



### **2006 Membership Requirements**

The Fluvanna Aquatic Sports Team (FAST) Makos is open to all boys and girls, ages 5-18 years old who reside in Fluvanna County and surrounding area. The team competes in the Jefferson Swim League during the summer in a competitive and fun atmosphere. The coaching staff has over 35 years of experience and provides all swimmers with a safe learning experience to help them grow in skill and character. Numerous practice options are available which are conducted in the indoor pool at Health Nutz. The team participates in 6 meets during the summer with home meets held at the Fork Union Military Academy beautiful indoor facility. The Makos participate in the Jefferson Swim League Championship meet at the UVA Aquatic Center at the end of the summer. Numerous family fun activities are held throughout the season. Financial scholarships are available. For more information, contact Rick Collins, FAST JSL Rep @ 434-589-1528, Cos Difazio, FAST Head Coach @ 434-589-6116, or visit the website: <http://fluvanna-swimming.org>