

# F\*A\*S\*T

Forestbrooke Athletic Swim Team

## Summer 2026



### Who Should Join?

- Do you want to have FUN?
- Do you want to learn 4 BASIC strokes and see what swim competitions are like?
- Do you want to be part of a TEAM and make NEW FRIENDS?

### Practice Times

- **Pre-Season Practices (6/1-6/12):**  
Swimmers M/W/F 4:15-5:00 11 and Up,  
5:15-6:00 10 and Under  
Divers T/TH: 4:30-5:15 (littles) and 5:15-6:00 (big)
- **Swim Practices:** Monday-Friday (Starting Monday June 15th)
  - 9 & 10 year olds: 9-10am
  - 11 & 12 year olds: 9-10am
  - 13 & Up: 10-11:15am
  - 8 & Unders: 11:15am-12pm
- **Dive Practices:** Monday-Wednesday, 3:00-4:30 pm (Starting June 15th)
  - Split by age/experience

### Meet Schedule

#### Swim Meets:

- Saturday, June 20 HOME vs. Ann Arbor Y
- Saturday, June 27 Away @ M50 Drags
- **Monday, July 6, 6pm** HOME vs. Chelsea
- Saturday, July 11 Away @ Lincoln
- Saturday, July 18 Away @ Ypsi

#### Dive Meets:

- Friday, June 19 Away @ Chippewa
- Friday, June 26 Away @ M50 Drags
- Friday, July 3 HOME vs. Chelsea
- Friday, July 10 Away @ Lincoln
- Friday, July 17 HOME vs. Intersquad

#### WISC SWIM Championship Dates

(Held at Ann Arbor Skyline High School)

- Monday, July 20 13 and up
- Tuesday, July 21 9-10
- Wednesday, July 22 8 and under
- Thursday, July 23 11-12 / coaches relay

#### WISC DIVE Championship Dates

- Monday, July 20 8 & Under (Racqt Club)
- Tuesday, July 21 11-12 (Travis Pointe)
- Wednesday, July 22 13 & Up (Huron Valley)
- Thursday, July 23 9-10 (Georgetown)

### Other Important Dates

- Swim-a-thon (with sleepover) → July 14
- Team Spaghetti Dinner → July 19
- Awards and Ice Cream Social → **TBD** (not 7/24)
- We will continue to have volunteer event **leads**

