

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



.... AT WILKERSON-GREINES  
VOLUME 13 NUMBER 7 NOVEMBER 2001

## ★ BY THE NUMBERS ★

### Total FAST Membership: 140

|           |    |             |    |
|-----------|----|-------------|----|
| Minnows   | 8  | High School | 9  |
| Novice I  | 11 | Nolan       | 23 |
| Novice II | 15 | Country Day | -  |
| Age Group | 20 | College     | -  |
| AAG       | 23 | Masters     | 9  |
| Seniors   | 23 | Medical     | -  |

Telephone FAST (817) 923-5078  
Emergency pool deck phone (817) 531-6199

Visit our website at:

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

Email the team at:

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

## ★ WELCOME TO FAST ★

Welcome to our new and returning swimmers!

**Age Group** *Robert Cowen*  
*Sarah Davis*  
*Rochelle Savage*  
*Erin Kostos*

**Seniors** *Ronald Cowen*  
*Stephen Kostos*  
*Andrew McKernon*

## ★ UPCOMING EVENTS ★

### CHRISTMAS BANQUET

Mark your calendars for Monday, December 17th, 2001 to celebrate the holidays with your FAST family. The evening is being planned with fun, food, entertainment and more.

Parents, this will be potluck. A sign-up sheet will be on the bulletin board by November 9th.

Swimmers, we are looking forward to "seeing" your talents shine! Polish your instruments, get out those ballet and tap shoes and practice your songs or skits, etc.

Anyone and everyone is encouraged to participate. Please limit acts to 3 minutes, or skits to 5 minutes. More details will be given in a special letter to each swimmer by November 9th (in their mail box) and a copy posted on the bulletin board.

See you there!!

## ★ NEW TEAM RECORDS ★

These new team records were set at the COPS 11 & Over "A" meet on October 27-28. Congratulations!!

### 11-12 Girls

**200y Breast** **Kelsie Koke** **2:57.70**  
(no old record)

### 13-14 Girls

**200y Free** **Dana Vollmer** **1:53.44**  
(old record) E.Wehrmann, 1:54.70 12/98)

**200y Fly** **Dana Vollmer** **2:06.81**  
(old record) K.Hagan, 2:09.26 12/89)

### Open Girls

**200y Free** **Dana Vollmer** **1:53.44**  
(old record) E.Wehrmann, 1:54.51 03/01)

**200y Fly** **Dana Vollmer** **2:06.81**  
(old record) K.Hagan, 2:06.93 04/90)

**PRACTICE SCHEDULES**

The training schedule between Christmas and New Year's will be announced later.

|         |     |       |  |
|---------|-----|-------|--|
| Thu     | Nov | 1     | No practice for Minnows, Novice I                        |
| Mon     | Nov | 5     | No practice for Masters, AAG                             |
| Thu     | Nov | 15    | No practice for Seniors, HS                              |
| Fri     | Nov | 16    | 5-6:30 pm ONLY for swimmers going to meets on Nov 17-18. |
| Mon     | Nov | 19    | No practice for Country Day, Age Group, Novice II        |
| Thu     | Nov | 22    | Thanksgiving – no practice                               |
| Fri     | Nov | 23    | No am practice   |
| Mon-Thu | Nov | 26-29 | No am practice   |
| Mon     | Dec | 3     | No practice for Nolan                                    |
| Thu     | Dec | 6     | No practice for Minnows, Novice I                        |
| Thu     | Dec | 13    | No practice for Age Group, AAG                           |
| Mon     | Dec | 17    | Christmas Banquet  |

☆ **OTHER FAST BUSINESS** ☆

**NEW TEAM SWIMSUIT**

FAST will be changing to a different team suit. Our current style has been discontinued by Speedo so we must go with a new style.

We have chosen a suit that is as close as possible to the old line and anyone that still has one of the old model suits is fine to wear that at the swim meets.

Please note, that it is the time of season that FAST now EXPECTS ALL team members to be wearing team attire at the swim meets. That means if you do not have a team swimsuit, you are expected to acquire one before the next swim meet. Anyone not wearing a FAST team suit to a swim meet will be given one day to purchase one, or not be allowed to swim the next day of the meet. NO exceptions.

