

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



# TIMES

.... AT WILKERSON-GREINES

VOLUME 11 NUMBER 10 FEBRUARY 2000



## ☆ NEW TEAM RECORDS ☆

**11-12 Girls**

**50 Back :29.79 Dana Vollmer**

## ☆ UPCOMING EVENTS ☆

### **PRACTICE CANCELLATIONS**

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

Feb	4	No Morning Practice
Feb	11-12	No Practice – All Groups (High School Regionals)
Mar	3-4	No Practice – All Groups (TAGS)
Mar	13-19	No Practice – All Groups (Spring Break)

### **FAST SPRING BREAK**

Our team will be taking our annual spring break in conjunction with the FWISD Spring Break March 13-19th. There will be no workouts for all groups during this time. It is a great chance for the kids to get out of the pool after a long season and have some fun doing something else for a while before the Long Course season moves in.

### **BOARD MEETING**

The FAST Board of Directors will meet at 6:00 pm on Wednesday, 16 February at the pool.

### **SWIM STORE HOURS**

The FAST Swim Store is scheduled to be open when FAST practice is the only activity scheduled for Wilkerson-Greines. The dates below

may be changed once the facility schedule for the end of February is available. Our *Swim Store Director Susan Mendoza* will post any reschedules on the bulletin board at the pool. If you need items from the Swim Store other than these times, please contact Susan.

Mon	Feb	7	5:00 – 7:30 pm
Mon	Feb	14	5:00 – 7:30 pm
Mon	Feb	21	5:00 – 7:30 pm (tentative)
Mon	Feb	28	5:00 – 7:30 pm (tentative)

## ☆ OTHER FAST BUSINESS ☆

### **DELINQUENT ACCOUNTS**

FAST's primary source of income is the monthly billing to our members for training fees. These account balances need to be paid on time to keep the team operating in a financially-responsible manner. The board has adopted a stronger policy towards delinquent accounts to be started in March, 2000. We are working towards getting your bills to you by the first of each month. The new policy is:

If you cannot pay your account balance for a given month, you need to contact a board member to discuss it.

Sixty (60) days from the first day of the training period which is past due, swimmers will not be allowed to continue training unless individual circumstances are negotiated with the FAST Board.

### **SMOOTHIE-KING DISCOUNT CARDS**

Discount cards for a 15% discount on athletic supplies, nutritional supplements, and vitamins at Smoothie-King are available. These cards are not honored for smoothies or other regular

food items. Contact *Head Coach Ron Forrest* if you would like a discount card.

### **OFFICIALS NEEDED**

FAST would like to recognize *Carrie and Scott Hunnicutt, Eric Olson, and Donna Wright* for attending the recent Stroke and Turn Officials clinic. Good luck in your apprenticeship! Our team is still short of the recommended number of officials, based on our team headcount. If you are interested in officiating, please contact *V Adcock* or any board member for more information.

## ☆ THE COACHES' WATCH ☆

### **FROM HEAD COACH RON**

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

Well, the Championship portion of our season is pretty much here now. This is the time when you get some rest from the heavy workloads that have been done all season and do some fine tuning in preparation to swim faster than you have ever done before.

This is a hectic time of year, and part of the trick to becoming a great swimmer is being able to handle all the pressures that you may feel and turn them to your advantage.

We have some people that have worked very hard over the last two months and I am excited to see how fast you are capable of going.

Please remember, that when it is time to taper and get ready to swim fast, that is not the time to ease back on the efforts you give during the workouts. Taper does not equal easy. That is a big mistake that many swimmers make going into their big meet. The drop in distances and overall intensity will allow your body to prepare properly, however, if no intensity is present, when you step up on the blocks to swim your race, your body will have forgotten how to swim hard. So when we do intense work, even during taper, you **MUST** push yourself just as hard (if not harder) than before. To swim some of the times that some of you have looked to, these will require a great deal of intensity, so be smart and prepare yourself.

We should be excited about the upcoming weeks. FAST is in good shape to have a great team meet at the end of the month at TAGS.

I challenge any swimmer that is close to making a TAGS cut to push themselves even harder to get there. The more people that make it, the more fun it could be. I also would like to see a very noisy parent section at ALL finals at TAGS. We could see some very fast swimming done from our swimmers.

Our "B/C" swimmers have been swimming out of their minds for the last two meets, so we are in great shape to do very well at the upcoming "BB/B/C" Champs meets at the end of February. I encourage all swimmers that do not have 3 "A" times and are excluded from the "B/C" meets to sign up for the Champs meet. It's not too late, and the bigger the team we send, the better we can do. It would be great to see lots of "BB/B/C" swimmers picking up their 1st, 2nd or 3rd "A" time and being able to move on to the next level. That is the "A" meets.

We have one Junior Nationals qualifier already, and there is a good possibility we could have others qualify and could see some great relay swimming again this year at TAGS. Good luck to all.

Congratulations are in order to *David Mendoza*. David is ranked #7 in the Nation for the Long Course 200 Breast 13-14, and he is right back in striking distance for Juniors short course. Congratulations also go out to *Barrett Brandon*. Some may not know, but Barrett was picked as the Overall Winner of the Wendy's High School Heisman Award. He was selected over 12,000 other high school student-athletes from across America.

