



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

TIMES



.... AT WILKERSON-GREINES
VOLUME 12 NUMBER 10 FEBRUARY 2001

☆ NEW TEAM RECORDS ☆

These team records were set at the LAC "A" Adidas Winter Challenge Invitational in January. Congratulations to our swimmers for besting some of the oldest records on our books.

The 1000 Free records are all splits from 1650 Free events. Where two old records are listed, it is because the previously posted record did not recognize a faster swim. The missed record is flagged with ** and we apologize to the swimmers.

A complete set of team records is posted both on our website in the "Document Archives" section and on the bulletin board at the pool.

13-14 Girls

1000 Free 10:55.16 Amanda Blevins
(old record 11:12.59, Searcy Kniffen, 03/00)

1650 Free 17:59.65 Amanda Blevins
(old record 18:00.36, Bethany Ricks, 02/92)

15-18 Girls

1000 Free 10:52.01 Elizabeth McGowan
(old record 10:58.57, Julia McGowan, 12/98)

Open Girls

1000 Free 10:52.01 Elizabeth McGowan
(old record 10:58.57, Julia McGowan, 12/98) **
(old record 11:07.27, Kyla Hagan, 05/91)

1650 Free 17:59.65 Amanda Blevins
(old record 18:00.36, Bethany Ricks, 02/92) **
(old record 18:04.20, Amy Henderson, 05/91)

☆ UPCOMING EVENTS ☆

SWIM-A-THON NEWS

This month brings our annual (although postponed) Swim-A-Thon. The date for this year's Swim-A-Thon is Wednesday February 21. We are hoping to make this year's Swim-A-Thon the best yet. We are planning to make this a fun event with some nice prizes. After the actual swimming event is over, we are planning on having a social for the swimmers and parents. Details will be at the pool.

By now, hopefully you have been contacted and you have your Swim-A-Thon information and are starting to go out and get sponsorships.

Please remember, this is our team's major way of raising money besides training fees and it is hoped that ALL swimmers on the team will take part. The reason we do this, as some of you know, FAST is a non-profit organization. We strive to provide the finest competitive swimming program possible for all our members. In order to keep your monthly financial obligation as low as possible, we need to run a major fundraiser each year to cover some of the costs of our program. Our annual budget is determined each year based largely on the number of swimmers we have. Obviously this will vary from year to year and month to month. We use fundraising to help level out the fluctuations and balance the budget.

If you have any questions about Swim-A-Thon, or are interested or can donate a prize of ANY value, please contact either *Paulette Bradburn* or *Head Coach Ron Forrest*.

TEAM PHOTO

This year we will also be doing a team picture in conjunction with Swim-A-Thon. David Beans Studios will be taking our team picture and will also be offering individual photos and packets will be available. Please note: for the team photo, we will want **all** swimmers to be in the white FAST team shirt with the blue logo on the front. If you do not have one of these shirts, please contact *Susan Mendoza* at the swim store and she will help you out.

PRACTICE SCHEDULES

This month the High School Regionals meet will be hosted at WGAC by the Fort Worth ISD. FAST will not be able to use the pool during this meet due to the number of swimmers attending. Also, we will have a few evening practice cancels or early finishes due to coaches needing to be at Friday meets and/or swimmers tapering.

The March Spring Break schedules are still being determined as this newsletter goes to print.

| ---- | Date | ----- | --Reason-- | -- Group(s) canceled -- |
|------|-----------|---------|--------------|-------------------------|
| Mon | Feb 5 | GSW | | No am practice |
| Fri | Feb 9 | HS Meet | | No pm practice |
| Sat | Feb 10 | HS Meet | | No practice |
| Fri | Mar 2 | Meets | | No practice |
| Thu | Mar 8 | TAGS | | Early finish |
| Fri | Mar 9 | TAGS | | No practice |
| Sat | Mar 10 | TAGS | | No practice |
| M-F | Mar 12-16 | | Spring Break | TBA |

