

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



... AT WILKERSON-GREINES  
VOLUME 13 NUMBER 2 JUNE 2001

## ☆ BY THE NUMBERS ☆

### Total FAST Membership: 138

Minnows	5	High School	11
Novice I	12	High School (am) -	
Novice II	16	College -	
Age Group	26	Masters18	
AAG	25	Medical 2	
Seniors	23		

Telephone FAST (817) 536-0788  
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Visit our website at:

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

Email the team at:

[fastswim@fastswimming.org](mailto:fastswim@fastswimming.org)

## ☆ TOP 16 SWIMS ☆

Many apologies to our swimmers who were ranked in the Top 16 swims in their age group in the United States over this past year, but were not announced at the banquet. These swimmers worked very hard to make these tremendous achievements.

<b>Cameron Allred</b>	100 Breast	16 <sup>th</sup>
<b>David Mendoza</b>	100 Breast	10 <sup>th</sup>
	200 Breast	3 <sup>rd</sup>
<b>Dana Vollmer</b>		
	50 Free	8 <sup>th</sup>
	100 Free	12 <sup>th</sup>
	50 Back	8 <sup>th</sup>
	100 Back	5 <sup>th</sup>
	200 Back	9 <sup>th</sup>
	<b>50 Fly</b>	<b>1<sup>st</sup> (National Age Group Record)</b>
	<b>100 Fly</b>	<b>1<sup>st</sup> (National Age Group Record)</b>

## ☆ TEAM RECORDS UPDATE ☆

New team records were set at recent "BB" meets (Northlake and ATAC) and at the SMU "A" meet. Congratulations to our record-breakers!

With the longer distances offered to the younger swimmers, we are also now keeping new records for those events.

We have found several older records that were missed or otherwise inaccurate. Our apologies go out to the swimmers whose swims were not previously recognized AND to our kids who beat the previously listed record but not a faster swim found in our reviews. Please help us keep our records accurate and e-mail the team if you think there is an error! Records are posted on the bulletin board at the pool and on our FAST website Document Archives.

### Girls 8 & Under

**100 y Free Emily Valdez 1:25.92**  
(old record 1:30.80, Carly Anderson, 04/92)

**100 m Free Emily Valdez 1:36.20**  
(no old record)

**200 y Free Emily Valdez 3:00.12**  
(no old record)

**200 m Free Emily Valdez 3:19.46**  
(no old record)

**50 y Back Emily Valdez :43.18**  
(old record :46.83, Sara Seidel, 01/98)

**50 m Back Emily Valdez :48.09**  
(old record :56.98, Erin Halpenny, 04/92)

**\* 100 y Back Erin Wehrmann 1:38.67**  
(no old record)

**100 m Back** Emily Valdez 1:42.46  
(no old record)

**100 y Breast** Madeline Corley 2:12.83  
(old record 2:28.33, Reagan Ewing, 05/01)

**50 m Fly** Emily Valdez :52.45  
(old record 1:26.07, Sandra Megally, 06.91)

**100 y Fly** Emily Valdez 1:42.26  
(no old record)

**200 y IM** Emily Valdez 3:25.90  
(no old record)

**200 m IM** Emily Valdez 3:50.23  
(no old record)

**Girls 10 & Under**

\* **400 m Free** Kendra Higgenbotham 6:17.51  
(no old record)

**500 y Free** Clara Trautmann 7:15.54  
(no old record)

**Girls 11-12**

\* **800 m Free** Searcy Kniffen 10:33.47  
(no old record)

\* **200 y Back** Dana Vollmer 2:16.46  
(no old record)

\* **50 m Breast** Courtney Wright :37.58  
(old record :40.24, Bethany Ricks, 07/90)

**Girls 13-14**

**50 m Free** Dana Vollmer :27.94  
(old record :28.89, Terri Griffith, 07/97)

\* **200 m Free** Erin Wehrmann 2:13.90  
(old record incorrect)

**800 m Free** Amanda Blevins 9:42.69  
(old record 9:52.06, Searcy Kniffen, 07/99)

**200 m Fly** Dana Vollmer 2:34.17  
(old record 2:34.26, Courtney Wright, 07/00)

**Girls 15-18**

\* **100 y Breast** Terri Griffith 1:10.19  
(old record 1:11.58, Terri Griffith, 12/98)

\* **200 y Breast** Terri Griffith 2:34.77  
(old record 2:35.24, Erin Wehrmann, 01/01)

\* **400 y IM** Bethany Ricks 4:33.29  
(old record 4:42.18, Stacie Baker, 03/92)

