

FAST is affiliated with USA Swimming, Inc.  
and United States Masters Swimming, Inc.



# TIMES

.... AT WILKERSON-GREINES

VOLUME 11 NUMBER 9 JANUARY 1900



## ☆ NEW TEAM RECORDS ☆

Congratulations to these swimmers who set new Short Course Yards team records!

### 11-12 Girls

- 50 Free** :25.10 **Dana Vollmer**  
(old record :26.51, set 03/96)
- 100 Free** :57.39 **Dana Vollmer**  
(old record :57.94, set 12/95)
- 50 Back** :30.24 **Dana Vollmer**  
(old record :30.51, set 03/99)
- 50 Fly** :27.56 **Dana Vollmer**  
(old record :28.97, set 03/96)
- 100 Fly** 1:03.75 **Dana Vollmer**  
(old record 1:05.67, set 03/96)

### 13-14 Boys

- 100 Breast** 1:01.74 **David Mendoza**  
(old record 1:02.69, set 04/90)
- 200 Breast** 2:11.92 **David Mendoza**  
(old record 2:15.92, set 04/90)
- 400 I.M.** 4:18.31 **David Mendoza**  
(old record 4:27.82, set 12/92)
- 200 M.R.** 1:48.20 **R.Kiel, C.Allred, P.Hasty, D.Mendoza**  
(old record 1:48.86, set 12/97)

### 15-18 Girls

- 100 Free** :53.49 **Erin Wehrmann**  
(old record :54.51, set 04/90)
- 200 Free** 1:54.70 **Erin Wehrmann**  
(old record 1:55.22, set 04/90)
- 500 Free** 5:04.05 **Erin Wehrmann**  
(old record 5:08.43, set 12/90)

### Open Girls

- 100 Free** :53.49 **Erin Wehrmann**  
(old record :54.51, set 04/90)
- 200 Free** 1:54.70 **Erin Wehrmann**  
(ties old record 1:54.70, set 12/98)
- 500 Free** 5:04.05 **Erin Wehrmann**  
(old record 5:08.43, set 12/90)

## ☆ UPCOMING EVENTS ☆

### PRACTICE CANCELLATIONS

Be sure to note these practice cancellations due to holidays and high school meets at the pool:

Jan	1	No Practice
Jan	6	No Novice 2 or Age Group
Jan	10	No Minnows or Masters
Jan	20	No Seniors or High School
Jan	29	Seniors and AAG TBA
Feb	11-12	No Practice – All Groups
Feb	9	No Seniors or High School

Also, FAST is tentatively planning a 1-week training break around the time of the Fort Worth I.S.D. spring break to give our swimmers a well-deserved rest after their championship meets.

### BOARD MEETING

The FAST Board of Directors will meet at 6:00 pm on Thursday, 13 January at the pool.

### SWIM STORE HOURS

FAST schedules the Swim Store hours to not coincide with other events at the Wilkerson-Greines facility. We anticipate having more hours once the basketball season ends.

If you need something from the Swim Store other than these times, contact *Swim Store Director Susan Mendoza*:

work: [A2DAYSusan@aol.com](mailto:A2DAYSusan@aol.com)  
817-460-7220

home: [ramsnd@flash.net](mailto:ramsnd@flash.net)  
817-274-3802

### January Swim Store Schedule

Mon	Jan	3	5:00 – 7:30 pm
Th	Jan	13	5:00 – 7:30 pm (tentative)
Th	Jan	27	5:00 – 7:30 pm
Mon	Jan	31	5:00 – 7:30 pm

## ☆ OTHER FAST BUSINESS ☆

### **GOOD CITIZENSHIP**

As a reminder, children should not “hang out” in the building foyer. Running, climbing on the railing and making loud noises are not acceptable behavior. Non-swimmers are not to be left at the pool facility without their parent’s supervision. Our continued use of the Wilkerson-Greines facility depends on ALL of our team abiding by the rules. Parents, please enforce these rules when your children are in the facility.

### **SWIMMER'S EAR**

Does your swimmer have a chronic problem with "Swimmer's Ear"? We may be able to help. FAST has joined with nationally renowned *Dr. Bob Laneer* who is doing a study on swimmer's ear. They are in need of test subjects for certain medicines for the problem. People taking part are eligible for free medication, reimbursement of costs and cash reimbursements. If you have any questions, please consult the flier on the bulletin board, or see *Head Coach Ron Forrest*.

### **SWIM-A-THON / CHRISTMAS PARTY**

Swimmers and parents, this is just a reminder that all your Swim-A-Thon pledges must be turned into your coach the first week of January. If you are a couple of days late, that will still be

O.K. We need to have the totals into USA Swimming soon, so we need to get it collected.

A big thank-you goes to all the swimmers who participated in this year's event. We had a larger than expected turnout and the swimmers seemed to have a lot of fun. I think everyone that stayed for the Christmas party enjoyed that also. Another big thank-you goes to *Donna Wright* who put together this year's awesome Christmas party. The food was great! Back Porch Barbeque catered and served smoked turkey and ham; our members brought potluck side dishes.

