

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



.... AT WILKERSON-GREINES
VOLUME 13 NUMBER 9 JANUARY 2002

☆ BY THE NUMBERS ☆

Total FAST Membership: 141

| | | | |
|-----------|----|-------------|----|
| Minnows | 12 | High School | 11 |
| Novice I | 10 | Nolan | 23 |
| Novice II | 11 | Country Day | - |
| Age Group | 19 | College | - |
| AAG | 24 | Masters | 8 |
| Seniors | 23 | Medical | - |

Telephone FAST (817) 874-5655 (mobile)
(817) 923-5078

Emergency pool deck phone (817) 531-6199

Our website: <http://www.fastswimming.org/>
Team email: fastswim@fastswimming.org

☆ WELCOME TO FAST ☆

Welcome to our new and returning swimmers!

Novice II Samuel Robertson (Sam)

AAG Laura E Olson

Masters Frederick L Tonsing

☆ FINAL TOP 16 ☆

Top-16 is a compilation of the fastest times in USA Swimming swum each year by age group swimmers:

2000-2001 Short-Course Season:

| | | | |
|---------------------|-----------|--------|------------------------------|
| Dana Vollmer | 50y Free | :23.74 | 9 th place |
| | 100y Free | :52.05 | 14 th place (tie) |
| | 100y Fly | :54.79 | 2 nd place |

2001 Long-Course Season:

| | | | |
|---------------------|-----------|---------|-----------------------|
| Dana Vollmer | 100m Free | :58.68 | 5 th place |
| | 100m Fly | 1:00.11 | 1 st place |

☆ NEW TEAM RECORDS ☆

FAST swimmers broke **43 team records, 10 North Texas records, 4 State records, and a National Age Group record** at the Kerr-McGee Elite Meet in December. FAST won the men's competition and the overall Team title, and placed 3rd in the women's competition. Many records broken in prelims were broken again at finals that night. **Congratulations** to our swimmers, parents and coaches for a terrific meet!

Girls 13-14

50y Free Dana Vollmer :22.86

(old FAST record D.Vollmer, :23.74, 02/2001)

(old LSC record A.Getter, :23.30, 03/1992)

(old State record A.Getter, :23.30, 03/1992)

100y Free Dana Vollmer :50.31

(old FAST record D.Vollmer, :52.05, 03/2001)

(old LSC record C.Blackman, :50.40, 03/2001)

(old State record M.Allert, :50.99, 04/1986)

200y Free Amanda Blevins 1:51.05

(old FAST record D.Vollmer, 1:53.44, 10/2001)

500y Free Amanda Blevins 4:54.75

(old FAST record E.Wehrmann, 5:09.05, 12/1998)

(old LSC record A.LeGrow, 4:55.67, 03/1991)

1000y Free Amanda Blevins 10:07.02

(old FAST record D.Vollmer, 10:26.77, 11/2001)

100y Breast Amanda Blevins 1:06.14

(old FAST record B.Ricks, 1:08.53, 12/1991)

(ties LSC record B.Sacco, 1:06.14, 03/2000)

100y Fly Dana Vollmer :53.72

(old FAST record D.Vollmer, :54.79, 03/2001)

(old LSC record D.Vollmer, :54.79, 03/2001)

(old State record A.Axtell, :54.38, 03/2001)

(old National Age Group record G.Cornelius, :53.99, 1987)

200y Fly Dana Vollmer 2:04.04

(old FAST record D.Vollmer, 2:06.81, 10/2001)

(old LSC record L.Kenney, 2:04.33, 03/2001)

200y IM Dana Vollmer 2:04.10
 (old FAST record B.Ricks, 2:07.98, 03/1992)
 (old LSC record M.Allert, 2:04.61, 04/1986)
 (old State record K.Werth, 2:04.55, 01/1981)

Girls 15-18

100y Free Erin Wehrmann :52.33
 (old FAST record E.Wehrmann, 52.64, 02/2001)

200y Free Erin Wehrmann 1:52.49
 (old FAST record E.Wehrmann, 1:54.51, 03/2001)

1000y Free Elizabeth McGowan 10:26.96
 (old FAST record E.McGowan, 10:45.68, 02/2001)