**Girls Open**

**50 m Free** Dana Vollmer :27.94  
(old record :27.98, Molly Ward, 03/01)

**Boys 8 & Under**

\* **50 y Free** Cody Patrick :35.15  
(old record :36.01, Cameron Allred, 10/94)

\* **50 y Back** Cameron Allred :42.06  
(old record :42.46, Cameron Allred, 11/94)

\* **100 y Back** Garrison Taylor 1:52.20  
(no old record)

\* **100 y Breast** Garrison Taylor 2:10.71  
(no old record)

**Boys 10 & Under**

\* **400 m Free** Greg Bliss 5:38.85  
(no old record)

**500 y Free** Joseph Watson 6:44.58  
(no old record)

\* **800 m Free** Kyle Speer 11:42.44  
(no old record)

\* **200 y IM** Cameron Allred 2:35.19  
(old record 2:37.59, Cameron Allred, 12/96)

**Boys 11-12**

\* **200 y Breast** Cody Patrick 3:04.09  
(no old record)

\* **200 m Breast** David Mendoza 2:45.60  
(no old record)

\* **100 y Fly** Preston Hasty 1:02.26  
(old record 1:02.56, Preston Hasty, 03/98)

\* **400 m IM** David Mendoza 5:30.29  
(no old record)

**Boys 13-14**

\* **50 m Free** Todd Yeager :26.23  
(old record :26.74, Todd Yeager, 05.92)

☆ **WELCOME TO FAST** ☆

**Novice II**  
**AAG**  
**Masters**

*Shelby Reeves*  
*Jesse Booher*  
*Bilaal Sirdar*  
*Donald Soto*

☆ **UPCOMING EVENTS** ☆

**MEET HELPERS NEEDED IN JULY**

Parents, we will need EVERYONE'S help to host the 12 & Under "A" Champs / TAGS Qualifier meet on July 6-8. Many of our "old reliable" meet workers have swimmers who will be at the 13 & Over meet in Arlington while our meet is being held. Even though you may not have swimmers in our meet, please sign up to help out for at least a few hours. Our entire team benefits from the meets we hold. Specifically, we need helpers to commit to manage Hospitality and to staff our Friday session. Thanks for your support!

☆ **OTHER FAST BUSINESS** ☆

**LESSONS PROGRAM**

FAST is starting a Lessons program for kids. **Coach Ron Forrest** can provide details to you or anyone that you can refer at 817 923-5078 or [coachron@flash.net](mailto:coachron@flash.net). Lessons will start June 1<sup>st</sup> and will be conducted in four-week blocks.

**POOL OFFICE IS OFF-LIMITS TO FAST**

The offices at Wilkerson-Greines are for the use of the Fort Worth ISD ONLY. FAST does NOT have use of the telephone, fax, photocopiers, etc. Our swimmers and parents should not be in the office at all. If you have any questions, please see a board member or coach. We cannot stress enough how important this is.

**TREASURER E-MAIL**

Our treasurer **Susan Mendoza** has requested that e-mail from our FAST members be sent to her home e-mail address rather than to her work e-mail account. She does check it daily (including weekends) and this helps her out!

[susanmendoza81@hotmail.com](mailto:susanmendoza81@hotmail.com)

**NO CARS IN FIRE LANE**

We had a near-accident recently in the parking lot when a child walked out from between two cars alongside the fire lane curb and was nearly struck by another car. There must be NO parking or standing cars (with or without a driver inside)

alongside the fire lane curb where there is pedestrian traffic. **It is possible that violators will be ticketed.** PLEASE be very careful when driving through this area.

**SWIM-A-THON RESULTS**

Thank-you to all the FAST swimmers who collected money for this year's Swim-A-Thon. This year we raised \$5,372.50. The awards were presented to our top 3 money earners at our May Award Banquet. This year's overall top fundraisers were:

- 1) **Mandy Blevins**
- 2) **Carley Brewer**
- 3) **Ed Bradburn**

All 3 were awarded some great prizes. FAST gives a big thank-you to **Holly Roessler** and the downtown Radio Shack for helping with the prizes for the kids.

And a BIG thank-you goes to **Paulette Bradburn**. She was fantastic at setting up the event and working so hard to promote it and to make it an all-around fun event, start to finish.

☆ **THE COACHES' WATCH** ☆

**FROM HEAD COACH RON**

**Seniors and High School**

We have arrived at that point in the season where what happens over the next 30 days has a great impact on what happens at the big meets in July.