Also, please remember that if your swimmer wears a swimcap, the only acceptable cap at a meet is the FAST team cap.

Please see **Kay Watson** at the swim store to order a new FAST team suit. She will be putting in a new order quite soon.

**SWIM STORE**

We will be opening the swim store on Monday nights. Be sure to contact our **Swim Store Director Kay Watson** if you need items and cannot make it to the pool while the store is open.

**KICKOFF KLASSIC THANKS**

A big "THANK YOU!" goes from us to all who helped to make our Kickoff Klassic meet a success. The meet ran very smoothly and FAST was able to again put on a first-rate meet. We appreciate all of our volunteer workers who stepped up and got things done to make this happen.

**WAY TO GO PARENTS!!**

FAST swim parents, you are doing a GREAT job of volunteering your time and abilities. There have been more than 400 hours contributed by the families of our team. Thank you for helping to make September and October such successful months. Some families have already reached their 10-hour minimums and are still giving of themselves. We truly appreciate your efforts.

We have through February, for all of us to complete 10 hours or your March bill will include a \$100.00 contribution fee in lieu of volunteer hours.

The Christmas Banquet is Monday, December 17th, 2001 and it takes all of us working together to create a memorable and fun celebration. Please contact **Janet Steenberge** (817) 326-2805 or **Lana Hardy** (817) 238-9070 if you are interested in volunteering your time.

Thanks again for all the time, energy and effort you have invested!

☆ **THE COACHES' WATCH** ☆

**FROM HEAD COACH RON**

**Seniors and High School**

The short course season is in full swing now. As we hit just around one third of the season over, I definitely can see from the results of the last meet that some of you have some extensive work to do and a must find a newer level of work ethic in practice. I am still seeing some people having no qualms sitting back and training in the comfort zone. I am hoping that as the season rolls along and the next two months arrive, that most of you will hit

stride and make the decision to come to practice every day not just to socialize and swim through a practice, but to step up and challenge yourselves in ways that you did not think you were able. Several of you have hit that stride now, and it is clear to everyone in the group who these people are. If you want to have a shot of beating your competition, you are not going to do it by sitting back and letting these people lap you in practice and then hope for the best when the meets roll around.

On a related topic, I would like to see everyone start to get better grasp of where they should be training in their own minds in relation to the goals that they have set for themselves. Having goal 'A' but training down at level 'C' is not being truthful to yourself.

In swimming there is a direct correlation from the paces and speed that you are able to hold in practice through EVERY set to the level of speed you will be able to maintain in a race. You must remember that the sets you do in practice are teaching your body how to hold certain speeds and teaching your body what it FEELS like to go a certain speed. For example: If you want to swim a sub-2:00 200 Freestyle, you must hold high :29's, or very low :30's. If you come to workout every day and your average speed for workout times is :30 high to :32, your body has absolutely NO idea of what it feels like or the conditioning to be able to hold 4 x 50's on the sub- two minute pace straight through during the race. Your swim will most likely end up being around a 2:04-2:05. And you must be able to hold paces like this for more than 50's. A 50 Freestyler cannot get up on the blocks in workout and go a :24 low, :25 high and then expect to jump in a race in a meet and go a :21-22 second 50. Your body has no knowledge of how to work at that level. Now if the same sprinter gets up and is holding :23 lows, then the chances become much improved that a :21-22 second 50 can be achieved as you are training your body at a much closer level to what is needed in a race. This will help your body to understand what is needed.

I would like to see MANY more of the group grasp this concept and really start to take some responsibility for their training levels in workout. And to do that, you need to think about these sorts of things much more outside the time when a set comes up that you have to get up and go

on. There are also still many of you that I think do not have a good idea of what you should be holding on sets when you are actually doing the sets. You need to have an idea down to the 50 splits in the middle of a 1650 Free set of how fast you should be going in EVERY practice, in EVERY set.

These are decisions that you must make to improve yourself. I can't jump into your body and make your body swim faster up and down the pool. I can give the reasons WHY you should want to do these things, but unless each of you makes that decision to improve and come in every day ready to show me, no, IMPRESS me, some of you will continue to be disappointed when it is time to step up on the blocks at the meets.

