



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 12 NUMBER 8 DECEMBER 2000

☆ UPCOMING EVENTS ☆

CHRISTMAS DINNER

If you have not yet received a flier for our FAST Christmas dinner, please be sure to pick one up at the pool and RSVP as soon as possible. We are planning for Wednesday 20 December at 6 pm. The team will provide turkey and ham; families are asked to bring a side dish to share. We hope to see as many of our families attending as possible for a nice evening socializing and celebrating the holidays with teammates.

PRACTICE SCHEDULES

As this newsletter is published, our holiday schedules are still tentative. The coaches will let their swimmers know if there are changes. Age Group, Novice I and II and Minnows will not have practice between Christmas and New Year's. The Masters group will have some morning practices at the Downtown YMCA.

----- Date -----	--Reason--	-- Group(s) canceled --
Thu Dec 14	HS Meet	Advanced Age Group
Fri Dec 22	FWISD Holiday	all groups
Sat Dec 23	FWISD Holiday	all groups
Mon Dec 25	Christmas Day	all groups
Tue Dec 26	FWISD Holiday	all groups
Wed Dec 27	No pm practice	all groups
Thu Dec 28	No pm practice	all groups
Fri Dec 29	No pm practice	all groups
Mon Jan 1	New Year's Day	all groups
Tue Jan 2	No pm practice	all groups
Wed Jan 3	No pm practice	all groups
Thu Jan 11	HS Meet	TBA
Mon Jan 15	MLK Holiday	Minnows, Novice I&II, Age Group
Wed Jan 17	HS Meet	TBA

Thu	Jan 18	HS Meet	TBA
Sat	Jan 27	HS Meet	all groups

During the holiday the Seniors will swim 7-10 am and Advanced Age Group will train 7-9 am on the following days:

Wed	Dec 27	Tue	Jan 2
Thu	Dec 28	Wed	Jan 3 (tentative)
Fri	Dec 29		
Sat	Dec 30		

FAST will share the pool with the FWISD high school teams these mornings and we anticipate that pool space will be limited.

On Martin Luther King Day (January 15), practice for Seniors, Advanced Age Group, and Masters will be 4-6 pm.

SWIM STORE NEWS

Our swim store hours are a little hazy and crazy with the holidays and other events at Wilkerson-Greines. Please contact our *Swim Store Director Susan Mendoza* if there are specific items that you need and check the calendars at the pool and on the website. Also, think of the swim store when making your Christmas shopping list for stocking stuffers. Susan will try to have the Swim Store open the evening of the FAST Christmas Dinner.

☆ OTHER FAST BUSINESS ☆

INCLEMENT WEATHER POLICY

With the winter weather upon us, it is time for a reminder of our practice policies for inclement weather.

- If the Fort Worth ISD shuts down operations due to inclement weather, FAST cannot conduct practice because the pool would be closed. Even if the weather improves by practice time, we will not be able to use the facility if FWISD has a full-day shutdown.
- If FWISD holds classes but weather conditions are poor, then we will try to hold practice and use good judgement regarding weather conditions.
- Practice may end early if bad weather moves in. Parents need to be prepared to pick up their swimmers early. We don't want to put people at risk -- including our coaches and the facility staff -- by waiting longer than necessary for swimmers' rides to arrive while weather and driving conditions deteriorate.

"B/C" MEET ENTRIES

If you have signed up your swimmers to attend a meet but cannot attend, you must notify your coach **IN WRITING** as soon as possible. A note in the coach's folder or an email works fine. If the notice is not received by the time FAST does entries for the meet, you **will** still be required to pay entry fees. We need several days before the host's meet entry deadline for processing and mailing, so scratches (cancels) should be done 2-1/2 to 3 weeks before the meet starts. Situations arise, but our budget is not set up to cover non-reimbursable entry fees that were sent to other teams.

Jan 5-7 GCAT Meet Scratch by Dec 19
 Jan 20-21 DM Meet Scratch by Jan 2

Also, there are meets on the North Texas calendar that FAST does not attend. Please check with your coach if you wish to swim a meet but did not receive information about it from your coach.

☆ THE COACHES' WATCH ☆

FROM HEAD COACH RON **Seniors and High School**

As we lead into December, we have come past the mid-point of the season. For some of you, the first half of the season has resulted in some very quick

swimming which should have you excited to see what you can do during the second half of the season. For some of you there is some work to be done in order to assure yourself of positive results at the end of the season. And if there was ever a time for hard work and a chance to focus in on training, December and Christmas training is it.

We also get a chance to see how you do as some of the bigger meets of the season arrive. First we will be swimming at the COR Winter Classic and then, for those qualified, we will be traveling to Oklahoma for the Kerr-McGee Elite Meet. I am looking forward to seeing how we do as these bigger meets of the season come up.

Just remember when you step up on the blocks at these meets, if you have prepared properly, you can be confident in your ability to swim fast. That confidence will help you in the middle of a hard race, to know you can beat the person next to you, and then ultimately achieve that result.

After we get through this round of meets, it will be off to hard work as we begin to get into Christmas training. I will expect nothing less from every one of you than your absolute dedication to hard work and pushing yourself to the limit every practice. You will get sore, you will get tired, you **will get faster** if you make up your mind to do the work necessary to get faster. This is the most important phase of preparation for fast swimming in March. What you do with your time will dictate the results.