100y Back Elizabeth McGowan :59.47
 (old FAST record S.Baker, :59.66, 03/1992)

100y Fly Erin Wehrmann :55.99
 (old FAST record E.Wehrmann, :57.76, 03/2001)

200y Fly Erin Wehrmann 2:04.57
 (old FAST record K.Hagan, 2:06.93, 04/1990)

200y IM Erin Wehrmann 2:07.46
 (old FAST record E.Wehrmann, 2:08.99, 12/1999)

400y Free Relay 3:39.48
(E.McGowan, G.Steenberge, S.Watson, A.Browning)
 (old FAST record 3:41.08, 03/1991,
 (Leach, Jand, K.Hagan, A.Henderson))

800y Free Relay 7:58.91
(G.Steenberge, S.Watson, J.Conley, A.Browning)
 (old FAST record 8:11.89, 12/2000,
 (E.McGowan, R.Stacy, E.Wehrmann, J.Conley))

Girls 18&Under

50y Free Dana Vollmer :22.86
 (old LSC record J.Doolan, :22.88, 03/1986)

100y Fly Dana Vollmer :53.88
 (old LSC record D.Vollmer, :54.79, 03/2001)

200y Medley Relay 1:46.19
(E.McGowan, A.Blevins, D.Vollmer, E.Wehrmann)
 (old LSC record 1:50.69, 12/1994
 (Maher, Reibenspies, Maher, McClurg))

Girls Open

50y Free Dana Vollmer :22.86
 (old FAST record D.Vollmer, :23.74, 02/2001)

100y Free Dana Vollmer :50.31
 (old record D.Vollmer, :52.05, 03/2001)

200y Free Amanda Blevins 1:51.05
 (old FAST record D.Vollmer, 1:53.44, 10/2001)

500y Free Amanda Blevins 4:54.75
 (old FAST record E.Wehrmann, 5:04.05, 12/1999)

1000y Free Amanda Blevins 10:07.02
 (old FAST record D.Vollmer, 10:26.77, 11/2001)

100y Breast Amanda Blevins 1:06.14
 (old FAST record B.Ricks, 1:08.53, 12/1991)

100y Fly Dana Vollmer :53.72
 (old FAST record D.Vollmer, :54.79, 03/2001)

200y Fly Dana Vollmer 2:04.04
 (old FAST record D.Vollmer, 2:06.81, 10/2001)

200y IM Dana Vollmer 2:04.10
 (old FAST record B.Ricks, 2:07.98, 03/1992)

200y Free Relay 1:35.56
(D.Vollmer, S.Watson, A.Blevins, E.Wehrmann)
 (old FAST record 1:42.41, 12/1998
 (E.Wehrmann, E.McGowan, J.Guckian, T.Griffith))

400y Free Relay 3:30.12
(A.Blevins, J.Conley, E.Wehrmann, D.Vollmer)
 (old FAST record 3:31.05, 03/2001
 (D.Vollmer, M.Ward, R.Stacy, E.Wehrmann))

800y Free Relay 7:35.65
(E.McGowan, A.Blevins, E.Wehrmann, D.Vollmer,)
 (old FAST record 8:01.36, 12/1998
 (T.Griffith, J.McGowan, J.Guckian, E.Wehrmann))

200y Medley Relay 1:46.19
(E.McGowan, A.Blevins, D.Vollmer, E.Wehrmann)
 (old FAST record 1:57.52, 12/1998
 (E.Wehrmann, E.McGowan, J.Guckian, T.Griffith))

400y Medley Relay 3:54.70
(E.McGowan, A.Blevins, D.Vollmer, E.Wehrmann)
 (old FAST record 3:57.14, 03/2001
 (E.McGowan, A.Blevins, D.Vollmer, E.Wehrmann))

Boys 15-18

100y Back Alex Weidemann :54.16 (prelims)
 (old FAST record B.Richards, :54.61, 03/1999)

200y Back Alex Weidemann 1:57.39
 (old FAST record S.Verdeyen, 1:59.95, 03/2001)

400y IM David Mendoza 4:03.33
 (old record D.Mendoza, 4:04.51, 03/2001)

