

Registration Information

2016-2017



Practice Locations

George Washington Rec Ctr
8426 Old Mt Vernon Road
Alexandria, VA 22309
703-780-8894

Mount Vernon Rec Ctr
2017 Belle View Blvd
Alexandria, VA 22307
703-768-3224

Lee District Rec Ctr
6601 Telegraph Road
Alexandria, VA 22310
703-922-9841

South Run Rec Ctr
7550 Reservation Drive
Springfield, VA 22153
703-866-0566

Audrey Moore Rec Ctr
8100 Braddock Road
Annandale, VA 22003
703-321-7081



Read this page first

Please read over all of the attached information carefully.

1. **Registration Requirements** – Please have:
 - a. Registration Agreement for the family
 - b. Medical Information & Emergency Release Form for **EACH** swimmer
 - c. Registration Fees & Dues (make checks payable to **FBST**)

Mail these forms and appropriate fees to FBST (address below) or turn in to the coach on deck at practice. An invoice will be sent to you based on the practice group and your desired payment plan. Please fill out forms legibly and completely in black or blue ink.

Register early to reserve your child's spot in the appropriate practice group.

2. **Parent's Meetings** – The meetings are to inform club members about the coaching staff, to review club programs, schedules, and the FBST handbook information. Late registrations can be turned in at the meetings but some practice groups may be filled by that time. *The meeting times and locations are still to be determined.*
3. **Payment Plans** – There are three payment plans this year:
 - a. Early Payment: All dues to be paid in full no later than August 15, 2016 (save 5% on dues).
 - b. Plan A: Full lump sum payment no later than August 15th, 2016 or with submission of Registration Agreement (saves up to \$30 per swimmer – no processing fee).
 - c. Plan B: Three equal payments due on September 1, October 1, and November 1, 2016 respectively.
 - i. *Special accommodations are taken on a case by case basis for payment plans if approved by Coach Mark.*

If a swimmer is signed up after the season has begun, dues will be prorated. Payment can be made in a full lump sum (saving \$30 per swimmer) or over three months unless noted on the Dues Schedule. Registration/Meet fees and the first installment dues must be paid before the swimmer is allowed to practice with the team.

4. **Discounts on dues** – Civilian families are offered a 10% multiple family members reduction for each additional swimmer after the highest dues rate. Active duty military families are offered a 5% discount on 1st child & 10% for multiple family members. **Discounts do not apply to the Registration/Meet Fees.**
5. **Practice Dates** – Duration of each program is as noted on the Practice Schedule.
6. **Recruiting Incentives** – 10% of recruited swimmer's program dues upon payment is applied to the recruiter's program dues for the following season.
7. **Team Communication** – The primary means of communication within the club is via e-mails and the Team Website: www.fbswim.org it is important for all club members, parents, and swimmers to list their e-mail address on the registration forms. Please check your e-mail and the website frequently and remember to update you information with the club when necessary.
8. **Questions** – For more information, please call the Head Coach at (703) 627-4796 or e-mail the team at: mmurray@fbswim.org



2016-2017 Registration Agreement

Swimmer's Last name _____ Home Phone _____

Address _____

City _____ State _____ Zip _____

Group Assignment – For Team Use Only					
Swmr	Group	Day/s	Code	Time	Loc
#1	_____	_____	_____	_____	_____
#2	_____	_____	_____	_____	_____
#3	_____	_____	_____	_____	_____
#4	_____	_____	_____	_____	_____

I. PARENTS/GUARDIANS INFORMATION

Father/Guardian's name: _____ Work Phone: _____ Cell Phone: _____ Email: _____ Branch and grade in military: _____	Mother/Guardian's name: _____ Work Phone: _____ Cell Phone: _____ Email: _____ Branch and grade in military: _____
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Emergency Contact Information: In the event of an emergency involving your child/ren and the coaches are not able to reach you, please provide name and phone number of an emergency contact:

Name: _____	Phone: _____
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Swimmer #1 Information	Swimmer #2 Information
M: _____ F: _____ Returning: _____ New: _____	M: _____ F: _____ Returning: _____ New: _____
Last _____ First _____ M.I. _____	Last _____ First _____ M.I. _____
Preferred name _____ D.O.B. _____ Current Age _____	Preferred name _____ D.O.B. _____ Current Age _____
School _____ Grade _____	School _____ Grade _____
Doctor _____ Doctor's Phone _____	Doctor _____ Doctor's Phone _____
Please List Any Medical Conditions: _____ _____	Please List Any Medical Conditions: _____ _____
Please List Any Medications: _____ _____	Please List Any Medications: _____ _____

If you have additional swimmers please print pages 12 & 13

I (we) hereby give permission for _____ to participate in practice and travel with FBST to local and out-of-town meets throughout the current (2016-2017) swim season. Although I expect all reasonable safety procedures to be followed, I will not hold the coaches of FBST nor any chaperon or volunteer working with or traveling with the group personally liable for any accident which may occur.

In case of minor emergency (cuts, scratches, headache, etc.), I (we) give permission to the coaches of chaperons to treat these as they deem necessary. In the event of a more serious emergency, I give permission for it to be handled in the best manner as determined by the chaperons or coaches of FBST until I am able to be contacted.

TO THE ATTENDING PHYSICIAN OR HOSPITAL: Permission is hereby granted for you, at the discretion of the coaches or chaperons of FBST, to perform whatever care is necessary for the welfare of my child until such time as you are able to reach me personally.

Parent or Guardian Signature

Date

How did you hear about FBST? _____



This agreement applies to all programs offered by FBST

II. AGREEMENT

The undersigned parent or guardian (“Parent”) and FBST agree as follows:

1. Dues and Registration Fee

In consideration of the participation of the swimmer(s) in FBST swim program, the Parent agrees to pay the Dues and Registration/Meet Fees for each Swimmer’s practice level that are set forth on the attached Dues Schedule. The Registration Agreement must be submitted with a designated choice of payment plan. If the undersigned parent chooses Early Pay payment plan, all dues are to be paid in full no later than August 15, 2016. Plan A requires full payment no later than August 15, 2016 or with the submission of this agreement. Plan B requires three equal payment with additional processing fee of \$10 per payment due on September 1, 2016, October 1, 2016, and November 1, 2016 OR first payment with agreement, with subsequent installments due the first of the following two months (refer to the Dues Schedule).

If the swimmer is transferred to a different practice team by the coaching staff, the difference in dues for the two practice levels shall be prorated as needed.

All payments required to be made under paragraph (a) shall be non-refundable in the case of a swimmer’s withdrawal from the swim program except for instances where the withdrawal was for medical reasons (with a physician’s note) or due to the swimmer’s family’s moving outside the Washington, D.C. metropolitan area. Any refund will be prorated as needed.

If all dues payment is not received by the fifteenth day of the month due, a late fee of \$50 per month will be assessed to the family’s dues account.

No Swimmer will be registered who has an outstanding account balance with FBST from the previous season or has not paid the applicable Registration/Meet Fees. Meet fees will be deducted from account per your confirmation of entry. A meet surcharge of \$5.00 will also be part of each meet entry, for a la carte meet participants (i.e. meet participants who do not pay meet fees up front). Please note that in various meets FBST participates there are meets surcharges associated on top of meet entry fees, this is a separate surcharge than the FBST meet surcharge for a la carte swimmers.

2. Suspension

- (a) If any dues payment is not received in full by the last day of the month due, a notice of delinquency will be mailed. If Parent fails to pay any delinquent dues or assessment, including late fees, within 14 days from the date of written notice of delinquency, the Swimmer shall be suspended from further participation in all FBST activities until all financial obligations have been satisfied.
- (b) If an account becomes delinquent in payment of dues assessments because of financial hardship or other extenuating circumstances, Parents may apply to the Board of Directors for a waiver of late fees and suspension. A waiver may be granted by FBST if satisfactory arrangements are made for payment of the delinquent amounts.