SWIM STORE NEWS

Our *Swim Store Director Susan Mendoza* hopes to open the Swim Store once a week during February on Thursday evenings. She hopes to get back into a predictable schedule soon. In the meanwhile, please e-mail Susan if you have specific items that you need: susan.mendoza@propelllearning.com

☆ OTHER FAST BUSINESS ☆

IMPORTANT MEET INFO

Swimmers and parents, when you are deck-entering (late entries) at a swim meet, you need to be

very careful to use your correct USA Swimming ID, name, and birthdate on the entry forms. You **must** use your **legal** first name (not your nickname) and supply your middle initial. Meet results go into several databases and incorrect information can result in swims not being recognized. It creates extra work for the coaches, and for volunteers on our team and within the LSC. If swims are not properly recorded, swimmers can end up swimming in meets that they are not qualified to enter, causing fines to be levied against our team and swimmers to be disqualified or not allowed to swim.

Your USA Swimming ID is a lifetime number that does not change. It is 14 characters long and is built like this:

- Positions 1-6: MMDDYY of the swimmer's birthdate.
- Positions 7-9: First three letters of legal first name
- Position 10: Middle initial
- Positions 11-14: First four letters of last name.

Asterisks are used to fill up short names or if the swimmer does not have a middle initial. Numbers are used in the middle initial if ID's would not be unique.

Examples:

Rose August Buchman, born May 16, 1978:

051678ROSABUCH

Thomas O'Neal, born September 12, 1965:

091265THO*ONEA

Ty H Nyg, born April 5, 1980:

040580TY*HNG**

At most meets the computer operator has a lot of athletes to enter in a short time. Please make their task easier by printing your information completely, correctly and very clearly.

Also, at **every** meet make sure that your name is spelled correctly on the psych sheet and meet results. If not, you should stop by the meet Clerk of Course and request the correct spelling. The same also applies if your age is listed incorrectly or if you are entered in events for the wrong gender.

VOLUNTEER VACANCIES

Several FAST Board of Director positions will be vacated in April when terms expire. Please contact any of the board members if you are interested in providing leadership for the team.

☆ **THE COACHES' WATCH** ☆

FROM HEAD COACH RON

Seniors and High School

Well, the very busy month of February has arrived and that means, meets, meets, meets. Most of you have already started the hike toward the summit with the high school district meets and are proceeding on.

The beginning of February sees one of the larger meets of the season with Greater Southwest. This is a great competition with teams arriving in from all around the Southern United States. It is an excellent chance for our swimmers to race some of the best in the region.

From there, we move to the High School Regionals where some of our swimmers will be trying to advance to the high school state championships. We also have the "A" Championships (formerly TAGS-Q) as a last shot to qualify for the US Sectional meet and TAGS.

As a reminder, TAGS this year is for ages 14 and under only. If you are 15 or older, the next meet for you after "A" Champs would be Sectionals for which you must have the qualifying standard.

As we hit this heavy period of swim meets, please remember that what you do around the meets will determine your success. Now is NOT the time to start being absent from any practices that are not optional. Missing a practice now could be the difference between a qualifying time or spot or not.

The international level swimmers from around the world have proven in the last few years on the World Cup circuit that you can swim world class times weekend after weekend if you do the right things in order to prepare and then re-prepare for the meets. And they still are able to focus and have a "main" meet during their travels.

As some of you head into the taper phase of the season, you must remember that as the yardage will begin to decrease in order to allow the body to rest, the intensity during workout must intact. Taper does not equal easy. That is a big mistake made by swimmers going into a big meet.

