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# TIMES



... AT WILKERSON-GREINES  
VOLUME 12 NUMBER 11 MARCH 2001

## ☆ NEW TEAM RECORDS ☆

These team records were set at Greater Southwest, "A" Champs, and the UIL 4A High School State Championships (observed swims). Congratulations to our swimmers for yet another month of great performances! Some records were even broken more than once this time.

### *10 & Under Girls*

**200 Free Relay**                    **2:32.47**  
(**H.Trautmann, K.Funderburk,**  
**A.Wilson, E.Valdez**)  
(old record 2:37.22  
(S.Bonifas, H.Broyles,  
S.Seidel, C.Foreman), 12/1998)

**200 Medley Relay**                **2:54.53**  
(**H.Trautmann, K.Funderburk,**  
**E.Valdez, A.Wilson**)  
(old record 3:14.65  
(S.Bonifas, H.Broyles, S.Seidel,  
C.Foreman), 12/1998)

### *13-14 Girls*

**50 Free**            **:23.74**                **Dana Vollmer**  
(old record :25.11, M.Blevins, 01/2001)

**100 Free**        **:52.85**                **Dana Vollmer**  
(old record :54.70, T.Griffith, 12/1997)

**1000 Free**      **10:48.14**            **Amanda Blevins**  
(old record 10:55.16, Amanda Blevins, 01/2001)

**100 Back**        **:58.14**                **Dana Vollmer**  
(old record :59.85, D.Vollmer, 12/2000)

**100 Fly**            **:56.54**                **D.Vollmer**  
(old record :59.36, K.Hagan, 12/1989)  
(old LSC record :56.66, C.Blackman, 12/2000)

### *15-18 Girls*

**100 Free**        **52.64**                **Erin Wehrmann**  
(old record :53.49, E. Wehrmann, 12/1999)

**1000 Free**      **10:45.68**            **Elizabeth McGowan**  
(old record 10:52.01, E.McGowan, 01/2001)

**100 Fly**            **:58.53**                **Erin Wehrmann**  
(old record :59.59, K.Hagan, 04/1990)

**200 Free Relay**                **1:43.54**  
(**E.Wehrmann, R.Stacy,**  
**J.Conley, G.Steenberge**)  
(old record 1:44.15,  
(J.Guckian, J.McGowan,  
J.Kiel, B.Speer), 12/1998)

**200 Medley Relay**            **1:59.73**  
(**R.Stacy, K.Reppa,**  
**E.Wehrmann, J.Conley**)  
(old record 2:01.82,  
(B.Speer, T.Griffith,  
J.Guckian, J.McGowan), 02/1998)

### *Open Girls*

**50 Free**            **:23.74**                **Dana Vollmer**  
(old record :24.23, M.Ward, 03/2000)

**100 Free**        **:52.64**                **Erin Wehrmann**  
(old record :52.85, D.Vollmer, 02/2001)

**100 Free**        **:52.85**                **Dana Vollmer**  
(old record :53.49, E.Wehrmann, 12/1999)

**1000 Free**      **10:45.68**            **Elizabeth McGowan**  
(old record 10:52.01, E.McGowan, 01/2001)

**100 Back :58.14 Dana Vollmer)**  
(old record :59.66, S.Baker, 03/1992)

★ **UPCOMING EVENTS** ★

**FAST HOSTS APRIL 21<sup>st</sup> SPRINT MEET**

FAST will be hosting our first meet of the year on Saturday, April 21. We will need many volunteers to prepare for and run the meet. Look for a signup sheet to be posted on the bulletin board at the pool both to bring food and drink items for Meet Hospitality and to fill worker positions. Contact our *Meet Director V Adcock* ( [vadcock@att.net](mailto:vadcock@att.net) ) if you have questions.

**PRACTICE SCHEDULES**

The March Spring Break schedules are still being determined as this newsletter goes to print. Check the website calendars and look for email notices as we approach these dates in case there are changes.

----	Date	-----	--Reason--	-- Group(s) canceled --
Thu	Mar 8	TAGS		Early finish
Fri	Mar 9	TAGS		No practice
Sat	Mar 10	TAGS		No practice
				Masters 7-9 am
				@ Downtown YMCA
M-F	Mar 12-16		Spring Break	TBA

★ **OTHER FAST BUSINESS** ★

**SWIM PARENT ETTIQUETTE**

The following is an excerpt from the Handbook for Age Group Swimming Parents put out by USA Swimming. Hopefully there are some friendly reminders in it and some things to be proud of.