Ladder of Achievement

100 %	I Did
90 %	I Will
80 %	I Can
70 %	I Think I Can
60 %	I Might
50 %	I Think I Might
40 %	What is It ?
30 %	I Wish I Could
20 %	I Don't Know How
10 %	I Can't
0 %	I Won't

This is called the "Ladder of Achievement." It shows how your attitude towards a goal or task can

impact your ability to achieve it. The Ladder of Achievement suggests that an attitude of "I Can't" has almost no chance of success while "I won't" is no chance at all.

Change "I can't" and "I won't" to I CAN - I WILL - I DID !

COACH TED

Advanced Age Group

November was a great month for AAG. Now that we are back in a stable environment with a normal practice routine, I feel you made great strides in your swimming careers. Morning practice is well-attended and still available. Those of you able to swim a few mornings should take full advantage of them. They may seem too early in the morning but the long term benefits to your swimming will far outweigh any loss of sleep. You may even find that you become more efficient in school due to better time management. At least give them a try.

COR Winter Classic and the "BB" champs are up before Christmas. Hopefully your performances will motivate you to get in really good shape for the championship season in the spring. Use these pre-Christmas meets as a measure of where you want to be in relation to your end-of-season goals. Also try to attend as many workouts over the holidays you can. They may be at different pools and different times so keep an eye open for more schedule and location changes over the holidays.

The "Swimmer of the Month" for Advanced Age Group is yet another repeat winner from last year - - **Jacqueline Conley**. Because Jacqueline has worked very hard for the past 2 years, she is starting to swim very fast. She pays attention to her strokes, trains smart and keeps a positive attitude. Already swimming best times in season, Jacqueline is sure to reach all of her goals this season and beyond. Keep up the great work, Jacqueline!

COACH JAKE

Age Group

It's been great to see so many people at workouts every night. I can tell that you guys are working hard, and I know that some of you are going to

be pleasantly surprised at the end of the season. There are a couple of things that I want all of you to keep in mind, though.

This is the toughest part of the season. It can be easy to lose sight of your goals in the middle of the season, so you have to keep your sights on what you want to accomplish at your last short course meet. Remember that keeping your attendance levels up and working hard every night are crucial. Also, be sure that you guys are dressing appropriately for the weather. We all know how crazy Texas weather can be, so be sure that you have coats and shoes on every night when you leave the pool. These sound like little things, but they all add up if you're not careful!

Keep up the great attendance and the hard work. It will all be worth it when you have a great meet at the end of the season!!

Ross Barber has earned the honor of "Swimmer of the Month" for Age Group. After a great meet in November, Ross has picked up his intensity in workout every night and is making big improvements in his strokes and endurance. Keep up the great work, Ross!

Novice II

I hope everyone is enjoying the holiday season. The breaks from school were always my favorite! All of you have been doing a great job on your turns in practice; please keep it up! It is obvious that you guys are thinking about them more because they look great. Let's just be sure that we keep it up, OK?

I know that this is a busy time of year for everyone and that some of you aren't too crazy about going to swim meets. If you have the chance to go to a meet, you really should. Swim meets are where you see how much improvement you are making. They also give me an idea of what I need to change in practices. If you don't want to go to all of the swim meets that's fine. Just remember that it makes it easier for me to give you what you need to improve when I can see what kind of progress you are making.

You guys keep up the hard work in practice. You're all looking great!!

The "Swimmer of the Month" for Novice II is *Kelsey Funderburk*. After moving up from Novice I just recently, Kelsey has really made big improvements in her strokes, especially her butterfly. Keep up the awesome work, Kelsey!

THE MASTERS LANE

2001 will be the first year for the new Masters Texas State Short-Course and Long-Course Championships. The short-course meet will be the February meet held by Dallas Aquatics Masters at SMU.

The 2001 Short-Course Zone meet will be at Don Cook Natatorium in Sugarland, TX. This is a terrific new facility.

Coach Tony Tullbane will hold morning practices at the Downtown YMCA over the holidays. See Tony for details.

☆ **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 Albertsons 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.

Our team collects clean crushed aluminum cans for recycling. Proceeds help pay travel expenses for our swimmers going to Junior Nationals and other elite competitions. **Susan Beltram** will collect cans Wednesday evenings between 6-7 pm. Alternatively, you may coordinate with Susan when you have a sack full of empties. (Cans are not to be left overnight at Wilkerson-Greines.)

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>

☆ **MEET SCHEDULE** ☆

USA Swimming Meets

Dec 14-17 Kerr-McGee Pro-Am @ OK City
15-16 "BB" Champs @ LAC

Jan 5-7 B/C Meet @ GCAT
5-7 Travel Meet ?
12-14 A Meet @ LAC-LISD
20-21 BB Meet @ IS-Northlake
20-21 B/C Meet @ DM

Feb 2-4 Greater Southwest A Meet @ Loos
10-11 BB Meet @ TBA
16-18 A Champs and TAGS-Q @ Loos
24-25 B/C Meet @ WFY

Mar 2-4 Sectional Champs
 @ Palo Alto, San Antonio
3-4 BB Meet @ COPS
8-11 TAGS @ Loos
17-18 BB Champs @ IS-Northlake
17-18 B/C Champs @ GCAT

Mar 27-Apr 1
 Senior Nationals @ Austin

Masters Meets

Dec 16 DAM Christmas Relays @ SMU

Feb 24-25 Texas Champs @ SMU

Mar 30-Apr 1 South Central Zones @ Sugarland