The drop in distances and overall intensity will allow your body to prepare properly; however, if no intensity is present in the days and weeks leading up to the meet, when you step up on the blocks to swim, your body will have forgotten how to swim hard when it is needed the most. So you must work just as hard during taper, if not harder, to get that last bit of work in if you want to be able to achieve the goals that you have set out for the season. This is the most important time of the season for swimming. Make sure that you are focused on the task at hand and do not let outside distractions alter your preparation for these meets

Also remember that usually the best races occur when a swimmer goes out to RACE and competes against the other swimmers in their event. Swimming solely for a qualifying standard or time you want to achieve usually is not a very successful way of achieving that time. Swim to race. Swim to win. Let the time take care of itself and usually if you are racing, it will. If you worry too much about a time, chances are the race is over before you even hit the water.

As a note about the change in date for American Short Course Champs. This may and will affect some of you and your attendance at the Sectional meet (especially those that attend the high school state meet). I will be going over individually what each person's schedule is in regard to this meet after the region meet is over.

The Seniors "Swimmer of the Month" is **Mandy Blevins**. Mandy is a tremendously hard worker and, although fairly new to the team, has fit right in and has established herself as one of the team's top swimmers. At Lewisville she had a very gutsy swim in the 1650 to break several team records. Keep up the good work!

COACH TED

Advanced Age Group

Just around the corner is championship season. Short Course "A" Champs (TAGS-Q), "BB" and "B/C" Champs, Sectionals, TAGS and the high school season

are drawing to a close. There are a large number of you in the group who will do exceptionally well. This should come as no surprise since you guys have been doing such an excellent job at practice. Keep up the great work and continue to pay particular attention to the small things in the pool. It is important that you get tough on yourselves on turns, touches and your breathing. I cannot emphasize their importance enough. If you think of them now, you won't need to during your races.

Workouts will begin to change a little depending on who you are, your best event and your fitness level. Be prepared to do different things in the pool and always be prepared for a surprise dryland practice. Shoes, shirt and shorts are a must for the weightroom. If you forget them, forget drylands!

The Lewisville meet was pretty good. We only had a few swimmers there but they managed to do well considering the time of season. *Georgia Steenberge* did her first 1650 with a promising 19:45. She is a possible candidate for the year 2004 million dollar distance bounty! *Mark Brickey* flexed his breaststroke muscles to the 11-12 year olds and will be a medal threat at TAGS. The Northlake BB meet showed some mixed results. *Townley Trautman* reluctantly became a 200 butterfly. *Carley Brewer* did her first and last 200 breaststroke as a 12-year-old achieving a "AA" time. Nice JOB! Keep up the hard work and the results will follow.

Here are a few things to think about during your rested meet:

- **SWIM YOUR OWN RACE BUT DON'T BE AFRAID TO CHALLENGE THE FIELD**
- **KNOW YOUR STRATEGY BEFORE YOU SWIM.** This should give you some confidence and let you focus on the task at hand.
- **BE CONFIDENT THAT YOU PUT THE WORK IN.** Leave everything in the pool after each race!

We had a Denny's excursion after practice on Thursday Jan 25th (6:00 AM). We did a one mile swim and then enjoyed some fellowship over a glass of juice. It was well-deserved and should be done again. Keep your ears open for time and place of the next outing.

Our January "Swimmer of the Month" is *Bill Watson*. Bill barks back at me during practice when I

tell him to clean up his turns, stop breathing so much and "get tough". Bill is fast becoming a student of the sport, coming early to stretch and get in better shape and reading books to enlighten himself on the sport. I would not at all be surprised to see Bill at sectionals this spring. Keep up the great work, Bill, and try to work on that whole breathing thing!

COACH JAKE

Age Group

Hopefully some of you are enjoying working hard as much as I enjoy watching you. You guys have really kicked it up a notch in practice, and it's already showing in the meets. I'm looking forward to some great swims at the end of the season, so let's keep it up! Please remember to keep an eye on the calendar for important dates like meets and Swim-A-Thon.

Age Group's "Swimmer of the Month." is *Joseph Watson* ("Fo-Fo"). Joseph had an amazing "B/C" met and killed several "BB" times. Keep up the hard work, Joseph !