**SWIM PARENT DO'S:**

- Cheer lots for athletes who are NOT your own.
- Ask your age grouper "what did coach say"
- Say "what did you learn" to the ten and under who just got disqualified on four consecutive swims.
- Play up the importance of TEAM things, like relays

-- Recognize that the parent's role is to comfort and applaud, and the coach's role is to offer constructive criticism.

-- Realize that the greatest thing that "Johnny" is getting from swimming has nothing to do with anything physical.

-- Help new parents gain a perspective on the sport.

**SWIMMER PARENT DON'TS:**

-- Think every swim will be a best-time or a 1st place.

-- Only be able to converse about your own swimmer to other parents.

-- Bring a stopwatch to practice or meets.

-- Talk to your child during practice.

-- Offer swimming advice to your child.

-- Dissect the coach's workouts while watching practice from the stands.

-- Interrupt the coach during practice (have you ever interrupted your orthodontist when he / she was with your children?)

**SWIM-A-THON**

Well, our annual Swim-A-Thon has ended and now comes the time when everyone must go out and collect their pledges. We would like to have all pledges collected by Wednesday March 21st. Please turn in all pledges to your coach and make sure to have your name and group somewhere on the envelope so that you will receive full benefit of your hard work.

FAST would also like to take this chance to say thank you to everyone who donated prizes during the event. It made the night fun and I hope everyone will enjoy his or her winnings.

Also a thank you goes to *CiCi's Pizza* on Forest Hill for helping us set up the party after Swim-A-Thon. Everyone that attended seemed to have a great time.

And finally a HUGE thank you is due to *Paulette Bradburn* for being the driving force behind this year's Swim-A-Thon. Without her, the event would not have been the fun and (hopefully) successful event it was.

**VOLUNTEER VACANCIES**

Several FAST Board of Director positions will be vacated in April when terms expire. Other positions are up for re-election. Please contact any of the board

members if you are interested in providing leadership for the team.

## **FAST REMEMBERS**

Former FAST head coach **Bill Malchow** passed away in his sleep on February 25. He was the head coach of Bayou Elite Swim Team in Sugarland, TX, a team he established after leaving FAST. His mother and a brother survive him. Bill was 49 years old.

## ★ THE COACHES' WATCH ★

### **FROM HEAD COACH RON**

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

Usually at this time of year I would begin the monthly column with some remarks about how our swimmers have done over the past months meets and look ahead to some of the bigger ones coming up.

But this month I would like to start by wishing a speedy recovery to one of our Seniors in the FAST family. **Alex Weidemann** was involved in a very serious car accident several weeks ago and suffered some extensive injuries. I think that I speak for everyone here at FAST in conveying to Alex and his parents how happy we are that he is still around to be able to consider getting back in the water in a couple of months. This may be the only situation that I am actually willing to utter the phrase, "Swimming does not matter". We hope to see you back as soon as you are able (head gear and all).

I hope that everyone that reads this takes the time to think about some things that I think we lose sight of in the everyday mania that is our sport and the mad dash to be always faster until something like this occurs. The simple fact that this is still a SPORT. While you are striving to be better make sure you take time to have fun along the way. Remember that in comparison to the length of time in the rest of our lives, swimming takes up a fairly short period and will be gone before you know it. Enjoy this time, it does not come again.

On the same thought, realize that every one of you that swims has talents that the majority of other people in this country, let alone on the planet, do not possess. You never know when something may take away your ability to use the talent given to you in the blink of an eye. It obviously can happen that fast.

Most do not realize how many things have to come together at the right time and the right place (with a little luck and hard work added in) to mold and produce a national, let alone an international level athlete. Take full advantage of developing what you have been given to the fullest potential. You owe it to no one else but yourself to never take what you have worked for and what you have been given for granted. Realize how lucky you are now. What a shame if you choose to squander something that is so fleeting to posses in the first place.

And now on to the regular portion of this month's newsletter.

We have had a solid beginning to our Championship season. As this goes to press, we have just finished the High School swimming season with some solid performances. Fort Worth has it's first state champion since FAST alumni Jaron Krause in 1995. **Erin Wehrmann** won the 200 IM and was 3rd in the 100 Free. **Brian Kneeland** and **Cameron Allred** were also bronze medalists (100 Fly and 100 Br, respectively) and many FAST swimmers attended this years state meet. Congratulations to all that qualified and attended!

