FUMA (Home)	4744 James Madison Hwy, Fork Union, VA 23055
GCST	112 Linney St, Gordonsville, VA 22942
GHG	3858 Dundee Road, Stanardsville, VA 22973
LG	500 Industrial Dr, Louisa, VA 23093

Things you need at the swim meet:

- Team swim cap, team suit, team t-shirt and swim goggles
- Towel(s)
- Drinks and healthy snacks
- Chair and/or blanket
- Entertainments (books, small toys, etc)



2026 FAST Summer Swim Team

Team Suit/Cap

To purchase a team suit at team store at our iswimfast.org

All **new** swimmers will receive a team cap. If you need to purchase a team swim cap (\$15),

Team Shirt

All swimmers who sign up for Summer Swim Team on Team website will get a free team T-shirt.

Parents and fans can get theirs [here](#) or scan the QR code. **All** orders are made upon receipt of payment. 100% of proceeds go directly to FAST.



Fundraising

Please help raise funds for the team to pay for our swim equipment, awesome coaches and keep our cost low.

Other Team Fundraising Dates

June 20th	Car wash	9:00am-1:00pm
Donation of baked goods, and cute faces for washing cars and holding signs are needed*		
July 14th	FAST-A-THON	5:15pm-7:15pm

Sponsors

FAST is a nonprofit organization. Do any parents have local business sponsor ideas who might donate to the team? Please fill out the Team Sponsorship Form and return it to Joe Caruso or mail it to **P. O. Box 188, Palmyra, VA 22963**

Team Fun Activities - Remember to mark your calendar

May 30th- Ice cream social at Papa Jim's (Lake location)

July 18th - Drive in Movie Night - @ Fork Union Drive-in

Weather Notifications

Follow and like our FB page (Iswimfast) and on instagram ([iswimfast.org](https://www.instagram.com/iswimfast)) for weather updates and other announcements.