So let's get ready, let's get excited and EVERYBODY turn their mind to swimming hard so that we can have FAST turn some heads at the Championship meets.

### **FROM COACH TED**

#### **Advanced Age Group**

The New Year has come and gone with no major glitches. The championship season still awaits. Most of you have been doing the work that will enable you to swim 100% best times during your respective championship meets. For some this means the "BB/B/C" Champs at MARS-UTA, others TAGS "Q" at Loos. There will be some whose focus is on TAGS. Make sure that you are concerned with the task at hand in order to

maximize your performance at your focus meet. Workouts will start to change as we head into the championship season. I will require your cooperation during practice as I will have to separate you often according to stroke, speed or focus meet.

We had several best times at the LAC meet and the SWAT meet. This is a sign of good things to come. Be ready to achieve your race speeds in practice and don't be fooled about taper. You will still have to work hard during the rest phase of the season. Practices will be geared toward getting your body used to your goal times. Be aware of what your goal times are and what kind of pacing is required to achieve those times. Bear in mind that we are trying to simulate race conditions during practice so that you will be better able to handle them when racing. This means not giving up, and pushing yourself beyond your pain threshold. If you do the preparatory work now, you will be able to let the race take care of itself when you step on the blocks. (Translation: you will only have to race and not worry about those little details.)

Let's all strive to accomplish our personal goals and remember, "Pain is temporary; Pride is forever". Get into an improvement mindset and more than likely you will improve.

The "Swimmer of the Month" for Advanced Age Group is **Georgia Steenberge**. Since the beginning of the season Georgia has been one of the most dedicated swimmers in the group. Her high intensity of effort at ALL times will help her succeed in swimming. Close attention on her walls and technique has slowly but surely put her in contention to be an elite swimmer. Keep up the determination, Georgia.

## **COACH JAKE**

### **Age Group**

It looks like I've finally managed to make most of you tired. I'm so happy!! All of you have been working very hard every night at workout and it paid off big time at the Duncanville meet. There were some very nice time drops, but I was more impressed with the way you guys held your strokes together. It's one thing to swim a best time, but it's another to be able to keep your mind on your stroke when you start to get tired. This is a big step for

you, so don't let yourselves regress to where you were before this meet.

We only have a few more weeks of hard training ahead of us. I know some of you have been feeling tired and/or sore in workout, but that's part of getting faster. If you guys can stay tough for a few more weeks and finish the season off with a bang, we'll have some fun to look forward to before we get into the long course season.

**Hali Hunnicutt** is Age Group's "Swimmer of the Month". Her near-perfect attendance and work ethic are big keys in her awesome improvements in the water. Good job Hali!!!

### **Novice II**

Well, another month has flown by and we've only got one more to go before the season is over. Everyone did very well at the Duncanville meet. I was most impressed with the improvements you guys made on your turns. This was the first meet we've had where there were hardly any DQ's for turns. It's great to see that all of your hard work is paying off, but we need to be sure to keep it up for a few more weeks! After the last two meets in February we will be able to have a little more fun at practice. But for now, we need to be sure that our strokes and turns are on our minds every night for the hour that we have.

Thank you to all of the parents who attended the parents meeting on January 24. It was nice to see all of you there and I hope everyone feels up-to-date with the group's progression. For those who you who did not attend, you may voice any questions or concerns that you have by dropping a letter in my box at the pool. I will be sure to get back to you the next time I see you.

"Swimmer of the Month" for Novice II is **Ben Harris**. Ben's positive attitude has played a big role in the improvement in his strokes. Keep up the good work, Ben!!!

## **COACH ASHLEY**

### **Minnows and Novice I**

I hope everyone had a good Christmas and is back ready to work. We will continue to work on stroke technique as this is very important at your age. "BB/B/C" Championships is at the end of February and everyone will be attending unless

there is a special reason for missing. To all who were at the meet at the end of January: I am very proud. We had the best strokes out there and there were best times from all of you. Congratulations Sarah, Remy, Andrea, Alexandria, and Regan for swimming so well!

For Minnows, the "Swimmer of the Month" is **Jeddy Corley** - being on time and swimming with a red face will pay off!

"Swimmer of the Month" for Novice I is **Michael Uhles** - your strokes have improved greatly! Thanks for always being eager to learn!

### **THE MASTERS LANE**

Dallas Aquatics Masters will be hosting this year's meet at SMU on Feb 25-26. Meet info is in the latest LMSC newsletter, on DAM's website [www.dallasaquaticmasters.net](http://www.dallasaquaticmasters.net) and from **Coach Greg Ingram** or **Nancy French**. Entries are due Feb 22; however, deck entries are accepted with a late fee.

### ★ 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.

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>

### ★ BY THE NUMBERS ★

#### **Total FAST Membership: 164**

Minnows	10	High School	8
Novice I	13	High School (am)	1
Novice II	28	Nolan	23
Age Group	25	Associates	-
AAG	28	College	-
Seniors	14	Masters	14
		Medical	-

Telephone FAST at (817) 536-0788

Visit our website at:

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

### ★ MEET SCHEDULE ★

#### USA Swimming Meets

- 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  
@ MARS-UTA
- 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