

F . I . S . T .

FORREST INDEPENDENT SWIM TEAM

Volume I Number I April Fools Day, 1999

TEAM RESTRUCTURES

Head Coach Ron Forrest and the board members have agreed on a major restructure. Instead of a parent-run team organization with a voting board of directors, Head Coach Ron Forrest will now assume all responsibilities for directing the program. Administrative details will be handled by volunteers. Parents seeking an outlook for their volunteering energies should contact *Program Director Ron Forrest*.

The team has a new name: "FIST" (Forrest's Independent Swim Team). This new name also emphasizes our more aggressive, competitive focus. Look out, North Texas! Our colors of black and blue will remain the same. A new logo will be selected; place your entries in the "LOGO CONTEST" folder at the pool.

BLUE WATER

Most swimmers and parents are all too familiar with the swimsuit fade problem with pools. A \$65 Speedo can bleach out with a month of heavy training. FIST will be trying a new pool chemical management approach that will address this problem and also make the pool more attractive. Food-grade blue dye will be added to the water.

Parents and swimmers will observe some discoloration of hair, skin, and nails; they should note that these effects are harmless and pose no long-term health risks.

PRACTICE SCHEDULES

The workout schedules are being changed when the team switches to long-course to alleviate crowding. The Seniors Groups will practice from 4:30 to 7:15. Advanced Age Group will swim from 7:15 to 9:15. Minnows, Novice I, and Novice II will practice from 9:15 pm until 10:00 pm; Age Group will practice from 10:00 to 11:30 pm; Masters will have pool privileges from 11:30 pm to 1:30 am or 4:00 am to 6:00 am.

Also, to cover the additional pool hourly usage fees, Masters swimmers may be billed for a surcharge of up to \$25 per hour on the days they attend practice. **FIST** regrets any inconvenience or hardship this may pose. The Seniors and Advanced Age Group swimmers are looking forward to having 1-2 swimmers per lane during most of their practice!

NEW SWIM EVENTS

The Technical Planning Committee has reviewed the events contested at meets. Underwater events are being added to allow swimmers to enter the same number of events per day while dramatically reducing the length of meets. The Underwater Freestyle, Backstroke, and Breaststroke will be contested simultaneously with the traditional events, with the swimmers starting at opposite ends of the pool. Weight belts are optional; a snorkel may be used for distances over 50 yards. Swimmers must remain submerged for the duration of the race once they have pushed off the wall for the start until they have done their final touch.

Non-swimmers have long failed to appreciate the physical challenges of competitive swimming since it is a non-contact sport. The TPC has also addressed this with the addition of a new 50m "combat" event. The long-course 50m event will be swum without lane ropes and with all swimmers in a single heat. Full-contact will be allowed but no weapons will be permitted. Team strategies will come into play as defenders impede the progress of enemy swimmers, allowing allies to sprint without interference to the other side of the pool.

SWIM QUIZ

1. What color swim suit is fastest?
2. Can you get moonburn outdoors at night?
3. How do you keep a pull-buoy from slipping off your head?
4. Who invented butterfly and why?
5. What are "yellow water molecules"?
6. Do you burn more calories in cold water or hot water?
7. Which flavor of Toaster Pastry looks best in the gutter?
8. Do pools have to be pointed north-south to keep them from having tides?
9. How does the Theory of Relativity relate to the pace clock and short-rest repeats?
10. Do swimmers circle clockwise south of the equator?
11. What invention is Irwin Gogg noted for?
12. Can you get disqualified for glueing your swimsuit on?
13. How can a towel need laundering if you only use it after taking a shower?
14. Do cats swim catpaddle?
15. Why are there entry fees to swim "free" events in meets?
16. Do they have waterbeds at swim camps?
17. If runners get athlete's foot, do swimmers get athlete's hand?
18. Are there more crickets at Wilkerson-Greines than cockroaches at Loos?
19. Would a pool with each end in a different time zone be a "fast" pool?
20. If you take vitamins with iron, can you rust?