June is a crucial month for training, and training hard. This month, many of you will be traveling to Arizona for the altitude camp, where I will expect the same level of dedication I saw last year, if not more.

For those of you that will be remaining here, your task will be to do everything to the best of your ability and with the same intensity level and commitment as if I was standing on the deck there with you.

I would also like to see more willingness to accept difficult workouts in the water and do them to the best of one's ability. It seems the amount of stopping and excuse giving during difficult sets seems to be becoming an issue. Swimming is not an easy sport and requires some very hard work at

times. A swimmer is not going to progress very far if they stop continually when the work becomes difficult and even if progress continues in the short term, the swimmer is severely limiting and hampering their chances for success down the road. You must learn to swim through things like cramps, and muscles becoming tight and sore during harder sets. Pushing yourself through things like this allow you to go on to break through barriers you may never achieve if you are continually stopping and taking breaks during the tough spots. Even if you only stop once during a "main" set, that is probably one time too many. The sets are made to promote work in or at certain areas and there are rest spots and stopping points that are there at certain points (or not) for reasons. Placing in your own personal rest spot can defeat the purpose of the set.

Getting through those tough spots in practice is what gives you the stamina and will power to get through the tough spots in races when it counts. It is no coincidence that the fastest swimmers are also the toughest racers at meets, and they are the toughest racers at meets because they are the toughest swimmers in the practice pool. Sometimes it comes down to having the guts to keep going. This group needs to get tougher when the big sets need to be done.

As an aside to this, please remember that, as I have reminded some, we are here to be a swim team. We are not a dryland team. I am not pleased when I hear a chorus of complaints just because you have to swim a whole practice and not get to do drylands. The swim portions are the most important part of the workout. The rest of the strength and conditioning we do on land is to supplement the swimming portion. Your primary way to improve yourself for swimming, is yes, swimming. Doing harder sets and going on harder pace times is the best way to make yourself a better swimmer. As the land activities do benefit, I have no problem letting you out to do these, but the swim workouts must come first in priority and if that means we need to swim complete workouts, then accept it as a swimmer and do the best job you can do in the pool.

And finally, as the summer moves closer, please remember to make sure you are doing the little things to help your system cope in the hot Texas summers. Hydrating being the most important of the steps you can take to ensure your

body is able to handle both workouts and its normal needs.

Plan to carry a water bottle everywhere you go. On a typical summer day after morning workout, your body is already dehydrated due to the effort put out. You need to put those fluids back into your body to ensure that the body recovers as fully as possible. If it is a typical day here in Texas, and the temperature is around 90-something, your body will have to work extra hard to cool itself and be using more fluids than it does in the fall, winter and spring. If you have not replenished your body after the morning, you are starting in the hole and it is difficult for the body to keep up. Even then, you must continue hydrating to ensure there is a proper amount of fluids available for when you return to afternoon workout. It is not uncommon for me to see swimmers having great morning workouts and sub-par evening ones because they have not taken care of the body's needs during the day. This also includes eating correctly and remembering the body is working a little bit more during this time of year and might need to have some extra vitamins and minerals and plain old calories to run on. All of this is especially important at and around swim meets, and it is tremendously important if it is outdoors.

As they say in the commercial (and this can be up to you), "Don't Bonk".

The "Swimmer of the Month" for Seniors is **Alex Weidemann**. Alex continues to amaze me with the desire he has shown over the last few months since his accident to regain the level he was at before it happened. While some swimmers may try to find excuses why not to have to do something at practice, Alex is trying to find ways to convince me to let him do things, even when I am not sure he is quite ready to try them. And if there was someone who has a legitimate excuse not to have to do something, it is him, yet he does not use it and I can see how much it bothers him when he is set back in practice.

Swimmers talk about how they are in pain when they are working hard, but we don't know pain in the true dictionary sense of the word; what swimmers feel is merely mild discomfort and it is sure not life threatening. Alex has experienced true pain in the last little while and after that, it is pretty clear that this mild discomfort we think of as pain is not going to stop him making a full comeback way

ahead of schedule and going even farther than before. Keep up the amazing effort, Alex!!

High School "Swimmer of the Month" is **Nick Vollmer**. I am seeing Nick every day improve in one way or another. No matter if it is his endurance to do harder sets, his work on his technique or getting up and racing harder and smarter than he did the last time, he continues to show tremendous promise. Keep up the good work Nick, the sky is the limit!

