

<h2 style="text-align: center; color: blue;">FCST HOSTED MEETS</h2>	<h2 style="text-align: center; color: red;">AWAY MEETS (Not Hosted by FCST)</h2>
<ul style="list-style-type: none"> <li>Numerous jobs available such as: Clerk of Course, Head Timers, Lane Timers, Meet Manager, Announcers, Pool Monitors, Concessions/Hospitality (Worker or purchase/make items for drop off), etc.</li> </ul>	<ul style="list-style-type: none"> <li>ONLY Lane Timer shifts are available through Team Unify. Available usually mid-week leading up to the meet via email.</li> </ul>
<ul style="list-style-type: none"> <li><b>YES!</b> Jobs completed/fulfilled at FCST Hosted Meets do count towards your yearly obligation for service hours. Completing a shift(usually 4 hours) will result in 1 full credit.</li> </ul>	<ul style="list-style-type: none"> <li><b>Yes!</b> Timing shifts at an Away Meet does count towards your yearly obligation for service hours. FCST must fill timing chairs when asked by the host team. Completing a timing shifts(usually 2 hours) will result in a ½ credit.</li> </ul>
<ul style="list-style-type: none"> <li>Job Signup goes “live” for sign up on the TeamUnify website, and link is emailed out at 8:00pm on the Sunday before the meet.</li> </ul>	<ul style="list-style-type: none"> <li>At Away Meets, go directly to the lane you signed up to be a timer for at the time designated on TeamUnify. There are no sign-in sheets for Away Meet timing.</li> </ul>
<ul style="list-style-type: none"> <li>Please check-in/sign-off your job from the Volunteer Sign-In Binder usually located in the lobby at FCST Hosted Meets.</li> </ul>	<ul style="list-style-type: none"> <li>You may sign up for as many shifts as you like (1-2 hours) to help the meet run smooth without any stoppage. All help is appreciated.</li> </ul>
<ul style="list-style-type: none"> <li>When the Job Signup is posted you may only sign up for ONE job the first 24 hours (Monday), then a SECOND job the following 24 hours (Tuesday). After 48 Hours the limit is removed.</li> </ul>	<ul style="list-style-type: none"> <li>An “Away Meet” is any swim meet your swimmer attends that is not hosted by FCST. The name of the Event on the TeamUnify Events Page will say “Hosted by FCST” in the title. If not, then it is an “Away Meet”.</li> </ul>
<ul style="list-style-type: none"> <li>You will receive an email reminder from TeamUnify one and two days ahead of the scheduled shift time you signed up for. You are responsible for finding a replacement if you are unable to make a shift you signed up for.</li> </ul>	<ul style="list-style-type: none"> <li>Timing Sign Up through TeamUnify for Away Meets tend to go out mid-week leading up to the meet. FCST must wait for hosting team to send us our share of timing chairs.</li> </ul>



## FCST Hosted Meet Service Hours Requirements

We are 100% dependent on parent support to run our FCST Hosted meets and our intrasquad meets during the year.

All FCST families are required to help or work at our hosted meets and to fulfill the FCST Hosted Meet Support service hour requirements detailed below.

### FCST Hosted Meet Service Hour Requirement:

Shifts are expected to be about 3-4 hours long depending on the job and meet session length. The volunteer requirements by group are as follows...(\*for families with multiple swimmers, your requirement will be the service hour requirement for your highest level swimmer).

### 2024-2025 Service Hour Requirements (by season & by group level)

Group	Short Course Season (Sept-March)	Long Course Season (April-July)
Senior Elite, Senior 3, Pre-Senior 3, Age Group 4	5 Shifts	5 Shifts
Senior 2, Pre-Senior 2, Age Group 3, Age Group 1	4 Shifts	4 Shifts
Senior 1, Pre-Senior 1, Age Group 2	3 Shifts	3 Shifts
Blue, Red, White	2 Shifts	2 Shifts

**For questions, comments, concerns, or further parent support opportunities, please email Coach Trenton (Parent Support Coordinator) at [coachtrenton@swimfcst.com](mailto:coachtrenton@swimfcst.com).**

### Top 3 Most Asked Questions from Parents:

#### 1) How do I sign up for shifts/jobs for FCST Hosted Meets?

-One week before the FCST Hosted Meet (Sunday at 8:00pm), the Volunteer Coordinator sends out an email (also access the Job Signup through the Meet Event Page for that specific meet) with information and a link to the job signup for the meet. The jobs are on a first-come, first-serve basis, so please sign up quickly. For fairness, you may only sign up for 1 shift the first 24 hours the Job Signup is live, then 2 shifts the next 24 hours. After 48 hours the limit is removed, and you may sign up for any remaining jobs.

#### 2) Why do the Meet Signups fill up so quickly?

-The Job Signups fill up quickly for the first few FCST Hosted meets in the Short Course season because these meets are smaller and require less shifts and everyone is eager to get signed up and start meeting their requirements. The number of shifts required is directly related to the number of swimmers and number of sessions in the meet. Please note your Service Hour obligation through TeamUnify will show "1 hr"(or however many you have been issued), but know it is the same as 1 Shift. So for example, if you have a swimmer in Age Group 3 this Short Course then your account will state "4 hrs" which is 4 total shifts worked/fulfilled for September-March.

#### 3) Does timing at an Away Meet (not hosted by FCST) count towards my volunteer hours/service hours?

-When your swimmer(s) attends an "Away Meet" (meet not hosted by FCST), it is a requirement for all families with swimmers in the meet to fill at least one timing slot (Roughly 2 hours). Filling timing chairs for a non-FCST meets does count towards your FCST service hour requirement as ½ credit because shifts are usually half in time than a FCST Hosted meet.