



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 12 NUMBER 6 OCTOBER 2000

☆ TOP 16 SWIMS ☆

These swimmers posted times that are ranked in the Top 16 in their age group in the United States this year. These rankings are for the 1999/2000 Short Course Yards season. Congratulations!

Dana Vollmer

50 Free	2nd
50 Back	15th
50 Fly	1st
	(National Age Group Record)
100 Fly	1st
100 I.M.	8th

David Mendoza

100 Breast	9th
200 Breast	4th
200 I.M.	16th

Dana's North Texas LSC 18 & Under record for the 100 Fly is the first time since 1994 that an individual 18 & Under long-course record has been broken. She is currently ranked 70th in the world (overall) in the 50 meter fly and is hanging on to a tie for 148th in the world overall in the 100 as of September 22.

Top 16 relay events haven't been completely posted but we anticipate a few FAST swims will be on the list when it comes out.

☆ UPCOMING EVENTS ☆

FAST MEET OCTOBER 21-22

FAST's Meet Director *V Adcock* would like to remind our parents that FAST will be hosting a swim meet October 21-22 and that volunteers will be needed, so mark your calendars now. The team especially needs a Hospitality helper. A sign-up sheet will be posted at the pool the first week of October.

OCTOBER CLINIC FOR OFFICIALS

Our North Texas swim meets are run by volunteer officials and FAST needs to have more of our parents helping out in this way. We have fewer officials than expected for a team of our size. In Olympic years there is usually a large increase in the number of swimmers, increasing the need for trained officials.

There will be a clinic to train Stroke and Turn officials on Friday, Oct 20. Please sign up on the pool bulletin board sheet by October 10 if you are interested and you will be contacted with details of the exact time and location.

PRACTICE CANCELATIONS

Parents and swimmers, please be sure to take time to read your calendar section of the newsletter. Now that we are headed into the High School Swim Meet season, we must cancel practice for certain groups on a rotating basis. This is done to make room for the meets and extra swimmers in the pool. The pool belongs to the Fort Worth ISD and they have first rights to the pool space. We are fortunate to have partial use of the pool on these evenings.

Please be sure to check to see when your swimmer's practices will be canceled. Any swimmer

that shows up on an evening when their workout is canceled will **not** be allowed in the water. Please remember that it is the parents' responsibility to know their swimmer's schedule.

-----	Date	-----	--Reason--	-- Group(s) canceled --
Thu	Oct 5	HS Meet		Minnows and Novice I
Tue	Oct 17	HS Meet		Masters
Thu	Oct 19	HS Meet		Seniors and HS
Mon	Oct 30	HS Meet		Age Group and Novice II
Mon	Nov 6	HS Meet		Advanced Age Group
Mon	Nov 20	HS Meet		Masters
Wed	Nov 22	Holiday		All Groups (tentative)
Thu	Nov 23	Holiday		All Groups
Fri	Nov 24	Holiday		All Groups (tentative)

SWIM-A-THON

Swim-A-Thon will be here before you know it! Swimmers should be collecting pledges. Remember friends, relatives, and frequented places of business when soliciting pledges. This fund-raiser is a critical source of revenue for our team each year and allows us to keep training fees relatively low. Swimmers, be sure to bring your pledge sheets to the pool on Swim-A-Thon day (Wednesday, 25 October) so your coach can sign it for the official count of laps you swim. Also, bring a costume to wear afterwards at our team dinner at 6:45 p.m.

We still need two parents for that day to grill hot dogs and hamburgers. There will be a "White Elephant Raffle" for parents; bring items to the marked box at the pool. Also, we need help soliciting prizes from area businesses. Please contact either **Paul and Paulette Bradburn** or **Head Coach Ron Forrest** if you can help out.

SWIM STORE NEWS

For October, the FAST Swim Store will be open on different weeknights instead of each Monday.

Tue	Oct	3	5:30-7:00
Thu	Oct	12	5:30-7:00
Tue	Oct	24	5:30-7:00
Thu	Nov	2	5:30-7:00
Thu	Nov	9	5:30-7:00
Thu	Nov	16	5:30-7:00
Tue	Nov	21	5:30-7:00
Thu	Nov	30	5:30-7:00

Our supplier has increased prices, so the FAST team suits have gone up also. Female suits size 22-30 are \$43; sizes 32-40 are \$47. Male suits size 24-28 are \$26; sizes 30-up are \$28. Suits that have already been ordered or are in stock will not change price.