And remember, when we are doing sets like 800 or 1000's Free (or even 4 x 500's) and you are a sprinter or a swim a different stroke and think that the particular set is not directed at you so there is less of a need to perform on it, you could NOT be more wrong! Sprinting is essential to distance swimming. Janet Evans could go a :48 100 freestyle. Distance swimming is essential to sprinting. Tom Jager first qualified for Nationals in -- THE MILE. All training is usually interrelated and needed for ALL events. Breaststrokers cannot swim 9,000 yards of breaststroke. Their knees would fall off. However, they still need to train these distances and at a high level to achieve peak physical conditioning, and training freestyle is how to get that conditioning.

Victor Davis, the 1984 Olympic Gold Medalist and World Record holder in the 200 Breast, was also top 5 in the world in the 200 Fly and 200 IM and was a finalist at Canadian Nationals in the mile. Because he trained hard at everything, that hard training transferred over to his specialty and area of talent and resulted in his success. He WON every set in practice ... period. Every workout was a mini meet, every set was a race to win -- a chance to defeat any potential competitors and assure himself that he was the best. Day after day, he trained like this. That is how champions are made.

On the bright side, we still have about 120 days until it is time to shave and taper and have these little problems worked out. If you decide now to do these things, then stepping up on the blocks at your big meet will be what swimming is all about:

getting up, swimming fast and having fun kicking butt!

I still maintain that right now, as a whole this is the best team in North Texas. You all are extremely talented and have the potential to be very, very fast as a team. But to achieve that, it will take a little kick-start for some of you. Remember, this is a TEAM. This is the TEAM that you swim with for 12 months of the year. This is the team that you can be a part of that COULD be highly competitive at some of the biggest meets in the country. If everyone makes the decision to jump on board with this idea, then who knows where we will end up? But some of you need to start getting it in gear NOW!!

**Mandy Blevins** is the Seniors "Swimmer of the Month". Mandy is definitely one of the ones who take pride in training harder than anyone else in the group. She is an example of what hard work is all about and this desire to come in and out-train and beat anyone in the group, male or female that tries to beat her. She is already seeing some of the positive results of doing this and this will definitely be rewarded when the end of the season rolls around. And added to her work ethic, her attendance is outstanding. She does not just come in here and there and beat people here and there. She is leading the Senior group every day in every way right now. Keep it up Mandy!!

"Swimmer of the Month" for High School is **Hali Hunnicutt**. Hali has been training very hard and is really working on her technique, which will pay off when it comes time to step up on the blocks. She is quiet, but she comes in and goes straight to work and is always being a leader in sets and pushing herself harder than she did before. She is always eager to learn and try something to make herself go a little faster. Way to go Hali, keep up the good work!!

### **FROM COACH DAVE**

#### **Advanced Age Group**

I am very pleased with the results of last months meets. Everyone is swimming very well. The hard work that everyone is putting into practice is really paying off. I would still like to see those swimmers that don't have 3 "A" times set their goals so that we get everyone into those meets. I would also like everyone to be looking at TAGS cuts so

that we can have a strong showing at that meet. I would like to do well at TAGS and show everyone that FAST swimmers work hard and get results.

The Advanced Age Group "Swimmer of the Month" honors are shared by **Sarah and Rachel Watson**. Way to go!

### **FROM COACH EMILY**

#### **Age Group and Novice II**

Swimmers and parents, let me start off by saying "WOW!" We are off to a wonderful start. Both the "B/C" meet and "BB" meet went extremely well. I'm very impressed with those who made the times and goals they had set for themselves. Please remember we have to keep the pressure on and continue to strive for the best in ourselves. If you need to talk my door is always open.

"Swimmer of the Month" for Novice II is **Britt Brandon**. Congratulations!

**E.J. Moronu** and **Alex Wilson** split the Age Group "Swimmer of the Month" this time. You go, girls !

### **FROM COACH JANET**

#### **Novice I and Minnows**

**Janet Steenberge** is our new coach for the Novice I and Minnows groups. Janet has many years of experience teaching and coaching developmental swimmers including a successful summer league team in Granbury. She has been our Learn-to-Swim Lessons instructor since September. We are very excited to bring Janet's enthusiasm and experience to the benefit of our youngest competitive swimmers.