3. Group Assignments

The assignment of the Swimmer(s) to a practice group shall be the decision of the coaching staff. Once a swimmer has been assigned to a practice group he or she may not practice with another practice group without the consent of the FBST Head Coach. An assignment may be modified during the swim season if the coaching staff believes a different practice group would be more appropriate for the Swimmer. FBST also reserves the right to cancel or to consolidate practice groups as needed.

4. Release of Liability

Parent hereby releases FBST, its employees, officers, directors and volunteers and any facility used by FBST from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the FBST swim program, including, but not limited to, practices, meets, travel trips and other team activities, or while the Swimmer(s) is/are using facilities owed, leased or used by FBST.

5. Volunteer Requirement

As a parent run non-profit organization, FBST relies on the volunteer efforts of parents to enable the team to provide quality services at a reasonable price. Each family is required to provide at least ten (10) hours of adult volunteer services annually. From time to time, FBST and or PVS will provide opportunities for parents to perform such volunteer services.

6. Cessation of Team Business

In the event that FBST terminates or ceases to operate its swimming program due to (i) act of God, (ii) act of war, or (iii) any other cause that the Board of Directors deems sufficient, FBST, to the extent reasonably practicable under the circumstances, will refund members' dues prorated as needed.

7. Governing Law

This Agreement shall be governed by the laws of the Commonwealth of Virginia.

Parent's or Guardian's Signature

Date

Swimmer's First Name	Practice Group	Total Dues	Early Pay/ Military Discount	Registration Fees	Meet Fees: <i>See Dues Schedule</i>	Payment Plans		
						A.	B.	C.
						Lump Sum	3 Equal Payments	Monthly
				\$150.00				
				\$150.00				
				\$150.00				
				\$150.00				

****Please submit Registration/Meet Fees with this agreement.***

Swimmer #3 Information

M: _____ F: _____ Returning: _____ New: _____

Last First M.I.

Preferred name D.O.B. Current Age

School Grade

Doctor Doctor's Phone

Please List Any Medical Conditions: _____

Please List Any Medications: _____

Swimmer #4 Information

M: _____ F: _____ Returning: _____ New: _____

Last First M.I.

Preferred name D.O.B. Current Age

School Grade

Doctor Doctor's Phone

Please List Any Medical Conditions: _____

Please List Any Medications: _____

Swimmer #5 Information

M: _____ F: _____ Returning: _____ New: _____

Last First M.I.

Preferred name D.O.B. Current Age

School Grade

Doctor Doctor's Phone

Please List Any Medical Conditions: _____

Please List Any Medications: _____

Swimmer #6 Information

M: _____ F: _____ Returning: _____ New: _____

Last First M.I.

Preferred name D.O.B. Current Age

School Grade

Doctor Doctor's Phone

Please List Any Medical Conditions: _____

Please List Any Medications: _____



2016-2017 Indoor Practice Schedule

*The Most Convenient
Swim Team on the Planet!*

Senior National (9/12/16-6/23/17)

8 Workouts per Week +

Evening Workouts

Days	Time	Location
Sunday	No Practice	
Mon - Thurs	4:30-6:30pm	MV
Friday	4:00-6:00pm	GW
Fri. Dec. 2- Jan. 27 1.5 hrs Due to High School Swim Meets	4:00-5:30pm	GW

Senior National Morning Workouts

Days	Time	Location
Mon, Wed, Fri 9/19/16-5/27/17	5:00-6:30am	GW
Tue, Thur 9/20/16-5/26/17	5:15-6:30am	GW
Saturday	6:00-9:00am	GW

Junior National (9/19/16-6/23/17) *Pick Any 2-4*

Days	Time	Location
Sunday	3:00-5:00pm	GW
Mon & Wed	6:30-8:00pm	MV
Mon & Wed	7:00-8:30pm	Lee
Tue & Thurs	5:30-7:00pm	MV
Friday	4:00-5:30pm	GW