Also, the due date for Christmas special orders has passed. You can still special order but will have to wait until there 6 or more items on the waiting list before we can put the order in. Special order items still have to be prepaid.

☆ OTHER FAST BUSINESS ☆

PRINTING AND STORAGE NEEDS

FAST is still looking for a photocopying / printing sponsor to provide discounted or donated services and supplies. This includes letterhead stationary and envelopes, and photocopying team handbooks, newsletters, meet programs, meet info handouts, etc.

The team also needs a place to keep two outdoor canopies. Ideally, whoever can provide garage or other storage space for them will also attend the outdoor meets where they are used.

If any FAST parent can assist with all or some of this, please contact any board member or **Head Coach Ron**.

"FAST NEWS" E-MAIL LIST

FAST has set up a e-mailing list for our members to get team news including practice schedule changes, reminders, and other "late-breaking news". We would like to encourage all of our members to "subscribe" to this free service and to specify an e-mail address that you will check daily. There is a sign-up form on our website:

<http://www.fastswimming.org>

Also, we have added an announcement box on our website home page. With the size of our team it is virtually impossible to telephone everybody for urgent news. FAST hopes that these two new features will help us get important news out to our members.

RECYCLER NEEDED

FAST has been collecting aluminum cans to recycle as a fund-raiser for our swimmers going to

Junior Nationals. If anybody knows of a local recycler that will accept sacks of cans (not the self-operated machines with small hoppers), please contact *Susan Beltram*.

SISTER CITIES TRIP TO ITALY

Fort Worth Sister Cities International has an invitation for swimmers to participate in a friendly international sports competition with more than 4,000 youth representing 25 different countries while being hosted by our sister city partner, Reggio Emilia, Italy. This unique cultural opportunity will take place in late August, 2001. If you did not attend the program information meeting held in September but you are interested, please contact *Coach Tony Tullbane* for details.

★ THE COACHES' WATCH ★

FROM HEAD COACH RON

Seniors and High School

As most of you read this I hope that we have successfully put our little pool problem to rest and are back into the normal swim of things. I personally feel that we have been somewhat disrupted only in the fact that the water temperature sometimes does not allow for optimum practices to be conducted. And I know that cold water can affect your attitudes toward training. However, it is situations like this that are little tests along the way to see who can overcome them and make themselves into stronger athletes with a desire to win. Those who are teaching themselves, that, if they can overcome obstacles such as this, they can keep doing so again and again. They begin to know they can succeed at the next test and that's when champions start to emerge.

Timely enough, I hope everyone saw the story on multi-Olympic medalist Claudia Poll from Costa Rica. She trains at 5,000 feet altitude in an outdoor pool. The water temperature is 57 degrees (our pool never got lower than 75 degrees) and you know that it is not warm at 5,000 feet at 5:30 in the morning. To her, it is not about having an ideal condition to train in, but the fact that she simply has a pool and that means she can have the opportunity to train to be the best in the world, NO MATTER WHAT IT TAKES. It is too easy for us to have reasons and excuses why not to

train hard. They come up every day. In 57-degree water and at 5,000 feet at 5:30 a.m., I am sure that even an Olympian finds it hard to get in the water. The difference? She finds reasons TO train, not reasons why not.

If you, as a swimmer, think you can be great in this sport and want to be great, find a reason TO train. See what you can actually do if you put your mind to it.

When I was speaking to the group about some ways to aid in training. We spoke about keeping hydrated before, during and after workouts. I still think that as a group, we can do better. I am seeing an improvement in swimmers bringing water bottles to the deck, but they are of no use if they remain full and untouched for a full practice. Too many people are just sipping once and awhile out of their water bottles and some leave almost as full as they arrived. Please, USE the water bottles. They will help you. The following is an excerpt from an article on hydration.

