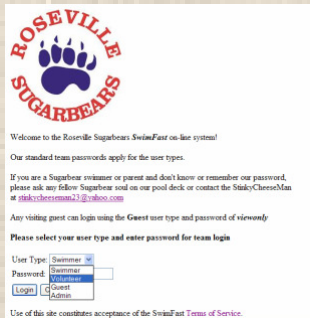
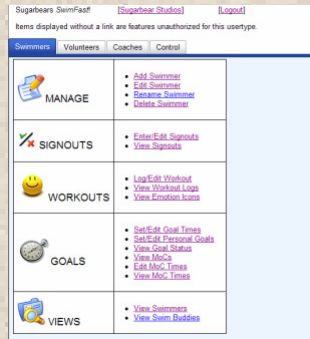


## TEAM LOGIN



Your team's own custom login can include your team logo. Quickly and easily add any team news or instructions to your login or main page through the control panel.

## TEAM AREA



Your own team area and interface. Slick, intuitive and easy to navigate. Add any text, images or links through the control panel.

**SwimFast** can easily integrate into your existing site by adding a link. Or swim families can lookup and login from main site of **SwimFast**.

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*SwimFast!*  
[www.swimfast.biz](http://www.swimfast.biz)

*SwimFast is a FREE web application service designed for and steered by recreational swim teams and leagues.*

*No web development tools, knowledge or experience required.*

The **SwimFast** web application has been successfully used by the Roseville Sugarbears swim team since 2005. Already on the fourth major release, the application is now being used by several teams.

**\*\* New for 2009 \*\***  
**Ability to Import and Sync with HyTek Team Manager!**

Visit [www.swimfast.biz](http://www.swimfast.biz) to access on-line demo, FAQs & testimonials.

**To register your league or team today email:**

[webmaster@swimfast.biz](mailto:webmaster@swimfast.biz)

# MANAGE AND INSPIRE YOUR TEAM TO

# SWIMFAST



**Make it your BIZ to**

# SWIMFAST

**Web application for  
managing and inspiring  
volunteers and swimmers.**

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# SwimFast.Biz

## MANAGE VOLUNTEERS

Sugarbears SwimFast! [Sugarbear Studios] [Logout]

ROBEVILLE SUGARBEAR SWIMMERS

Items displayed without a link are features unauthorized for this user type.

Swimmers Volunteers Coaches Control

**MANAGE**

- Add Volunteer
- Edit Volunteer
- Rename Volunteer
- Delete Volunteer

**ASSIGNMENTS**

- Edit Assignments (By Volunteer)
- Edit Assignments (By Meet)
- View Assignments (By Meet)
- Log NonMeet Hours

**VIEWS**

- View Volunteers
- View Unassigned
- View Inactive Families

**REPORTS**

- Volunteer Report
- Family Report

Parent volunteers can volunteer for the type of tasks they are willing to do, as well as assign themselves to their particular shifts. Each team can control the types of tasks and the number of shifts needed for each of their meets.

## LOG WORKOUTS

Swimmer: DUCKDEWEY

Information already input

Total distance (Yards) 4200

Total laps 164

From # of sessions 3

Required information for new entry

February 2008

Day of Swim

Distance swam (Yards) 2900

OR Number of 25' lengths 100

Optional Information

Emotion

Time of swim 7:00am

Duration of swim (Minutes) 60

Coach: KIRK CAPTAIN

Meet set: 1000' Free (Swimming)/500' Free (Swimming) 1000' Free (Swimming)

Workout notes

Give your swimmers additional incentive over just times. Swimmers can log their workouts keeping track of their emotions, workout notes, total yardage and sessions. Coaches are also able to log their workout sets, notes, swimming tips and favorite drills.

## SIGNOUT SWIMMERS

Please select a swimmer in the list and then edit signouts

Swimmer: DUCKDEWEY

Age: 7

Gender: Boy

Event Title	Event Date	Status	Remark	Updated
Spring Invitational	2008-02-23	SCRATCHED	Did not show	
Time Trials Screen Test	2008-05-31	OUT	Sorry, I need to Duck Out	2008-02-07
Hills vs Writers Guild	2008-06-07	OUT	Quack, Quack, Quack	2008-02-16
Pear @ Hills	2008-06-14	OUT	May waddle in late	2008-02-07
Hills vs ET	2008-06-21	IN		
Strikers @ Hills	2008-06-28	IN		
BYE	2008-07-05	IN		
Hills vs Public Defenders	2008-07-12	IN		
LA Champs	2008-07-19	IN		

Parent's Name: Donald Duck

Parent's Email: dduck@cartoon.net

[Save] [Cancel]

Use of this site constitutes acceptance of the SwimFast [Terms of Service](#).

Customize and set your own team's signout policy. Scheduled meets automatically turn red in text a week prior to them occurring. If desired, receive email notification on signout changes. Optionally, track scratches.

## SET/TRACK GOALS

Please select a swimmer in the list and then set or update personal best and goal times

Swimmer: NEMO FINDING

Yards Event	Personal Best	Goal Time	Achieved MoC	Time MoC Achieved
100 IM	2:17.12	2:00.00	<input type="checkbox"/>	1:27.28
50 Free	35		<input type="checkbox"/>	27.32
50 Back	41.12		<input type="checkbox"/>	37.60
50 Breast	42.34	43.00	<input checked="" type="checkbox"/>	38.71
100 Free	1:01.08	1:03.00	<input checked="" type="checkbox"/>	1:02.09
50 Fly	33.05	34.00	<input checked="" type="checkbox"/>	33.33

[Save] [Cancel]

Use of this site constitutes acceptance of the SwimFast [Terms of Service](#).

Swimmers can set and track goals against personal and team/league goals. Motivate and inspire your swimmers to reach their Meet of Champions (MoC) qualifying times.

## SECURITY

Sugarbears SwimFast! [Sugarbear Studios] [Logout]

ROBEVILLE SUGARBEAR SWIMMERS

Items displayed without a link are features unauthorized for this user type.

Swimmers Volunteers Coaches Control

**MEETS**

- Edit Task Types
- Edit Demand Templates
- Edit Meets

**SECURITY**

- Change Password
- Edit Authorizations

**CUSTOMIZE**

- Edit Team Profile
- Edit Login Message
- Edit Main Message
- Edit Signout Policy
- Edit System Messages

### Authorizations and Access

Team administration is done through an on-line control panel, which puts your *Team Administrator* in control of which functions and features each user type is allowed to access with separate password support for the common user types of your team:

Swimmer, Volunteer, Guest or Admin

Hide/Disable any function by user type.

Feel your team's security has been breached? By simply changing the password of a user type, it immediately locks out access and also invalidates any saved web bookmarks to your team area. The user type must re-login with the new password to re-gain access.