## **COACH DAVE**

### **Advanced Age Group**

The summer season is under way, and the AAG team is training hard. So far, the kids and I seem to be forming an understanding. If we work hard, together, we can make practice fun and productive. The transition from college to age group coach has been easy because of the positive, genuine, and friendly athletes on our club. Thank you to all of you who made the first few weeks so enjoyable. I know the workouts have been tough, but the hard work will pay dividends at the next meets. The first few mornings have had excellent attendance, and viewing sunrises while working out will become a summer tradition for us.

The swimmer who always gives 100% and continues to impress me at every workout is hard to distinguish, only because there are so many. This month, however, **Rachel Watson** receives my "Swimmer of the Month" award. Keep up the positive attitudes, and I'll see you all at the pool.

## **COACH JAKE**

### **Age Group**

Some of you are starting to look really good in the water. We've been training hard and most of you have handled it well.

There are many of you who need to get a schedule set up for practices. Attendance at workout has been steadily declining for the last several weeks. If you are not here at least 3 nights a week then you will not be seeing any improvements.

**Mary Smestad** is Age Group's "Swimmer of the Month." Her attendance is great, she has really found some training motivation, and it shows. Keep it up, Mary!

## **Novice II**

We've finally gotten into the swing of things for long-course. However, I am going to change up workouts just a little bit. We are going to start doing longer swimming sets. We will still be focusing on technique, but it's time for us to get some distance in the workouts.

For those of you who will be here in the summer, this is an excellent chance to get more attention during practice. We have many people who have quit for the summer for YMCA. This means those of you who are at practice can really get some extra attention.

The "Swimmer of the Month" for Novice II is **Diego Dittle**. In addition to working hard every day, Diego showed his team spirit by being the only swimmer from Novice II to attend the Spring Banquet.

## **COACH COURTNEY**

### **Novice I**

This has been a stressful but fun month for all of us. School was getting out, I've been preparing for my wedding, and things have been hectic. But we've had fun through it all. Our numbers have dropped a little due to summer starting, and I understand. However, I would like to stress the importance of continuing your training EVEN in the summer! We'll be having fun but it will also start to get a little harder! I encourage you all to TRY to come to every practice every week so you can continue to improve over the summer.

This month we will welcome **Joel Hill**, who will be joining Novice I from the Minnows group.

The Novice I "Swimmers of the Month" are **Jorge Velasco** and **Beto Natera**. Jorge has been improving a lot lately and he always tries to finish even the toughest sets. Beto has been working on his strokes and since he's started to come to practice more consistently I am seeing a vast improvement in his stroke technique. These two guys may not be the fastest ones, but they both give every practice their all and I appreciate it. Keep it up!

## **Minnows**

Well, you guys are certainly excited about flip turns. That is great to see. We will continue to improve those and also work on our starts. Our freestyle looks pretty good and our kicking is

improving a LOT. We'll work on breaststroke this month and I promise you'll start to be more confident with it.

The "Swimmer of the Month" for Minnows is *Maria Natera*. She has begun coming to practice on a regular basis and she has already started improving. She always tries hard and when I yell at her to "GO!" she really does. Keep up the hard work and remember to KICK, KICK, KICK!!!!

☆ **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**

<b>Jun</b>	<b>8-10</b>	Senior Circuit #2 @ SMU
	<b>9-10</b>	B/C Meet @ GCAT
	<b>16-17</b>	BB Meet @ IS-Northlake
	<b>22-24</b>	A Meet @ ATAC-Loos
<b>Jun 29-Jul 1</b>		B/C Meet @ GCAT
<b>Jun 29-Jul 1</b>		Senior Circuit #3 @ College Station
		A Champs (TAGS-Q)
<b>Jul</b>	<b>6-8</b>	<b>12 &amp; U @ FAST-WGAC</b>
	<b>5-8</b>	<b>13 &amp; O @ MARS-UTA</b>
	<b>13-15</b>	BB Champs @ LAC-Rosemeade
	<b>19-22</b>	Sectional / Senior Circuit Champs @ Oklahoma City
	<b>21-22</b>	B/C Champs @ GCAT
	<b>25-29</b>	TAGS @ The Woodlands
<b>Aug</b>	<b>1-4</b>	Southern Zones @ Columbia, SC
	<b>5</b>	Southern Zones Open Water
	<b>14-18</b>	Senior Nationals @ Fresno, CA

**Masters Meets**

<b>Jun</b>	<b>23</b>	Texas State Long-Course Champs @ Northside Aquatic Center, San Antonio
<b>Jun</b>	<b>29-30</b>	DAM Invitational @ SMU, Dallas
<b>Jul</b>	<b>21-22</b>	South Central Zones LCM Champs @ Circle C Ranch, Austin, TX