5 Ways to Improve Endurance and Hydration

1. To optimize recovery, your swimmers should replenish depleted muscle glycogen stores with carbohydrates within two hours after a workout.
2. Select a sports drink that will speed glycogen replenishment and rebuild protein.
3. Limit the amount of protein and fat consumed in the immediate post-exercise period. Too much post-exercise protein slows recovery by slowing rehydration and carbohydrate replenishment. The optimum ratio is 4 grams of carbohydrate to 1 gram of protein.
4. Incorporate anti-oxidants into the nutrition program. Anti-oxidants can protect against post-exercise muscle damage thereby reducing soreness.
5. Encourage swimmers to drink fluids containing sodium, potassium and magnesium before, during and after training since the normal thirst mechanism is usually not sufficient to restore fluid and electrolyte balance.

Remember, proper nutrition is as important for peak swimming performance as the right strategy and training intensity.

As an FYI, as I mentioned in our meeting, our swim store will be selling the new sports drink Endurox

R4 (powder to mix in water). It is an excellent new product that is for athletes and is far and away better than the Gatorades and Powerades currently on the market. Please see *Susan Mendoza* if you wish to order some.

Also, I still do not have email addresses for everyone in the Senior and High School groups (and some are not working). If you could, please either tell me, or email me your addresses so that I can have a comprehensive list of them. It seems these days, in the cyberworld, it is easier to contact people this way. You can send me either parent's or swimmer's email (or both would be OK too), whichever gets checked the most.

Finally, remember, October is the first month that we begin to train with some much higher intensity and the yardage starts to go up. October and November are two of the primary base-building months for the year. IF you want to swim well in March, these two months will be the ones that could make or break you. You decide how they will go.

COACH TED

Advanced Age Group

The season is off to a nice start. Despite some minor difficulties I feel that you are working hard and making progress. Do your best to be on time and stretch before every practice. There are quite a number of sore shoulders during practice. Make sure that you are icing sore muscles daily and stretching as much as possible. Let me remind you that the outcome of your season will depend on what you are doing right now. If you are tired, sore and training as hard as possible, you will be rewarded when we rest. Make excuses now and have reasons later or make no excuses now and have results later.

The Plano Pentathlon is our first meet of the season. The week after that is the FAST-hosted meet. I hope to see a large turnout for both of these meets. I will be entering you in all meets so make sure to let me know if you cannot attend a meet so I will not enter you.

The "Swimmer of the Month" for Advanced Age Group is *Mark Brickley*. Mark shows up to every practice with a purpose and it shows. Mark moved to our club from Nevada and should have a great short course season based on his work ethic and attitude. Keep up the good work, Mark.

COACH JAKE

Age Group

Well, we've finally gotten back into the swing of things and it won't be long before the swim meets are a regular item on the agenda. As usual, I will mix up the workouts to make sure everyone is getting the variety of work that they need to prepare for the meets, and to keep you guys from getting too bored. Just remember that the more workouts you attend, the more likely you are to achieve your goals at the meets along the way and at the end of season.

Drylands are going to become a weekly routine now that we have gotten a feel back for the water. Drylands are only beneficial if they are done correctly and with the same intensity that you give in the pool. They will also give you a little more strength to help make your strokes more efficient and help you to bring your races home fast, so be sure you're giving them everything that you have when we do them.

The "Swimmers of the Month" for Age Group are *Ashley Freeman* and *Rochelle Savage*. These two ladies have shown as much intensity out of the pool as they have in the pool. Way to go, ladies!!!

Novice II

I hope everyone is making the adjustment back into the water. It looks like everyone is doing well. I have really been impressed by the way all of you are beginning to work on your strokes and turns every night in practice. This is something that all of you have needed to focus on for a while, and you guys have made some great improvements since you have started focusing on your strokes and turns.

It won't be long before the swim meets start up again. Just keep in mind that the more practices you attend, the more prepared you will be for the swim meets. You should also be sure to keep up the great work on your turns in practice. If you ever have any questions about your strokes or turns, don't be afraid to ask.

The Novice II "Swimmer of the Month" is *Joseph Watson*. Joseph makes almost every practice and gives 110% every night. Keep up the good work Joseph!!

COACH ASHLEY

Minnows and Novice I

Everyone has done quite well this season so far. I am very proud of how hard you guys are working. It is very important that everyone listens when I am talking in practice. I know you guys like to play and talk, but you will never improve if you don't listen. I will start coming down a lot harder on you guys if things don't improve on your behavior. I apologize about the inconvenience with the pool and if you guys just hang in there everything will be fixed as soon as possible.