We now turn our attention to the next round of meets starting with the US Sectionals meet in San Antonio followed by the re-formatted TAGS and American Short Course Championships the next weekend.

And finally our season actually gets to wrap up this year with our younger swimmers at the "BB" and "B/C" Champs. Usually our older swimmers are the ones with the last championships meets, but this year it will be our younger age groupers who will try to put the exclamation point on the season. Good luck to all going to both meets.

I look forward to seeing some fast swims turned in and the swimmers reaping the rewards for their hard work during the season.

Also this month, we get to take some time off after the meets are over and I hope that everyone enjoys their well-deserved break.

Then we are going to turn our attention to the long course season. I think it could be another break through season for our team if we come back from

break motivated and focused to achieve the loftier goals that may now be in sight for some of you.

The Seniors "Swimmer of the Month" is **Ed Bradburn**. I don't think there was a person in the Senior group who was not happy for Ed when he made his first Sectionals (aka 15-18 TAGS cut) at Greater Southwest. For Ed, this was not just a seasonal goal, but more like a quest he has been on for several years now. As he got older, every season he seemed to inch closer and closer. This year he has really broken through not only qualified in the 100 Br, but two weeks later, decided to qualify in the 200 Free also. Way to go, Ed! I am very proud of your dedication!

The High School "Swimmer of the Month" is **Greg Malecha**. Greg recently moved into the group, and in his own quiet way is really making some strides forward. His training is improving and I can see him improving steadily. Keep up the good work!!

## **COACH TED**

### **Advanced Age Group**

As I predicted, the month of February saw some very fast swimming. At "A" Champs we qualified **Sarah** and **Rachel Watson** to TAGS in the 50 Free along with several close calls. **Hali Hunnicutt** made TAGS in the 200 Breast and **Matt Brickey** added the 200 IM to his event list at TAGS. Qualifying for Sectionals were **Georgia Steenberge** in the 1650 Free and **Jacqueline Conley** in the 50 and 100 Freestyles.

The Texas High School State Championships were well represented by FAST. From AAG, **Georgia Steenberge** competed in the 200 Free (2:03.26) and 500 Free (5:29.02), placing 8th in both events and dropping considerable amounts of time in each. **Jacqueline Conley** swam on the 200 Free relay which placed 12th. **Mitch Roessler** led out the 400 Free relay and swam a nice :53.39. **Hali Hunnicutt** qualified in the 100 Breast and gained some valuable experience at a high level of competition.

Congratulations to those of you who achieved best times and time standards this season. We still have 3 weeks of training and competition left so keep up the good work.

Upcoming meets are Sectionals, TAGS and the "BB" Champs. At this time of the season we do a lot more quality work to prepare for your races. Please pay particular attention to your turns, touches and starts. There are several races decided by only fractions of a second. Make sure you are on the winning side of those races. Be sure to plan your races out before you swim them and race hard! Good luck at your meets, you will swim fast.

The group did a great job at Swim-A-Thon, swimming the whole thing non-stop. **Mark Brickey** looks to be our next good long distance swimmer, swimming with the Seniors lane and holding his own!

The "Swimmer of the Month" for Advanced Age Group is **Or Barak**. Or has been steadily improving his times in the sprint Free and Back events. Hopefully I will convince him to break into the longer events, but for now we will take the success in the sprints. Keep working hard, Or, and keep up the great attitude towards drylands!!

## **COACH JAKE**

### **Age Group**

All of you have done well this season. I changed up the training this season and you have handled it well. Many of you have really picked up the intensity in practices, but there are still some of you who are selling yourselves short. If I get onto you in practice it's not because I'm mad at you; it's because you're holding back.

I know that we didn't have any TAGS qualifiers this season, but I'm not disappointed. We now have a larger group of "A" and "BB" swimmers with several events to pick from. Just keep your goals in mind and it won't be long before the "A" and "BB" times turn into TAGS times.

**Madeline Merrill, Nicole Danek, and Xela Steenberge** are the Age Group's "Swimmers of the Month." These ladies have put in a lot of hard work and will be moving up to Advanced Age Group in April. Great job, ladies !

## Novice II

The short course season is just about over and you all have done well. It won't be long before we're back to long course, and the more you're in the water, the faster you'll get into shape. Please be sure that you are making at least three workouts per week; any less than that and it will be difficult to achieve improvement.

Also, if you (parents) have job or other obligations that keep you from getting your swimmers to workouts on time, please let me know. The tardiness levels are increasing again and this is taking valuable practice time away from kids in the water. If you have any questions or concerns, please see me.