### **THE MASTERS LANE**

November brings us the Dallas Aquatics short-course meters meet. This is a half-day meet on November 17<sup>th</sup> at Baylor / Tom Landry. The Masters usually have a good-sized group going to this meet with the traditional socializing afterwards. See you there!

## ☆ 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 ☆

These are the meets that FAST is planning to attend. Exact dates are set a month before a meet starts.

Meet information is posted on the bulletin board at Wilkerson-Greines and on the North Texas Swimming website a month before each meet. We plan to post lists of events each swimmer is entered into on the bulletin board and on the FAST website.

If your swimmer is a "B/C" (beginning competitor) swimmer, you need to sign-up to attend meets using the form given out by your coach. Our "BB" and faster swimmers are expected to attend each calendar meet in their classification.

FAST deadlines for entries/scratches are generally 17 days before the meet starts. Please observe

these deadlines to avoid being billed for meets you cannot attend. The deadlines are written atop the meet information on the pool bulletin board. Notification of scratches **MUST** be in writing or email to the team.

### USA Swimming Meets

|     |       |                                |
|-----|-------|--------------------------------|
| Nov | 3-4   | "B/C" Meet @ LAC               |
|     | 9-11  | "A" Meet @ ATAC-Loos           |
|     | 17-18 | "BB" Meet @ IS-Northlake       |
|     | 27-28 | World Cup @ East Meadow, NY    |
| Nov | 29 -  |                                |
| Dec | 1     | US Open @ East Meadow, NY      |
| Dec | 1-2   | "B/C" Meet @ GCAT              |
|     | 7-9   | "A" Meet @ COR-Loos            |
|     | 13-16 | KMSC Elite @ Oklahoma City, OK |
|     | 14-16 | "BB" Meet @ COPS-Oakpoint      |

The 2002 Meet Calendar will be firmed up in mid-November when the North Texas teams all decide who will host which meets.

### Masters Meets

|     |    |                               |
|-----|----|-------------------------------|
| Nov | 17 | SCM Invitational @ Tom Landry |
| Dec | 15 | Christmas Relays @ SMU        |

## ☆ TEAM POLICY NOTES ☆

If you decide to leave FAST either permanently or temporarily, you **must inform the FAST Treasurer in advance and in writing or email**. If you do not inform the treasurer ahead of time in writing, you are responsible for all fees charged to your account. Verbal communication about your departure from FAST to a coach or to any other board member is not accepted. Also, please remember if your child is in the water just one day of a month you are responsible for training fees for that entire month.

It is part of the North Texas LSC rules that your account must be in good standing upon departing any USA Swimming team or your swimmers(s) may not be allowed to swim with any other team. If your account is not current within 30 days from the date on your last invoice, your account information may be turned over to the treasurers of all North Texas USA Swimming member teams and to the officers of the North Texas LSC.

You may email our treasurer **Susan Mendoza** at [treasurer@fastswimming.org](mailto:treasurer@fastswimming.org) or leave a note in the "Treasurer" folder in the file cabinets at the pool.