The Black and Blue meet went well and I hope you guys had fun. I know that it was fun for me to play around with y'all a little. We have a meet coming up at the end of this month and I would like for everyone to attend. It is October 28-29 and I will send some information your way at practice soon. Competition is fun and gives everyone a chance to show off all the hard work that you guys have put in. So please plan on attending.

Minnows "Swimmer of the Month" is *Griffin Neville* for his hard work smiley face at practice everyday.

Katie and Kelsey Funderburk are the Novice I "Swimmers of the Month" for their incredible effort in practice. You two come in every day and give your best and it really shows. Katie and Kelsey have only been at FAST a short time and they are my hardest workers. You two have a lot of fast swimming ahead of you and I am very excited to watch you improve.

THE MASTERS LANE

There is a pentathlon in Round Rock coming up. *Coach Tony* has meet information and there will be a van of swimmers making the trip. We will leave early Saturday morning 21 Oct and return that day after the meet. Information is also on the Lone Star Aquatics website: <http://www.lonestaraquatics.org>

There is a short-course meters invitational at the Tom Landry pool in November, and the annual Christmas Relays meet to look forward to. Both these meets are favorites with the FAST swimmers and we hope you will participate.

☆ DEEP THOUGHTS ☆

Underwater breathholding must only be done under very close supervision, even for expert swimmers! Did you know ...

- Elite synchronized swimmers can swim 75 meters underwater on a single breath.
- Frank Sinatra used to swim underwater and practice-sing songs to himself underwater just to practice his breath control. His goal was to be able to sing an 8-measure phrase without pausing for breathing.
- Emperor penguins can stay under water almost 20 minutes.
- Most sea turtles can stay underwater for about 45 minutes, but green sea turtles can stay submerged for up to five hours.
- Killer whales usually surface every four or five minutes, but dives lasting as long as 15 minutes have been recorded.
- Underwater hockey: For an offensive player, a long time underwater would be 20 seconds; for defense, 30-40 seconds.
- USA Freediving champion Meghan Heaney-Grier dove to 165 feet (50.5 meters) and returned to the surface on a single breath, wearing fins and a weight belt (constant weight). She can hold her breath up to 5 minutes on land.
- One of magician Harry Houdini's most famous stunts was to be handcuffed, nailed inside a packing crate, and then thrown underwater. Although Houdini had specially rigged the crate, he stayed underwater as long as possible to increase the suspense. He practiced holding his breath in a bathtub for up to four minutes. Houdini (Ehrich Weiss) was quite athletic and won many awards in swimming as a teenager.
- With each new sentence and each new concept, most people subconsciously hold their breath. There is a theory that if your breathing breaks your attention span before you finish reading a sentence, then you will have more difficulty learning than another who breathes less frequently. Proponents of this theory advocate underwater swimming to improve breath control.

☆ 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 **Alan Lake**.

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. Email our webmaster at webslave@fastswimming.org if you have questions.

<http://www.fastswimming.org/swimbook/swimbook.htm>

☆ BY THE NUMBERS ☆

Total FAST Membership: 124

Minnows	11	High School	3
Novice I	16	High School (am) -	
Novice II	13	Nolan	-
Age Group	18	Associates	-
AAG	28	College	-
Seniors	20	Masters	15
		Medical	0

Telephone FAST at (817) 536-0788
Emergency pool deck phone (817) 531-6199

Visit our website at:

<http://www.fastswimming.org/>

Email the team at:

fastswim@fastswimming.org

☆ MEET SCHEDULE ☆

USA Swimming Meets

- Oct 15** "A" Pentathlon @ COPS-Loos
21-22 "BB/B/C" Meet @ FAST-WGAC
28-29 "Little Splashers" 10 & Under @ COPS-Loos
- Nov 4-5** "A" North Qualifying Meet @ ATAC-Loos
11-12 "BB/B/C" Meet @ MARS-Trinity HS
18-19 "A" Meet @ IS-Northlake
19 North vs South Dual Meet @ Don Cook Natatorium, Sugarland
- Dec 1-3** "BB/B/C" Qualifier @ SWAT
8-10 "A" Winter Classic @ COR-Loos
16-17 "BB" Champs @ FAST (tentative)

Masters Meets

- Oct 21** Masters Pentathlon @ Round Rock
Nov 18 DAM SCM @ Tom Landry-Dallas
Dec 16 DAM Christmas Relays @ SMU