If you are missing any utensils or containers from the Christmas potluck, contact *Nancy K French*:

home: 817-346-1117  
[nkfrench@metronet.com](mailto:nkfrench@metronet.com)

## ☆ THE COACHES' WATCH ☆

### **FROM HEAD COACH RON**

#### **Seniors and High School**

As we finish off the holiday season I hope everyone had a very nice Christmas and that Y2K is not affecting any of you.

December was a busy month as we had several swim meets that our team attended. We started with the COR Winter Classic where we had some impressive time drops and good performances from all ages. Our B/C swimmers had a very good showing at the Reindeer Races in the second week of December. And the Kerr-McGee meet in Oklahoma saw our swimmers post some very fast times and great second swims in a very fast meet.

January brings a month of final preparation. At the end of the month the High School district meets take place. This marks the initial jump towards the Championship meets that take place through February and March. January is the time to go that extra mile in your training to ensure that when your big meet comes up, wherever and whenever it is, that you are ready for it. Now is also a good time to review your goals and make sure that you are actually doing what is needed to achieve them. Remember, it is the focus on the day-to-day process of success rather than just the dream and hope that it happens. Stay focused on the

immediate, not the ultimate. What can you achieve today? What can you do better today?

As we get closer to some of the bigger meets, you need to remember HOW to swim your races when you get to the meets. As some get more successful, there is a tendency to put a specific time in your head as an ultimate goal and your race strategy becomes only "gotta make the time". This is probably the best way to NOT achieve your goals.

The best way to achieve your goals is to LET THE RACE HAPPEN through focus on what is really important: things like how you pace the race, focus on turns, starts, technique and attention to stroke details. This is how you achieve your goals.

The best swimmers in the world do this. There is enough pressure from outside sources at international level meets that they don't need to add extra by worrying themselves to death with performance anxiety.

Let's also remember, we must re-focus quickly on the rest of the season from the meets in December. They were just a stop along the way. There are bigger, faster meets ahead and you need to be ready.

I want all of you to RACE to win every set in practice. That is a first step to faster swimming.

The "Swimmer of the Month" for Seniors is **Erin Wehrmann**. After a bit of a slow start on the season, Erin has picked it up and also picked up her second Juniors cut in the 200 I.M. last month. She also just missed the cuts for the 200 Free and 100 Free. Keep up the hard work, Erin.

Honorable mentions go to **David Mendoza** and **Stephan Verdeyen**. David is looking poised to make it to Orlando for Juniors himself. Stephan had a great meet at Kerr-McGee in Oklahoma. Keep it up!

## **FROM COACH TED**

### **Advanced Age Group**

December was an exceptional month for the group as we had the opportunity to "overtrain" during the holidays -- long course in the mornings and (for those who took advantage) afternoon training with the Senior group at Texas Wesleyan. There were several sore and tired people in the

water. The payoff will be when taper time comes around. Your energy levels will be off the charts and you should swim faster than ever.

Be sure to maintain your attendance and effort level during January. Consistency is very important in swimming. If you are still able to make a few mornings during the week, be sure to do so. I know that most of you say you don't "do" mornings. If you are unable to attend weekday mornings, I understand. SATURDAY morning practice, however, should be attended. If you are just being lazy, try it once and you will see that mornings really aren't that bad of a time to swim. If you continue to make reasons why you can't come to practice, your results will show. A final push for the last segment of the short course season will help in your pursuit of best times and TAGS cuts. You can make the choice, reasons or results. Only results count when all is said and done.

The COR Winter Classic was a huge success for AAG as we once again saw a high percentage of best times. Not only were times dropping, you raced very well. **Brier Steenberge, Cameron Allred, Richard Kiel, Dana Vollmer, Courtney Wright** and **Justin Broyles** all had second swims. FAST had some great relays with the 13-14 boys beating out Grapevine-Colleyville to win the 200 Medley Relay. Hopefully this is a sign of great things to come at TAGS!!!

The "Swimmer of the Month" for Advanced Age Group is **Dana Vollmer**. Dana has been working very hard in practice, trying to gain some endurance to compliment her natural speed. At the COR Winter Classic, Dana made her Top 16 Consideration times in the 50 fly and 50 free. Dana is improving so well because she is willing to work hard and is a great listener. By the end of the short course season Dana could close in on the Top 10 list in the 11-12 age category for the entire nation.

## **COACH JAKE**

### **Age Group**

You guys seem to have enjoyed the fun week we had right before Christmas. Everyone needed a break from the routine, but now it's time to get back to work. There are several meets coming up in the next couple of months and your usual hard

work is what it is going to take to get back in shape from the break and be ready to swim fast again. Be sure your attendance level is back up to where it was before the break if you want to be able to swim fast at the meets.

Workouts are not going to change much over the next few weeks, but I will make some adjustments to make sure that we don't miss anything you need for the meets. Reindeer Races went well. Don't get discouraged if you didn't swim as well as you wanted to at that meet. I intentionally worked you hard before the meet to see how all of you would swim when you were tired. Overall, you were right where I thought you guys would be. No, you won't be as tired for the next couple of meets, so don't get worried.

