



## Visiting College Athletes – Short Breaks Policy

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*Swimmers who are swimming with their college team have the option to either practice with the youth competitive team or our adult Masters team.*

### **If swimming with the youth competitive team:**

1. Visiting swimmers must apply to visit using the online JotForm application form located [HERE](#).
2. Swimmers must be registered with USA Swimming.  
This is a strict requirement for insurance purposes. Proof of insurance must be met before entering the water. *Swimmers will be responsible for USA Swimming registration fees.* Those needing to register with USA Swimming should contact the FCST Administrator at [fcstadmin@swimfcst.com](mailto:fcstadmin@swimfcst.com)  
Athletes have two choices:
  - a. Full USA Swimming membership - Swimmers are eligible to compete in all USA Swimming meets. Membership valid through December of current year.
  - b. Seasonal USA Swimming membership- Swimmers are eligible to compete in USA Swimming meets below the Sectional level. This membership is valid for 120 days.
3. Determine appropriate group  
Swimmers must contact FCST's Head Coach to help determine the appropriate group to practice with during the summer. The swimmer must meet the requirements of the group including interval and competition requirements.
4. Training Fees:  
Swimmers who are swimming for their college team may practice, at no charge, with FCST for short periods of time (not to exceed three weeks for each such period) during such swimmers' short school breaks (e.g., holidays and spring break but not summer break). Swimmers must contact the Head Coach for group placement.
5. End of Visitation - Termination  
Swimmers must email the FCST Administrator at [fcstadmin@swimfcst.com](mailto:fcstadmin@swimfcst.com) their termination date. Try to give at least two weeks' notice if possible.
6. Coaches must inform the FCST Administrator about any returning college swimmers in their group.

### **If swimming with the Masters team:**

1. Visiting swimmers must apply to visit using the online JotForm application form located [HERE](#).

2. Register with US Masters  
Swimmers must be registered with US Masters Swimming. This is a strict requirement for insurance purposes. This step is completed using the online form link above.
3. Training Fees:  
FCST Graduate swimmers whether swimming for a college team may practice, at no charge, with FCST Masters for short periods of time (not to exceed three weeks for each such period) during such swimmers' short school breaks (e.g., holidays and spring break but not summer break). Swimmers must contact the Head Masters Coach that they will be attending practice.
4. Register Online With FCST  
Swimmers must register online with FCST. Select either Masters 2x Week or Masters Unlimited. If the swimmer qualifies for 2.a above, send an email to the FCST Administrator at [fcstadmin@swimfcst.com](mailto:fcstadmin@swimfcst.com) stating the year graduated from high school.
5. End of Visitation - Termination  
Swimmers must email the FCST Administrator at [fcstadmin@swimfcst.com](mailto:fcstadmin@swimfcst.com) their termination date. Try to give at least two weeks' notice if possible.
6. The Head Masters Coach must inform the FCST Administrator about any returning college swimmers in their group.