Boys Open

50y Free Ronald Cowen :21.74
 (old FAST record A.Lake, :21.85, 02/1991)

100y Free Ronald Cowen :46.74
 (old FAST record Jaron Krause, :46.86, 02/1992)

400y IM David Mendoza 4:03.33
(old record D.Mendoza, 4:04.51, 03/2001)

200y Free Relay 1:27.70
(J.Standerfer, P.Hasty, N.Vollmer, R.Cowen)
(old FAST record 1:28.10, 12/1997
(A.Lake, J.Allred, J.McKinney, E.Murphy))

400y Free Relay 3:11.54
(J.Standerfer, P.Hasty, D.Mendoza, R.Cowen)
(old FAST record Jr Nationals team, 3:13.16, 03/1992)

800y Free Relay 7:01.67
(D.Mendoza, P.Hasty, J.Standerfer, R.Cowen)
(old FAST record 7:14.30, 12/1998
(B.Brandon, B.Kneeland, C.Gilbert, J.Standerfer))

200y Medley Relay 1:37.97
(A.Weidemann, E.Bradburn, P.Hasty, R.Cowen)
(old FAST record 1:40.14, 12/1997
(J.McKinney, J.Allred, A.Lake, E.Murphy))

400y Medley Relay 3:32.87
(A.Weidemann, D.Mendoza, P.Hasty, R.Cowen)
(old FAST record 3:36.33, 03/2001
(S.Verdeyen, D.Mendoza, B.Kneeland, P.Hasty))

☆ **UPCOMING EVENTS** ☆

PRACTICE SCHEDULES

Our holiday practices were scheduled around pool availability and a mandatory UIL five-day facility closure. Thanks for everyone's understanding and extra efforts to get to the pool.

| | | | |
|-----|-----|----|--|
| Mon | Dec | 31 | No practice |
| Tue | Jan | 1 | No practice |
| Wed | Jan | 2 | 7-9 am for Seniors, AAG, Nolan, 12-2 pm for Seniors, AAG, Age Group, Novice I & Novice II, Minnows, Masters |
| Thu | Jan | 3 | 7-9 am for Seniors, AAG, Novice II, Age Group 12-2 pm for Seniors, AAG, Nolan, Masters |
| Fri | Jan | 4 | 7-9 am for Seniors, AAG, Nolan; 12-2 pm for Seniors, AAG, Age Group, Novice I and Novice II, Minnows |
| Sat | Jan | 5 | 7-10 am for Seniors, AAG, Nolan, Masters |
| Mon | Jan | 7 | Normal practice hours resume |
| Thu | Jan | 10 | No practice for Seniors, HS |
| Mon | Jan | 14 | No practice for Country Day |
| Thu | Jan | 17 | No practice for Minnows, Novice I & II |
| Fri | Feb | 8 | No practice all groups (Regionals) |
| Sat | Feb | 9 | No practice all groups (Regionals) |

☆ **OTHER FAST BUSINESS** ☆

LOLLIPOPS FUNDRAISER

Our gourmet lollipops fundraiser is still in progress to raise money for swim equipment. Flavors include Banana Split, Cotton Candy, Lime Sherbet, Pina Colada, Cinnamon, Cola Float, and more.

We are asking each of our families to sell a minimum of one bag of 36 assorted lollipops. Sale price is \$.50 per lollipop. They are easy to sell -- you can set them out in a bowl at work, sell to friends at school, or just enjoy them yourself.

See *Cathy Vollmer* at any practice to pick up your lollipops. You will need to give her \$18 (\$9 for lollipops and \$9 to FAST.) Then sell them at \$.50 each and it will be no cost to you.

After you sell just one bag per family you may sell more and the \$9 profit can be put into your swim account to cover travel, meet fees, etc. or you may continue to donate the \$9 to our team.

Contact Cathy at **817 326-5429** whenever you need another bag of lollipops or if you have further questions.

NEW TEAM PHONE

FAST has a new mobile phone to make it easier to contact us for team business. The number is **817-874-5655**. As before, please limit all non-emergency calls to between 9 am and 9 pm as a courtesy to *Coach Ron*. The other team phone number 817-923-5078 still may be used.

