



Start your pencils!

Welcome to the FASTAR Information Session!





Fluent Academic Skills Tournament for Arithmetic
and Reading =*FASTAR*=

- ▣ All K-5 RBA students work throughout the school year to increase fluency on basic skills like reading passages, writing digits, and math facts.
- ▣ *FASTAR* is a fun, academic tournament that allows all students of varying ability levels to race to the finish and be rewarded for a job well done!

Every student should work to become a *Fast Star!*

The focus of *FASTAR* is speed and accuracy!

Speed

- ▣ In a Nascar race, speed is miles per hour driven.
- ▣ In *FASTAR*, racers focus on the speed of
 - words per minute read
 - numbers per minute added
 - digits per minute printed
 - letters per minute printed

The focus of *FASTAR* is speed and accuracy!

Accuracy

- ▣ In a Nascar race, drivers must complete their course without losing control.
- ▣ In *FASTAR*, racers must complete their course without making errors. The following are considered errors
 - reading words incorrectly or without articulation
 - adding numbers incorrectly
 - writing digits incorrectly
 - writing letters incorrectly

Speed + Accuracy = Fluency

- ▣ Speed and accuracy indicate that a skill has become nearly automatic, or “fluent.”
- ▣ Fluent skills can be done “without thinking.”
- ▣ Benefits of fluency in a skill are:
 - longer retention
 - increased endurance
 - increased comprehension
 - stronger foundation for complex skills
 - shorter homework times

Fluency Example

Suppose a homework assignment in history is to read a chapter that is 2,000 words long.

- The student reading 50 words per minute needs 40 minutes to complete the assignment.
- The student reading 200 words per minute needs only 10 minutes to complete the assignment.
 - This student will also comprehend more and will not be as tired.

Fluency in all subjects will decrease homework
time!

Benefits of *FASTAR*

Everyone is a winner in *FASTAR*!

- ▣ *FASTAR* Builds Confidence
 - Racers see their academic improvement in one minute timings and practice races.
- ▣ *FASTAR* Builds Excitement
 - Racers get excited about academic skills.
- ▣ *FASTAR* Builds Endurance
 - Racers practice hard to meet their goal.

All Students Can Race!

- ▣ RBA students practice building fluency in reading and math throughout the school year on a daily basis.
- ▣ Now it's time to fine-tune those skills and have fun on race day!

FASTAR Tools

- ▣ Racers will receive a race packet to practice at home.
- ▣ The packet will contain:
 - a stopwatch
 - math packet
 - progress chart
 - One minute practice sheets
 - helpful tips for parents

FASTAR Tune-Ups

- ▣ Racers will have the option to practice in an official *FASTAR* garage on campus to “tune up” their skills.
- ▣ Tune-Ups will be held after school leading up to the event day.
- ▣ Tune-Ups are optional, but strongly recommended.
- ▣ An adult or older sibling (at least in m.s.) must accompany each racer as Crew Chief.

FASTAR Tune-Ups

At each Tune-Up, racers will:

- ▣ complete one-minute timings in reading and math,
- ▣ practice mock races,
- ▣ receive additional practice materials,
- ▣ fuel up with snacks,
- ▣ experience the excitement that race day will bring!

The Race Events

| Race Events | Grades Participating |
|------------------------------|-----------------------------------|
| Charter Day 140 | Kindergarten |
| <i>Teach Well 220</i> | 1 st & 2 nd |
| Booster Club 350 | 3 rd & 4 th |
| Bacon 400 | 5 th |

Qualifying for *FASTAR*

- ▣ In Nascar, drivers must demonstrate their ability to compete in each race, also known as qualifying.
- ▣ In *FASTAR*, racers must also qualify to race by demonstrating their reading and math skills.
- ▣ Qualifying requirements for each race will vary by:
 - difficulty level
 - length
 - skill

Qualifying Event

- ▣ A qualifying event will be held in April for **all** racers.
- ▣ Each racer will complete one-minute math and reading timings in order to qualify.
- ▣ Racers must meet the qualifying requirements.*
- ▣ The fastest qualifier will receive a trophy!

| Qualifying Information | | | | | | |
|---|-------------------------------------|---------------------------|---------------------|---------------------|---------------------|---------------------|
| Event | | Charter Day 140 | Teach Well 220 | | Booster Club 350 | Bacon 400 |
| Grades Participating | | K | 1st | 2nd | 3rd & 4th | 5th |
| Qualifying Speeds (Based on 3rd Quarter Goals) | Reading (Words per minute) | 30 wpm | 75 wpm | 100 wpm | 125 wpm | 150 wpm |
| | Arithmetic (Facts per minute) | 20 fpm (Print #'s 0-9) | 25 fpm (Add 0-5) | 30 fpm (Add 0-9) | 40 fpm (Add 0-9) | 50 fpm (Add 0-9) |

*Students who do not meet the qualifying requirements but show improvement on their progress chart will be allowed to compete.

