

2009 FAST SUMMER SCHEDULE

FAST Group/Coach Information/Practice Schedule/Training

Group	Coach	Contact Information	Monday	Tuesday	Wednesday	Thursday
Barracudas	Dave Gabriel	817-692-3631(cell) davegabriel@charter.net		5:15-6:00p	5:15-6:00p	
Makos	Barrett Brandon	817-975-2222 bigbillybarrett@yahoo.com	5:00-6:00p		5:00-6:00p	
White	Janet Steenberg	817-326-2805/817-219-7281(cell) jswim@hotmail.com	4:30-5:30p	4:30-5:30p	4:30-5:30p	4:30-5:30p
Red	Barrett Brandon	817-975-2222 bigbillybarrett@yahoo.com	6:00-7:15p		6:00-7:15p	
Blue	Kristin Carson	kristin.c.carson@gmail.com	6:00-7:30p	6:00-7:30p	6:00-7:30p	
Bronze	Kathy Steinbrenner	Steinbrenner@charter.net		6:15-7:30p	6:15-7:30p	6:15-7:30p
Silver	Janet Steenberg	817-326-2805/817-219-7281(cell) jswim@hotmail.com	5:30-7:00p	5:30-7:00p	5:30-7:00p	5:30-7:00p
Gold	Dave Gabriel	817-692-3631(cell) davegabriel@charter.net	6:30-8:30a 3:30-5:30p	6:30-8:30a 3:30-5:30p	6:30-8:30a 3:30-5:30p	6:30-8:30a 3:30-5:30p
Senior II	Ron Forrest	817-874-5655(cell) coachron@charter.net	3:30-5:15p	3:30-5:15p	3:30-5:15p	3:30-5:15p
Senior I	Ron Forrest	817-874-5655(cell) coachron@charter.net	6:30-8:30a 3:30-6:00p	6:30-8:30a 3:30-6:00p	6:30-8:30a 3:30-6:00p	6:30-8:30a 3:30-6:00p
Masters	Ric Nesbit	817-429-4928/817-371-0184(cell) ric.nesbit@gmail.com	6:00-7:30p	6:00-7:30p	6:00-7:30p	6:00-7:30p