

HAST SS LONG COURSE SEASON START DATE- 4/2- 7/12

Full Season 4.2 – 7.12 (or end of championship season) Need to sign up for full seasons to get SS (Spring Sport) discount &/or multi-family discount.

Spring Only 4/2 – 5/24 ½ price + \$35 fee

Summer Only 5/24- 7/12 ½ price + \$35 fee

Additional fees: Purchase team suit through Elsmore Swim website.

\$100 Pancake Breakfast Tickets (April 28th) – can sell 10 tickets for \$10 ea. to recuperate your cost. (Register early to take advantage of recuperating this team fundraiser.)

HAST Admin fee: \$25

LSC FEE (New swimmers Only): \$8

New USA/HAST Swimmers: USA SWIMMING REGISTRATION (See email sent after registration for link. If you were registered last season skip this step.)

	Full season PRICE= 4.2-7.12	Spring = 4.2-5.24 \$35 fee + 1/2Full season	Summer = 5.24- 7.12* \$35 fee + 1/2Full season
NOVICE	\$400	\$200	\$200
AGE GROUP	\$600	\$300	\$300
PRE SENIOR	\$700	\$350	\$350
SENIOR	\$800	\$400	\$400

*State Participants Only will practice July 15-Aug 2.

**Must register by 4.14 to avoid \$25 late fee.

*****Please read all waivers when registering.** Volunteer, Code of Conduct, Photo, MAAPP, Medical, Fundraising, and more. By reading through waivers and policies all expectations of a member of the team will be explained/understood. More HAST information can be found in the team handbook.

We offer the following discounts:

- 10% - Spring Sport Discount (SS = Swimmers who participate in a school sponsored sport.)
 - This is offered to swimmers who are going out for a sport other than swimming during the spring season but wish to participate in HAST whenever available. HAST offers a later practice for Spring Sport (SS) to accommodate their after-school schedule. This applies to Full season registrations only.
- 25% - Multi-swimmer count – taken off the 2nd, 3rd, & 4th swimmer in the family registered for full season.
- 5% - Paid up front discount – pay all fees at checkout versus monthly installments.
- HAST Scholarships. For families needing assistance with dues. Proof of reduced/free lunch application or hardships. (Contact Andy for information billing@hastswimteam.com)

- Contact Coach Chasi (chasi@hastswimteam.com) or Andy (billing@hastswimteam.com) for discount codes.

Families new to competitive swimming or new to HAST; HAST offers an 8 week trial: Any 8 weeks consecutively for \$200. During this time, swimmers have the opportunity to compete in a couple of swim meets.

Spring Practices are held at Hastings Middle School Pool (1000 11th St W, Hastings, MN 55033)
Summer morning Practices are held at the Hastings Family Aquatic Center (901 Maple St., Hastings MN 55033) & Evening practices are at the Hastings Middle School.

Any practice with an asterisk (*) will have dryland and pool workouts. Be sure your swimmer has appropriate athletic clothing and shoes for dryland.

Spring Summer Meet Schedule (All Dates are subject to change. More dates will be added.)

Date	Meet	Days	Qualifying Times	Location
5/5	HAST Spring Mini Meet	1	ALL	Hastings Middle School Pool
5/10-12	STORM Spring Start Up	3	Silver and Above w/limited space	University of Minnesota
5/18-19	Tiger Shark IM Tough	2	ALL	Levi Dodge Middle School. 4200 208th St. W, Farmington, MN 55024
5/31-6/2	PRNH LCM Invite	3	All	Richfield Outdoor Pool
6/14	Summer Mini Meet	1	ALL	Hastings Middle School Pool
6/22-23	Manta Red White and Blue	2	ALL	Rochester, MN
6/28-30	3rd Annual Kimberly Ann Olson Memorial Meet	3	ALL	Hastings Middle School Pool
7/11-14	Speedo Sectionals	4	Sectional Cuts	Westmount, IL
7/12-13	MRC	3	Silver & Above	TBD
7/18-21	Senior State (Open Age)	4	Champ & Above	Rochester, MN
7/24-27	Futures	4	Futures Cuts	U Of Minnesota
7/27-28	10 & Under State	2	Champ & Above	Rochester, MN
8/1-4	Age Group State (11-14_	4	Champ & Above	University of Minnesota

Meet invites will be sent through your Swim Portal. The link to RSVP is in the email you will receive. You must respond by the deadline to cancel in the email. Swimmers that are left with no response are automatically put into the swim meet. Families are responsible for all fees that accrue due to failure to cancel.

For the most up to date meet schedule view the Spring Summer schedule under the “Meet Tab” on the HAST website.