

Interested in Joining the Team?

There will be open practice for all interested and new swimmers Mondays and Wednesdays (4:00pm-5:30pm) in September (starting September 7). Come out for a trial period for free and see what the swim team is all about.

New Swimmers:

To register or schedule a specific assessment appointment (available year round) or for more information, email fastswimming@yahoo.com.

Once an assessment is complete, specific practice days and times will be given to the individual swimmer by the coach.

Returning Swimmers:

Practice will start back on Wednesday, September 7, 2016.

About Fin Aquatics

Under the leadership of head coach Shawn Columbia, our competitive swimmers are offered the option of swimming with the YMCA Swim Team and/or with the U.S. Swimming year-round team.

Emphasis is placed on personal skill improvement as well as good sportsmanship and team spirit. Dedication, teamwork, discipline, and goal setting are all objectives of the program.

We have swimmers compete at all levels from city, state, regionals, and nationals.

Our goal is to continue to build a swim program that will be a developmental tool for all swimmers.



RANDOLPH-ASHEBORO YMCA
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FAST SWIMMING

RANDOLPH-ASHEBORO YMCA



F.A.S.T. – Fin Aquatics Swim Team

About FIN Aquatics

- Current technology in swim technique.
- Individualized goal setting for all levels of swimming.
- Option to swim competitively through US Swimming and YMCA swim meets
- Coach/swimmer/parent interaction
- Three team levels designed to accommodate individual ability levels

Requirements

- Open to boys and girls ages 6 and up
- Must have a copy of birth certificate
- Must swim four lengths (25 meters) of the pool without stopping
- No competitive experience needed
- Must be a YMCA member (financial assistance is available)
- Minimum of 12 hours of parental team volunteer/support time

Competition

- Meets are a great tool for measuring improvement and assessing goals
- We average one swim meet per month, October – March.
- Estimated Meet Costs: 1 day-\$20, 2 days-\$40, 3 days-\$50

Cost

- \$40 Registration Fee (Includes league registration, team t-shirt, and swim cap)
- \$45 Monthly Fee (If you pay for three months at a time your swimmer will get a free piece of equipment – ex. swim bag, pool buoy, etc.)
- Estimated Meet Costs: 1 day-\$20, 2 days-\$40, 3 days-\$50
- \$70 US Swimming Registration Fee (Not all swimmers will pay this fee. Coaches will discuss with you if this is a good choice for your child.)

Levels

Swimmers will be placed into a level after their assessments. This is only an initial placement. Swimmers will be moved between levels as their skills progress and goals change.

- Bronze – Beginner
- Silver – Intermediate
- Gold – Advanced

Practice Times

Swimmers will be assigned to specific practice times based on skill level.

- Monday, Wednesday, Friday 4-6pm
- Tuesday 5:30-7:30pm (may vary),
- Thursday 4-7:30pm (time may varies)
- Saturday 9:00-11:00am

To register, schedule an assessment appointment (available year round), or for more information email fastswimming@yahoo.com.

Coaching Staff

Shawn Columbia, Head Coach

Shawn brings 20+ years of coaching experience and dedication to the sport. He founded the FAST swim team and has coached it for more than 20 years. Shawn has coached summer league for 20 years and is the head coach for the Asheboro High School and Eastern Randolph High School swim teams. Shawn has received numerous High School Coach of the Year awards. He served on the Zones staff for more 10 years. Shawn also volunteers as a Special Olympics Committee Member and Local Event Coordinator.

Alex Haithcock, Assistant Coach

Alex has been a coach for the FAST swim team for 2 years. Alex has swam for the FAST team as well as Eastern Randolph High School where she serves as the team captain.

Sam Hite, Assistant Coach

Sam has been continuously involved with the sport for years. He has swam for FAST and GCY swim teams. He has coached and taught swim lessons for the Sharks Summer league.

Lewis Fadely, Assistant Coach

Lewis brings years of experience in swimming to the team. He has competed in numerous National level meets. Lewis swam for GSA for years before going to Bolles School, a well-known preparatory school with a prestigious swim program. After graduating, Lewis went on to swim for the University of Florida. This is his second year coaching FAST, but has served as a coach for the Sanford Squids.