Junior National Morning Workouts *Pick Any 2-4*

Days	Time	Location
Mon, Wed, Fri 9/19/16-5/26/17	5:00-6:30am	GW
Saturday	7:00-9:00am	GW

Age Group I (9/19/16-6/23/17) *Pick Any 2-4*

Days	Time	Location
Sunday	3:00-4:30pm	GW
Mon & Wed	6:30-8:00pm	MV
Mon & Wed	7:00-8:30pm	Lee
Tue & Thurs	5:00-6:30pm	GW
Friday	4:00-5:30pm	GW

Age Group I Morning Workouts *New Program – Pick Any 2-4*

Days	Time	Location
Mon, Wed, Fri 9/19/16-5/26/17	5:00-6:30am	GW
Tue & Thurs	6:45-8:15am	MV
Saturday	7:30-9:00am	GW

Age Group II (9/19/16-6/23/17) *Pick Any 2-4*

Days	Time	Location
Sunday	3:00-4:15pm	GW
Mon & Wed	7:15-8:30pm	Lee
Tue & Thurs	5:00-6:15pm	GW
Friday	4:00-5:15pm	GW

Age Group II Morning Workouts *New Program – Pick Any 2-4*

Days	Time	Location
Mon, Wed, Fri 9/19/16-5/26/17	5:15-6:30am	GW
Tues & Thurs	6:45-8:00am	MV
Saturday	7:45-9:00a	GW



2016-2017 Indoor Practice Schedule

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Age Group III (9/19/16-6/23/17) Pick Any 1-3

Days	Time	Location
Sunday	3:00-4:15pm	GW
Mon & Wed	7:15-8:30pm	Lee
Tue & Thurs	6:00-7:15pm	GW
Friday	4:00-5:15pm	GW

Age Group III Morning Workouts New Program – Pick Any 1-3

Days	Time	Location
Mon, Wed, Fri 9/19/16-5/26/17	5:15-6:30am	GW
Tues & Thurs	6:45-8:00am	MV
Saturday	7:45-9:00am	GW

Age Group IV (9/19/16-6/23/17) Pick Any 1-3

Days	Time	Location
Sunday	3:00-4:00pm	GW
Monday	4:15-5:15pm	GW
Mon & Wed	7:30-8:30pm	Lee
Tue & Thurs	6:00-7:00pm	GW
Friday	4:00-5:00pm	GW

Age Group IV Morning Workouts New Program - Pick Any 1-3 Days

Days	Time	Location
Mon, Wed, Fri 9/19/16-5/26/17	5:30-6:30am	GW
Mon, Wed, Fri 9/19/16-5/26/17	7:00-8:00am	SR
Saturday	8:00-9:00am	GW

Fall Prep (9/23/16-11/4/16) Pick 1, 2, or 3

Days	Time	Location
Sunday	4:00-5:00pm	GW
Mon, Wed, Fri	5:30-6:30am	GW
Mon, Wed, Fri	7:00-8:00am	SR
Tuesday – Friday	4:00-5:00pm	GW
Wednesday 11/09/16-2/01/17	4:00-5:00pm	GW
Mon & Wed	7:30-8:30pm	Lee
Saturday	8:00-9:00am	GW

Spring Summer Prep (2/12/17-05/26/17) Pick 1, 2 or 3

Days	Time	Location
Sunday	4:00-5:00pm	GW
Mon, Wed, Fri	5:30-6:30am	GW
Mon, Wed, Fri	7:00-8:00am	SR
Tuesday - Friday	4:00-5:00pm	GW
Mon & Wed	7:00-8:00pm	GW
Mon & Wed	7:30-8:30pm	Lee
Saturday	8:00-9:00am	GW

Special Program 1 Day a Week (9/30/16-5/26/17)

