



Fort Collins Area Swim Team

FAST WINTER ROOKIE CAMP!!!

WWW.FORTNET.ORG/FAST



FAST is Northern Colorado's premier year-round swim club. We hold all practices at Edora Pool Ice Center, a beautiful indoor facility with moveable bulkheads to offer our swimmers 25 yd, 25m and 50m practice and competition. Our swimmers range from age 6 thru college. Our coaching staff is highly specialized!

- **BILL SPAHN** Head Coach (former Univ of New Mexico Head Coach for 24 years)
- **GLEE GARLIE** Assistant Coach, longtime local age-group coach (Fossil Ridge HS Coach 2004-2005)
- **TASHA BALLARD Phd.** Assistant Coach, age-group coach (current Fossil Ridge HS Coach)

BASIC REQUIREMENTS:

Swimmer should be able to complete a continuous 25 yd length of each backstroke and freestyle stroke as well as demonstrate side breathing skill in freestyle

REGISTRATION FORM (you can also ** email this information to fasttimesnews@aol.com)

SWIMMER'S NAME _____ PARENTS' NAME _____
 ADDRESS: _____ CITY _____ ZIP _____
 PHONE: _____ ALTERNATE PHONE _____ EMAIL _____
 T-SHIRT SIZE CIRCLE: YM YL AS AM AL AXL SWIMMER'S BIRTHDAY _____

PLEASE MAIL WITH *\$20 CHECK PAYABLE TO FAST TO:
 *INCLUDES T-SHIRT, CAN APPLY \$20 TO TEAM REGISTRATION
 **if email registration, bring check with you on the 28th

Have you ever thought about swimming on a swim team? Now is the perfect time to learn more about it! FAST is holding a one-day WINTER ROOKIE CAMP where you can come and learn what competitive swimming is all about and have some fun in the water!

COST: \$20.00 (includes t-shirt, can apply \$20 to team registration)

TIME: 10am-12noon January 28th, 2006

PLACE: EPIC Pool 1801 Riverside Dr.

HOW TO REGISTER: Mail this form in with a \$20 check made out to FAST, or register by email and bring your check with you on the 28th

QUESTIONS: FASTTIMESNEWS@AOL.COM

IF YOU CAN'T MAKE THE ROOKIE CAMP BUT WANT TO MAKE AN APPOINTMENT FOR A COACH EVALUATION OR A FREE TRIAL CALL 690-SWIM (7946)

FAST

World Class Character through Excellence in Swimming

**FAST WINTER ROOKIE CAMP
 1112 OAKRIDGE DR #104 PMB #270
 FORT COLLINS CO 80525**