VOLUNTEER HOURS

FAST families may now earn hours toward their team volunteering requirement by timing at North Texas USA Swimming meets that FAST swims in but does not host. Please be sure to have your efforts properly documented and turned in to our Volunteer Hours Coordinator, *Lana Hardy*, by the end of February. If your family has not met the entire 10-hour minimum during the six-month period September 2001 through February 2002, you will be billed \$100 in March 2002.

★ **THE COACHES' WATCH** ★

FROM HEAD COACH RON

Seniors and High School

As we enter January, we switch gears somewhat as we leave the hard preparatory work behind and start to get more specific toward racing and swimming fast. Hopefully over December, you all had a tremendous month of work and a great training camp that has put you in a great position to swim fast.

We have discussed as a group the importance of taking some of the good success that we had at Kerr-McGee and continuing to use that momentum to drive on to the next higher level of swimming. Remember, we cannot afford to sit back and pat ourselves on the back about past victories. There are new and better victories out there and more teams and swimmers that will want to deny you of that opportunity. I cannot stress enough that everything that you have done in the past is no longer good enough. You all must re-focus and prepare to go beyond what you may have originally thought was possible at the beginning of the season and have clear goals to do that.

One of the best ways to accomplish new and loftier goals is to re-visit the ones you set for yourself back in September. If you have achieved them already, then you MUST refocus and set new ones, or you risk being lost at the end of the season and that is not conducive to swimming even faster in February and March. If you still have some goals that have not been achieved, I hope that fuels you to stay hungry and to put forward an even greater effort to do whatever it takes to achieve them.

Before we totally leave the meets in December behind, I will once again emphasize how pleased I was with our performance at Kerr-McGee. I think that for the first time, we were able to show others around the region what I hope all of you have felt all along, and that is, when we can get our team together in one place, at one meet and swim to our capabilities, we are VERY difficult to beat. Remember what that feeling was like to win: to win individually, to win as a team. Hopefully this will make you all hungrier to do this again and again. When people say swimming is fun, they don't always mean the day-to-day things such as sets that exhaust you and make you sore and test

you to limits you were not sure you could achieve. That side of swimming as I have explained to all of you is sometimes hard and not always fun and games. It is sometimes a drag. And sometimes it can be a downright struggle to continue just one practice more.

BUT! Then you get to a meet like we had last month. And THAT IS FUN!! I think everyone that went up there, even though at one point or another was tired, had a fun time and took away a positive experience from that meet. THAT is why you do the things day in and day out that at the time you wonder why you do them. Winning IS FUN!!

Enjoy what happened. But, make sure that you use that feeling to translate it over to even harder work to ENSURE that feeling happens again, with even better results.

I am not going to have a Senior "Swimmer of the Month" this month. There is just no way to do that. There were so many people that had so many great accomplishments that I cannot pick just one. I think that you all can probably look at the pages that have come before this one and see why it is next to impossible to pick just one person for this award. I can point out some highlights, but this list is still not a good reflection on how happy I was with EVERYONE over the last month. Congratulations to all. Honorable mention goes to **Dana Vollmer** for breaking the National Record and her assault on the state records. **Mandy Blevins** for her LSC records and breaking the 5-minute barrier (and getting her Senior cut). **Elizabeth McGowan** for getting under 1:00 after battling with it for a long time (and also getting a Senior cut). Ditto for **David Mendoza** and the elusive minute barrier. **John Standerfer** for coming full circle and making his comeback complete. I am proud of you John! **Chris Dunn** and **Georgia Steenberge** for fighting to get to the meet and THEN swimming faster again! **Michael Verdeyen** for getting under :22 and :50. **Erin Wehrmann** for her individual Senior cut. **Alex Weidemann** for showing he can still do it despite the last 10 months. **Amy Browning** for anchoring relays that were crucial in us winning the meet. **Jacqueline Conley** for her first Senior cut. **Cameron Allred** and **Stephan Verdeyen** for putting themselves in the big finals when it counted most. **Ed Bradburn** for showing the heart that I knew was in there. **Preston Hasty** for getting up and

swimming fast when it was needed. *Hali Hunnicutt* for showing poise for her second race. *Ron Cowen* for dominating the anchor spot over all other teams. *Ryan Williamson's* getting second swims at his first really big meet and being able to drop time at night. *Matt Ellison* for a tough mile (we have the video to prove it). *Steve Kostos* for some great time drops at COR. *Jon Brickey* for pushing through a couple mornings all by himself ... now that's hard. *Nick Vollmer* for swimming fast by swimming smart.