Novice II

Howdy! Some of you guys are starting to look really good in the water. However, you guys need to remember: TURNS, TURNS, TURNS ! We were doing better on them for a while, but we're starting to slip again, so let's keep them in mind.

Parents, please keep an eye on the calendar in the newsletter for important dates coming up such as meets and Swim-A-Thon. Also, I hope to see everyone at Swim-A-Thon / Team Picture night.

"Swimmer of the Month" for Novice II is *Courney Cerza*. Courtney's most recent meet was great and her attendance and hard work are awesome. Keep it up, Courtney !

COACH COURTNEY

Novice I

Minnows

Hi, my name is Courtney Robinson. I am currently attending Texas Christian University, and will graduate in December. I then hope to attend Law School at SMU. I swam competitively here at FAST for several years, way back when! I very much feel that swimming is the best mix of both individual and team

sports, and it is very important to me and played a large role in my life. I love swimming because it is something you depend on YOURSELF to get better at, but you feed on the support of others to excel at. I am looking forward to sharing that love with my swimmers and helping each and every one of them grow confident in their swimming abilities. I'm so excited! I know that parental involvement is the biggest part of a child continuing with something, and I can't wait to meet all of the parents!"

THE MASTERS LANE

All FAST Masters must be registered members of United States Masters Swimming, Inc. If you have not done your renewal for 2001, you need to do so immediately. We will be removing swimmers from the water if their registrations have not been submitted.

The North Texas Masters website has been brought up to date. It now has meet information for the upcoming Texas State Championships (hosted in Dallas, Feb 24-25) and the Southern Zones Championships (Sugarland, Mar 31-Apr 1) and other useful information. Be sure to visit the new site and to sign up for the North Texas Masters News mailing list: <http://www.ntmasters.org>

☆ DID YOU KNOW ☆

* Felipe Munoz, Mexico's first Olympic gold medallist (200 meters breaststroke) was known as 'Fibio' which means 'lukewarm'. Why? Because his father came from Agunascalientes ('hot water') while his mother was born in Rio Frio ('cold water').

* At the 1900 Paris Olympics underwater swimming was held as an event for the first and only time. The winner, appropriately enough, was a Frenchman, Charles de Venderville, who covered 60 meters while submerged for 1 minute 8.4 seconds.

* When Surinam's Anthony Nesty became the surprise winner in the 1984 Olympic 100 Fly, the organizers were sent scurrying in a wild panic to find the least known flag in Los Angeles, and to this day, no one, least of all Anthony, knows whether the music played was really the Surinam national anthem.

* Jon Henricks, the 1956 Olympic 100 meter Freestyle champion, was the first swimmer to shave down before an event. He got the idea from

his father who saw how boat crews in the nearby Parramatta River polished the hulls of their boats to make them slip through water faster.

☆ 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>

☆ **BY THE NUMBERS** ☆

Total FAST Membership: 177

| | | | |
|-----------|----|--------------------|----|
| Minnows | 7 | High School | 5 |
| Novice I | 13 | High School (am) - | |
| Novice II | 18 | Nolan | 23 |
| Age Group | 29 | Country Day | 16 |
| AAG | 30 | College | - |
| Seniors | 21 | 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

Feb 2-4 Greater Southwest A Meet @ Loos
16-18 A Champs and TAGS-Q @ Loos
24-25 B/C Meet @ WFY (tentative)

Mar 2-4 Sectional Champs
 @ Palo Alto, San Antonio
2-4 BB Meet @ COPS
8-11 TAGS @ Loos
8-10 American Short Course Champs
 @ UT-Austin
16-18 BB Champs @ IS-Northlake
17-18 B/C Champs @ GCAT

Mar 27-Apr 1

Senior Nationals @ Austin

Masters Meets

Feb 24-25 Texas Champs @ SMU

Mar 30-

-Apr 1 South Central Zones @ Sugarland