Days	Time	Location
Sunday	4:00-5:00pm	GW
Tuesday – Friday	4:00-5:00pm	GW
Wednesday 9/30/16-5/26/17	4:00-5:00pm	GW
Tues & Thurs No Practice 11/7/16-2/2/17	4:00-5:00pm	GW
Mon, Wed, Fri	7:00-8:00am	SR
Saturday	8:00-9:00am	GW
Other Options Available Contact Coach Mark		

Shark School (9/26/16-5/26/17) Pick 1, 2, or 3

Days	Time	Location
Sunday	4:00-5:00pm	GW
Monday	4:15-5:15pm	GW
Monday	7:00-8:00pm	GW
Tuesday	6:30-7:30pm	GW
Tuesday	6:30-7:30pm	Lee
Wednesday	6:00-7:00pm	Lee
Wednesday	7:00-8:00pm	GW
Thursday	6:30-7:30pm	GW
Friday	4:00-4:45pm	GW
Friday	4:45-5:30pm	GW

Shark School (9/26/16-5/26/17) Morning Workouts - Pick 1, 2, or 3

Days	Time	Location
Monday	7:00-8:00am	SR
Wednesday	7:00-8:00am	SR
Friday	7:00-8:00am	SR
Saturday	8:00-9:00am	GW



2016-2017 Indoor Practice Schedule

*The Most Convenient
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Practice Locations

Home School Program

Session #1

(9/19/16-11/18/16)

No Practice: 10/10/16 (Columbus Day)

Days	Time	Location
Mon, Wed, Fri	7:00-8:00am	SR
Wed & Fri	8:45-9:45am	AM
Mon, Wed, Fri	1:00-2:00pm	Lee
Mon, Wed, Fri	1:00-2:00pm	AM
Monday	2:00-3:00pm	MV

George Washington Rec Center (GW)

8426 Old Mt Vernon Road
Alexandria, VA 22309
703-780-8894

Mt Vernon Rec Center (MV)

2017 Belle View Blvd.
Alexandria, VA 22307
703-768-3224

Home School Program

Session #2

11/28/16-12/16/16 – 1/4/17-2/17/17

No Practice: 12/19/16-1/2/17 (Holiday Break)

No Practice: 1/16/17 (MLK Jr Day)

Days	Time	Location
Mon, Wed, Fri	7:00-8:00am	SR
Wed & Fri	8:45-9:45am	AM
Mon, Wed, Fri	1:00-2:00pm	Lee
Mon, Wed, Fri	1:00-2:00pm	AM
Monday	2:00-3:00pm	MV

Lee District Rec Center (Lee)

6601 Telegraph Road
Alexandria, VA 22310
703-922-9841

South Run Rec Center (SR)

7550 Reservation Drive
Springfield, VA 22153
703-866-0566

Audrey Moore (AM)

8100 Braddock Road
Annandale, VA 22003
703-321-7081

**Note: Feb. 20-24 is an off week between
Session #2 & Session #3**

Home School Program

Session #3

(2/27/17-5/12/17)

No Practice: 4/10/17-4/14/17

Days	Time	Location
Mon, Wed, Fri	7:00-8:00am	SR
Wed & Fri	8:45-9:45am	AM
Mon, Wed, Fri	1:00-2:00pm	Lee
Mon, Wed, Fri	1:00-2:00pm	AM
Monday	2:00-3:00pm	MV

*Do you have an idea for a
new program design to fit
your needs?*

*We are willing to work
accommodations.*

Call Coach Mark:

703-627-4796

Home School Program:

Off all federal holidays, and off public school
spring-break April 10-April 14, 2017

For Home School Dues Schedule Visit:

<http://www.fbswim.org/hs-fees.html>



2016-2017 Dues Schedule

Group	Code	Maximum Participation per week	Full Dues 11 Months Sept 15 - Aug 16	Registration Fees	Meet Fees
Senior National	SN	6+	\$3,948.00	\$150.00	\$255.00
Junior National	JN	4+	\$3,529.00	\$150.00	\$255.00
Age Group 1	AG 1 F	4	\$3,134.00	\$150.00	\$230.00
	AG 1 P3	3	\$2,821.00	\$150.00	\$230.00
	AG 1 P2	2	\$2,508.00	\$150.00	\$230.00
Age Group 2	AG 2 F	4	\$2,703.00	\$150.00	\$230.00
	AG 2 P3	3	\$2,433.00	\$150.00	\$230.00
	AG 2 P2	2	\$2,164.00	\$150.00	\$230.00
Age Group 3	AG 3 F	3	\$2,157.00	\$150.00	\$230.00
	AG 3 P2	2	\$1,940.00	\$150.00	\$230.00
	AG 3 P1	1	\$1,724.00	\$150.00	\$230.00
Age Group 4	AG 4 F	3	\$1,700.00	\$150.00	\$230.00
	AG 4 P2	2	\$1,530.00	\$150.00	\$230.00
	AG 4 P1	1	\$1,359.00	\$150.00	\$230.00
* High School Prep	HS1	1 day per week: \$335.00		N/A	
	HS2	2 days per week \$496.00		N/A	
	HS3	3 days per week: \$660.00		N/A	
* Spring/Summer Prep	SP1	1 day per week: \$456.00		N/A	
	SP2	2 days per week: \$742.00		N/A	
	SP3	3 days per week: \$1,026.00		N/A	
* Special 1-Day a Week Program	WP1	1 day per week	\$1,024.00	\$150.00	\$135.00
Shark School 1	SS1	1 day per week	\$691.00	\$150.00	\$135.00
Shark School 2	SS2	2 days per week	\$1,037.00	\$150.00	\$135.00
Shark School 3	SS3	3 days per week	\$1,383.00	\$150.00	\$135.00
Masters Swim Program	M1	1 day per week	\$38.00	\$45 USMS Fee	Per Meet Announcement
	M2	2 or more per week	\$76.00	\$45 USMS Fee	Per Meet Announcement

Notes:

1. Athletes who join team after October 3, 2016 will have dues prorated based upon participation.
 2. Early pay discount of 5%.
 3. 10% discount on each additional swimmer.
 4. Active duty military discount of 5%
 5. After August 15, 2016 – Only one discount applies.
 6. Referral incentives offered.
- * See Actual Practice Schedule

Payment Plans:

1. Two discounts can be taken at Early Pay payment in full by 8/15/16 (IE – 5% early pay + 5% military).
2. Plan A – single payment by Aug 15, 2016 or with submission of Registration Agreement.
3. Plan B – equal payment with additional processing fee of \$10 per payment due on September 1, 2016, October 1, 2016, and November 1, 2016 OR first payment with Registration Agreement with subsequent installments due the first of following two months.



FBST Masters Program 2016 - 2017 Practice Schedule



Swimming for adults age 18 and over, programs available for beginners, former collegiate, and triathlete swimmers

**George Washington Rec Ctr
September 19, 2016 – May 26, 2017**

Days	Morning		Evening	Location
Sunday		No Practice		
Monday	5:00am - 6:30am		7:00pm – 8:00pm	GW
Tuesday	5:15am - 6:30am	9:30am - 10:30am	6:30pm - 7:30pm	GW
Wednesday	5:00am - 6:30am		7:00pm – 8:00pm	GW
Thursday	5:15am - 6:30am	9:30am - 10:30am	7:00pm – 8:00pm	GW
Friday	5:00am - 6:30am			GW
Saturday	6:00am - 8:00am			GW

**George Washington Rec Ctr
8426 Old Mt. Vernon Road
Alexandria, VA 22309
703-780-8894**

Masters 1 - \$38.00 per month for once a week

Masters 2 - \$76.00 per month for more than once a week

\$45 / year 2016 United States Masters Swimming (USMS) fee, covers insurance periodicals and allows meet entries.

Dues are collected monthly so you are never over committed financially.

Contact Head Coach Mark Murray for more information
703-627-4796
mmurray@fbswim.org