**PARENTS!** There will be a **MANDATORY** parent meeting for all Novice II and Age Group parents on Monday, January 24 at 6:00 P.M. There will be things covered that you need to be aware of and this will give you a chance to voice any questions or concerns that you may have. Please plan now to attend.

For Age Group, the "Swimmer of the Month" is **Nicole Danek**. Nicole's hard work in practice is showing with the improvement in her strokes and endurance. Way to go Nicole!!

### **Novice II**

I hope that everyone enjoyed his or her holiday break from school and swimming. Now that the holidays are over it's time to start working hard again. We need to try and get the level of attendance back up to where it was before the break. We have several meets coming up in the next two or three months and attendance is crucial to how well you guys will do at those meets.

Everyone's strokes are looking good. Once again, the main thing we need to work on is flipturns. There are still too many of you stopping on the walls or not doing the proper flipturns. This really showed at Reindeer Races when our DQ's for turns doubled from the previous meet.

**PARENTS!** There will be a **MANDATORY** parent meeting for all Novice II and Age Group parents on Monday, January 24 at 6:00 P.M. There will be things covered that you need to be aware of and this will give you the chance to voice any

questions or concerns that you may have. Please plan now to attend.

"Swimmer of the Month" for Novice II is **Martha Norwood**. She has really improved her attendance and is still working hard every night. Keep it up Martha!!

### **THE MASTERS LANE**

The conflict over our Masters group's use of the name "FAST" has been resolved. The Frankfurt, Kentucky team that was registered as "FAST" has graciously offered to rename themselves, freeing up the name for our use. If you have not completed your USMS registration for 2000, make sure that the team name on your form is "Fort Worth Area Swim Team" (FAST) and send it in soon.

January is a time when many adults resolve to improve their physical fitness, reduce stress, etc. The holiday craziness is over and schedules settle back into a routine. If you are not presently a Masters swimmer, this is a great time to join the FAST group. (If you're a member but haven't been in the water recently, it's time to get back into it.) As a minimum, you only need to be able to swim one length of the pool comfortably. Training fees are subject to family discounts, so it can be relatively inexpensive to sign up. Group workouts are much more pleasant than swimming solo. Try it out for a few times; Masters Swimming might be just the thing for you!

There will be a memorial service for **Craig Morgenstern** at 4:00 pm on Thursday, 20 January at the Robert Carr Chapel on the TCU campus. The chapel is at 2800 S. University Drive between Beasley Hall and Brite Divinity School and can be located by its landmark tall spire. Contact **Paulette Bradburn** for more information.

☆ **FUND-RAISING** ☆

Our on-going fundraising projects help us keep your monthly training fees low while providing a quality program for our members.

Please remember to use your Albertson's Community Partners card when you shop. The card may be scanned at any time until you pay for your purchases. If you would like another card, please contact **Nancy Browning**.

FAST has joined the Tom Thumb "Good Neighbor" program. Our organization number is **7048**. You can link our account to your Reward Card by asking the checker the next time you shop at Tom Thumb. If you do not have a Reward Card, applications are available at Tom Thumb and can be turned in to their Cash Office.

Clean empty aluminum cans can be turned in at the pool any weeknight for recycling. Thanks for helping!

Books, CD's, videos, and more can be purchased online from the FAST website's Online Bookstore. Amazon.com handles the sale and pays FAST a very generous referral fee.

<http://www.flash.net/~fastswim/swimbook.htm>

☆ **MEET SCHEDULE** ☆

**USA Swimming Meets**

- Jan 15-16** "A" Meet @ LAC  
**22-23** "BB/B/C" Meet @ Duncanville HS
- Feb 4-6** Greater Southwest "A"  
 @ COPS-Loos  
**12-13** "BB/B/C" @ Waco Family Y  
**18-20** TAGS-Q "A" @ COR-Loos  
**25-27** "BB/B/C" Championships  
 (10 & Under TBA)  
 11 & Over @ IS-Northlake
- Mar 2-5** TAGS @ North Texas-Loos  
**21-25** Junior Nationals @ Orlando, FL
- Mar 28** Phillips 66 Senior Nationals  
 - **Apr 1** @ Federal Way, WA

**Masters Meets**

- Feb 25-26** SCY @ DAM-SMU Perkins  
**12** SCM @ Midwest City OK (tent.)
- Mar 6** SCY @ Rollingwood Pool, Austin
- Apr 1-2** Zones Championships  
 @ Oklahoma City
- Apr 27-30** SCY Nationals @ Indianapolis

☆ **BY THE NUMBERS** ☆

**Total FAST Membership: 170**

Minnows	15	High School	8
Novice I	14	High School (am) -	
Novice II	24	Nolan	23
Age Group	25	Associates	-
AAG	29	College	-
Seniors	16	Masters	16
		Medical	-

Telephone FAST at (817) 536-0788

Visit our website at:

<http://www.flash.net/~fastswim>