# November 2001

| Su   | M  | Tu   | W  | Th  | F  | Sa   |
|--|--|--|--|---|--|--|
|  |  |  |  | <b>1</b><br><i>FWISD HS Meet--<br/>                     --No practice for<br/>                     Novice I and Minnows</i> | <b>2</b><br>November Lessons<br>start<br>SMU Women's Classic<br>7:30 pm  | <b>3</b><br>B/C Meet<br>@ LAC<br>SMU Women's Classic<br>7:30 pm                                |
| <b>4</b><br>B/C Meet<br>@ LAC  | <b>5</b><br><i>FWISD HS Meet--<br/>                     --No practice for<br/>                     Masters and AAG</i>   | <b>6</b>   | <b>7</b><br>Tryouts 5:30-7 pm  | <b>8</b>  | <b>9</b><br>TISCA non-qualifier<br>@ GCISD<br>A Meet<br>@ ATAC-Loos  | <b>10</b><br>A Meet<br>@ ATAC-Loos   |
| <b>11</b><br>A Meet<br>@ ATAC-Loos<br>LSC Meeting<br>@ Renaissance Hotel<br>(N.Dallas) | <b>12</b><br>Tryouts 5:30-7 pm<br>Swim Store 5:30-6:15<br>pm   | <b>13</b><br>Entries/scratches due<br>for "B/C" meet Dec 1-<br>2 @ GCAT  | <b>14</b><br>Board Meeting 6 pm  | <b>15</b><br><i>FWISD HS Meet--<br/>                     --No practice for<br/>                     Seniors and HS</i>      | <b>16</b><br>Pre-TISCA @ Loos<br><br><i>No practice EXCEPT<br/>                     5-6:30 pm for BB<br/>                     swimmers going to<br/>                     Northlake meet or<br/>                     Masters going to<br/>                     DAM meet</i> | <b>17</b><br>Pre-TISCA @ Loos<br>BB Meet<br>@ IS-Northlake<br>Masters Meet @<br>DAM-Tom Landry |
| <b>18</b><br>BB Meet<br>@ IS-Northlake   | <b>19</b><br><i>FWISD HS Meet--<br/>                     --No practice for<br/>                     Country Day, Age<br/>                     Group, Novice II</i> | <b>20</b><br>Scratches due for "A"<br>meet Dec 7-9 @ COR   | <b>21</b><br>Newsletter Articles<br>due  | <b>22</b><br><i>Thanksgiving Day<br/>                     No Practice</i>   | <b>23</b><br><i>No morning practice</i>  | <b>24</b>  |
| <b>25</b>  | <b>26</b><br><i>No morning practice</i><br>Swim Store 5:30-6:15<br>pm  | <b>27</b><br><i>No morning practice</i><br>FINA World Cup<br>@ East Meadow, NY<br><br>Scratches due for "BB"<br>meet Dec 14-16 @<br>COPS | <b>28</b><br><i>No morning practice</i><br>FINA World Cup<br>@ East Meadow, NY | <b>29</b><br><i>No morning practice</i><br>U.S.Open<br>@ East Meadow, NY  | <b>30</b><br>U.S.Open<br>@ East Meadow, NY   |  |

# December 2001

| Su   | M   | Tu  | W         | Th  | F  | Sa   |
|--|---|---|-----------|---|--|--|
|  |   |   |           |   |  | <b>1</b><br>U.S.Open<br>@ East Meadow, NY<br>B/C Meet<br>@ GCAT      |
| <b>2</b><br>B/C Meet<br>@ GCAT                                       | <b>3</b><br><i>FWISD HS Meet--<br/>--No practice for<br/>Nolan HS</i>   | <b>4</b>  | <b>5</b>  | <b>6</b><br><i>FWISD HS Meet--<br/>--No practice for<br/>Novice I and Minnows</i>   | <b>7</b><br>A Winter Classic<br>@COR-Loos                            | <b>8</b><br>A Winter Classic<br>@COR-Loos                            |
| <b>9</b><br>A Winter Classic<br>@COR-Loos                            | <b>10</b><br>Board Meeting<br>6 pm (tent)                               | <b>11</b>   | <b>12</b> | <b>13</b><br><i>FWISD HS Meet<br/>Wilkerson Cup<br/>--No practice for AAG<br/>and Age Group</i><br>KMSC Elite Pro-Am<br>@ OK City | <b>14</b><br>KMSC Elite Pro-Am<br>@ OK City<br>BB Meet<br>@ COPS-TBA | <b>15</b><br>KMSC Elite Pro-Am<br>@ OK City<br>BB Meet<br>@ COPS-TBA |
| <b>16</b><br>KMSC Elite Pro-Am<br>@ OK City<br>BB Meet<br>@ COPS-TBA | <b>17</b><br>FAST Christmas<br>Banquet 5:30 pm<br><i>No pm practice</i> | <b>18</b>   | <b>19</b> | <b>20</b>   | <b>21</b>  | <b>22</b><br>Masters Xmas Relays<br>@ DAM-SMU                        |
| <b>23</b>  | <b>24</b><br><i>Christmas Eve</i>                                       | <b>25</b><br><i>Christmas Day<br/>No Practice</i> | <b>26</b> | <b>27</b>   | <b>28</b>  | <b>29</b>  |
| <b>30</b>  | <b>31</b><br><i>New Year's Eve</i>                                      |   |           |   |  |  |