"Swimmer of the Month" for Novice II is **E.J. Moronu**. She has been working hard and will move up to Age Group in April. Keep it up, E.J. !

## COACH COURTNEY

### Novice I

This month we've been working on technique. I don't want to see those strokes regressing! I hope to continue seeing the improvement I've already seen in all of you guys! Remember some KEY things: CIRCLE SWIMMING! Two-handed touches (breaststroke and butterfly), and FLIP TURNS!!!! You guys know how to do them, let me see you working on them in practice!! Be ready to really get into these even more during March as we "perfect" our strokes AND starts! Since I arrived at the end of January, I have seen you guys improve so much! Keep it up. And remember what I always say, "There is only one word I will not tolerate -- CANT -- nobody is allowed to say it ever again!"

Since I didn't name a Swimmer of the Month for January, I'm mentioning you guys this month. For January, I had two exceptional swimmers: **Sabrina Canty**, who never misses practice, works hard in EVERY practice, and always has a smile on her face! Also, **Michael Uhles**, who also had awesome attendance, always listens when I'm talking, and implements the things he learns every time! Way to go, guys, your dedication WILL pay off!

For February, I had one swimmer who really went the extra mile: **Brianna Willuhn**. She either comes early or stays late to swim "extra laps," she never misses practice, she never complains about drill work or long distances, and she always gives 110% in every practice. In addition, she turned in the most Swim-A-Thon pledges to date before anyone else in the group. Way to go, Brianna! Keep it up, and you'll see yourself improving leaps and bounds!

Congratulations to **Brianna Willuhn, Griffen Neville**, and **Reagan Ewing** for turning in best times at the Waco Meet! We will be working very hard in preparation for the March 17 and 18 meet at G-CAT throughout the next few weeks. Be prepared to work really hard, guys, even on MONDAYS!!!!

### Minnows

Well, what can I say, guys? You've been working hard the entire time I've been here, and already I'm seeing improvements! Keep working on those strokes, and remember the ever-important CIRCLE SWIMMING! You guys always listen to what I have to say, and you always TRY, even if you don't think you'll succeed. That is very important, KEEP IT UP! The attendance in this group has been steady, with four swimmers always coming to practice.

In particular: **Jorge Velasco** and **Tricia Freeman** have missed very few practices. In fact, Jorge has not missed a single practice and he works hard every time he's here! These two are my "Swimmers of the Month" for Minnows. Tricia has been working very hard on her backstroke and it shows! Jorge's breaststroke has vastly improved since the beginning of February. Keep it up, everyone, because you guys are only going to get better and better and better!

## THE MASTERS LANE

Congratulations to our swimmers who raced at the Texas State Champs at SMU. Results are posted on the North Texas Masters website:

<http://www.ntmasters.org>

Results are also online for the recent 1-Hour Postal Event held by North Texas LMSC.

If you have not signed up for the upcoming Zones Championships, you should do so very soon. No deck entries will be accepted at the meet. See **Coach Tony** 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 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**

- 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
- Apr 6-7** B/C Meet at LAC-LISD Natatorium
- 21** **A Sprint Meet @ FAST-WGAC**
- 28-29** BB Meet @ ATAC-Loos
- May 5-6** B/C Meet @ LAC-LISD Natatorium
- 11-13** A @ DM-SMU
- 19-20** BB @ IS-Northlake
- 26/27** Open Water @ IS-Northlake
- Jun 2-3** A Meet @ TST-Fun Forest
- 8-10** Senior Circuit #2 @ SMU
- 9-10** B/C Meet @ GCAT
- 16-17** BB Meet @ IS-Northlake
- 23-24** A Meet @ ATAC-Loos
- Jun 29-Jul 1** Senior Circuit #3 @ College Station
- Jul 5-8** A Champs (TAGS-Q)  
**12 & U @ FAST-WGAC**  
13 & O @ MARS-UTA
- 13-15** BB Champs @ LAC-Rosemeade
- 19-22** Sectional Champs  
@ Palo Alto, San Antonio
- 21-22** B/C Champs @ GCAT
- 25-29** TAGS @ The Woodlands
- Aug 1-4** Southern Zones @ Columbia, SC
- 5** Southern Zones Open Water
- 14-18** Senior Nationals @ Fresno, CA

**Masters Meets**

- Mar 31-**  
**-Apr 1** South Central Zones @ Sugarland