This is the SHORT list. I really hope that when March arrives I want to do this same thing again due to the performances that everybody puts forth.

But I finish with the idea that I cannot stress enough. Time to move on. Time to be better, time to be faster. Because you know that there are teams out there who will not want to be beaten by some "small little team from Fort Worth". And right now they are working hard to make sure it won't happen. We must work harder.

The High School "Swimmer of the Month" is *Nick Vollmer*. Just a couple of months ago Nick was still struggling to get his "A" times. Now Nick has transformed himself through hard work into one of the fastest sprinters on the team. He has made leaps and bounds in his technique and endurance, all of which have translated into faster times in the pool. Great job Nick, keep up the good work!!!

FROM COACH DAVE

Advanced Age Group

I hope everyone had a GREAT holiday. We are about halfway finished with our short course season, and that means we need to start thinking about TAGS again. We really need to be ready in the upcoming meets so that we can get those cuts. Try to stay focused and work hard and I'm sure we will do well.

Sarah and Rachel Watson are the AAG "Swimmers of the Month." Yes, I know they already received this award recently, but the way they swam at Kerr-McGee, that was just so good that they definitely need to be recognized.

FROM COACH EMILY

Age Group and Novice II

I know that we are all looking forward to the holidays. Let me remind you that this a time for thanks and also for hard work. Please try and take every opportunity you have to come to the pool during the holiday break. I look forward to the return and I hope each one of you has a nice holiday season.

Novice II's "Swimmers of the Month" are *Katie and Kelsey Funderburk*. Keep up the good work!

The Age Group "Swimmer of the Month" is *Francisco Nieves*. Congratulations for making your 3rd "A" times in December.

FROM COACH JANET

Novice I and Minnows

The New Year is here, so please think about the goals you wish to achieve in swimming for 2002, and let me know so we can work together to realize them. Return your meet entry forms for the next three meets ASAP, as entries are due now for the first meet.

I hope everyone's Christmas was wonder-filled and your New Year is full of peace, love and goals realized.

Our "Swimmer of the Month" for Novice I is *Sabrina Canty*. Sabrina works hard always, trying to improve her strokes and her endurance. Sabrina is a great help to other swimmers, encouraging and helping them. Thank-you Sabrina.

For Minnows, the "Swimmer of the Month" is *Katie Casey*. Katie is never short on enthusiasm or the will to try something new. Thank you, Katie, for working hard and improving your strokes.

THE MASTERS LANE

Our group will be going to the Short-Course Zones Championships meet in San Antonio the first weekend of April. Plan to attend!

★ **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>

★ **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 or leave a note in the "Treasurer" folder in the file cabinets at the pool.

★ **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

| | | |
|--|-------|--|
| Jan | 11-13 | "A" meet (with "BB" long events) @ LAC |
| | 19-20 | TSA All*Star meet @ IS-Northlake |
| | 19-20 | "BB/B/C" meet @ NTN-CISD |
| Feb | 1-3 | "A" Greater Southwest @ COPS-Loos |
| | 16-17 | "BB/B/C" meet @ GCAT |
| | 23-24 | "A" Champs @ GCAT |
| Feb 28-Mar 3 Sectional Champs @ Texas A&M | | |
| Mar | 2-3 | BB/B/C Champs @ MARS-Trinity |
| | 7-9 | American S/C Champs @ UT |
| | 7-10 | TAGS @ Loos |
| | 19-23 | P66 National Champs @ Minneapolis, MN |

Masters Meets

| | | |
|-----|-----|-----------------------------------|
| Mar | 1-2 | DAM SCY meet @ SMU |
| Mar | 16 | Last Chance meet @ Plano-Oakpoint |
| Apr | 6-7 | Zone Champs @ San Antonio |