The Course

- ▣ Racers compete to finish a packet in the shortest amount of time.

| Race Day Packet Information | | | | | | | |
|--------------------------------|---------------------------|--------------------|--------------------------------|--------------------------|--------------------------|----------------|----------------|
| Event | | Charter Day 140 | Teach Well 220 | | Booster Club 350 | Bacon 400 | |
| Grades Participating | | K | 1st | 2nd | 3rd & 4th | 5th | |
| Race Day Packet Contents | Reading Passage Length | Page 1 | 90 words | 150 words | 175 words | 250 words | 300 words |
| | Arithmetic | Page 2 | Print 15 A-Z | 20 Add 0-5 | 25 Add 0-9 | 30 Add 0-9 | 40 Add 0-9 |
| | | Page 3 | Print 15 digits 0-9 | 20 Sub 0-5 | 25 Sub 0-9 | 30 Sub 0-9 | 40 Sub 0-9 |
| | | Page 4 | 15 Add +1, +0 to digits 0-9 | 20 Add/Sub Mix 0-5 | 25 Add/Sub Mix 0-9 | 30 Mult 0-9 | 40 Mult 0-9 |

The Award Ceremony

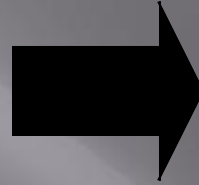
- ▣ An award ceremony will be held after the race event.
- ▣ All racers receive a medal.
- ▣ The fastest qualifier for each race receives the “Pole Position” trophy.
- ▣ Trophies are awarded for the winners of each race.
- ▣ Parents can take pictures/videos of the award ceremony.

Steps to Participate

1. Register Today!

***FASTAR* registration fee includes:**

- .Practice Packet with instructions
- .Practice worksheets
- .Progress recording charts
- .Stopwatch



Upon qualification, each student will receive:

- .Certificate of Qualification
- .***FASTAR*** t-shirt
- .Racer Goodie Bag

2. Attend one of the Tune-Ups (optional but strongly recommended).
3. Practice, Practice, Practice!
4. Qualify for your event the end of March.
5. Compete and win on race day!

RACE EVENTS

| FASTAR Race: | Grades Participating: |
|---------------------|------------------------------|
| Charter Day 140 | Kindergarten |
| Teach Well 220 | 1st & 2nd |
| Booster Club 350 | 3rd & 4th |
| Bacon 400 | 5th |
| Awards Ceremony | All Grades |

Individual race times to be announced in racer packet.

The Race Event

- ▣ Racers line-up in rows and compete in “heats.”
- ▣ Our Race Marshall announces the racers and narrates the competition.
- ▣ Middle School Pit Crew members time each racer.
- ▣ Classmates and parents come out to cheer on the sidelines.
- ▣ Judges score each race and determine the racers’ final time.

FASTAR Calendar 2025

| S | M | T | W | T | F | S |
|----------|--|---|------------------------------|--------------------------|--|----|
| January | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 FASTAR Coordinator Meeting 1:00? | 29 | 30 | 31 | |
| February | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 FASTAR Registration and Pit Crew Flyers go out | 11 | 12 | 13 | 14 Pit Crew Sign-up Deadline | 15 |
| 16 | 17 Reminders go out | 18 FASTAR Parent Info sessions | 19 | 20 | 21 - | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 Registration Deadline -Pit Crew announcement | |
| March | | | | | | 1 |
| 2 | 3 TuneUp folders ready—Racer Packets ready to give out at tune up | 4 Tune up #1 | 5 | 6 | 7 >Sponsor Form & Logo Deadline >Pit Crew form/\$ deadline (t-shirt) | 8 |
| 9 | 10 | 11 TuneUp #2 | 12 Staff T-shirt Deadline | 13 T-shirt order | 14 Teacher Workday | 15 |
| 16 | 17 Spring Break | 18 Spring Break | 19 Spring Break | 20 Spring Break | 21 Spring Break | 22 |
| 23 | 24 Spring Break | 25 Spring Break | 26 Spring Break | 27 Spring Break | 28 Good Friday Holiday | 29 |
| 30 | 31 Teacher Workday | | | | | |
| April | | 1 Teacher Workday | 2 Begin Q4 | 3 | 4 | 5 |
| 6 | 7 Qualifying | 8 Qualifying All data MUST be entered by end of day | 9 | 10 | 11 | 12 |
| 13 | 14 Wilmington RACE Day | 15 Whiteville RACE Day | 16 Leland RACE Day | 17 Southport RACE Day | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 26 | 26 |
| 27 | 28 | 29 | 30 Race of Champions | | | |