



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



... AT WILKERSON-GREINES
VOLUME 14 NUMBER 3 JULY 2002

☆ BY THE NUMBERS ☆

Total FAST Membership: 140

Minnows	16	High School	7
Novice I	12	Nolan	-
Novice II	7	Country Day	-
Age Group	24	College	3
AAG	36	Masters	10
Seniors	25	Medical	-

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

Emergency WGAC deck phone (817) 531-6199

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

☆ NEW TEAM RECORDS ☆

These team records were set in May and June. If a record was broken more than once, each of the previous record-breaking swims are listed. Also, as this newsletter is going to press several team records were broken at the A/BB meets June 21-23. We will post them after we get official results.

Girls 11-12

200m Breast Kelsie Koke 3:17.63
(old record Kelsie Koke, 3:26.38, 05/2002)
(no old record)

Girls 15-18

200m Free Amanda Blevins 2:09.23
(old record E.Wehrmann, 2:09.71, 07/2001)

100m Breast Amanda Blevins 1:20.99

(old record A.Blevins, 1:21.24, 05/2002)
(old record J.Lynn Knox, 1:25.02, 07/1990)

200m Breast Meredith Bishop 3:01.13

(old record E.Wehrmann, 3:02.03, 05/1999)

400m IM Amanda Blevins 5:13.15

(old record E.Wehrmann, 5:14.35, 07/1999)

Boys 8 & Under

100y Fly D.J. Funderburk 2:17.01
(no old record on books)

200y IM Griffin Neville 4:01.62

(no old record on books)

100y Free Relay 1:26.80

(D.J.Funderburk, J.Hughes, A.Hulen, G.Neville)
(no old record on books)

Boys 11-12

200m Back Or Barak 2:45.61

(old record Or Barak, 2:50.34, 05/2002)
(old record T.Slininger, 3:18.29, 04/2001)

☆ WELCOME TO FAST ☆

Please welcome our new and returning swimmers!
This list includes some swimmers from May who were accidentally left out last month (sorry!):

Minnows

Taran Bowman Madeleine Mathisen
Haley Shopp Swami Sundaresan

Novice II

Chris Fox

Age Group

Jessica Bridgewater Brooke Gray
John W McClure Melanie McClure

Natalie Schauwecker

AAG

Patrick Connor April Hall
Will Henderson Kristi McClure
Jessica Schauwecker Brier Steenberge

HS

Hadley Hudson Searcy Kniffen

Seniors

Molly Ward

College

Dana Kizer Kyle Nunez
Melissa Powell

Masters

John C McClure Sally McClure

☆ **UPCOMING EVENTS** ☆

PRACTICE SCHEDULES

As we head into the championships season there may be some nights when a group finishes practice early so the swimmers can be rested for their meets. It is also possible that entire practices will be cancelled for a group if most of the swimmers and the coach will be at a meet. Please be prepared to pick up your swimmer early and check the calendar for pre-scheduled cancellations.

We are trying to minimize our pool use charges. It is very important that all swimmers finish up quickly after practice so we may vacate the building promptly. Also, our coaching staff cannot leave until all swimmers have rides. Please be considerate of them and pick up your child on time.

FAST will take a two-week training break August 10-25. This will give our hard-working swimmers, parents, coaches, and administrators a well-earned rest before starting the fall season.

Wed 4 July	No pm practice - all groups
Fri 12 July	PM Practice is TBA (meet)
Sat 13 July	6-8:30 AM practice at Forest Park for Seniors, AAG, Masters, Age Group

FAST JULY 12-14 MEET

FAST will be hosting the 12 & Under "A" Championships on July 12-14. **Please** plan on helping your team with this meet. Our **Meet Director Kay Watson** would like to get some more people trained to work Clerk of Course, as Timing System Operators, and some of the other more detailed positions. You may catch Kay at the pool, phone her at 817-560-5919, or email her at k.d.watson@att.net to let her know how you can help.

We will need to have somebody with a truck with a Class "C" trailer hitch tow some equipment in the North Texas LSC trailer from Loos Natatorium in Dallas before the meet and return it the Monday following. Please let Kay know if you can help with this. Our LSC-certified equipment operator will need to accompany you on both trips and we will probably need to be at Loos around 5 pm each trip.

☆ **OTHER FAST BUSINESS** ☆

TEAM APPAREL

We want FAST to be showing as much team spirit as possible. This month we will be selling new team T-Shirts for the upcoming Championship meets as well as a couple of new team items. Parents, we are even going to have team T-shirts for you to wear. We would like to see everyone attending the upcoming meets to be wearing complete team attire. Swimmers should plan on wearing team T-shirts or sweats, or warmups on deck. Also, team swimsuits and team caps will be mandatory for the upcoming meets. Check with your coach if you have questions. We would like to get away from the kids on deck wearing just any old shirt or outfit and not looking like a group. So please see **David Slininger** at the FAST Swim Store and pick up your team wear. Please do not wait until the last minute, as team suits may need to be special-ordered. We recommend keeping a spare team cap in your bag at meets -- they have a way of ripping when nervous swimmers are getting ready for their events.

Also, do NOT purchase a "fastskin" bodysuit for your swimmer unless approved in advance by **Head Coach Ron**. These suits are not appropriate for the developing swimmer. Our team policy is that any FAST swimmer wearing these suits without prior permission will be instructed to either change into authorized swimwear or leave the pool.

OFFICIALS NEEDED!

Picture this hypothetical situation: your swimmer has been working hard all season and is on the blocks for their best event at a big meet. Maybe it's the 100 backstroke. The beep sounds and the swimmers begin their race. Your child is clearly in the lead, until the last turn ... and then the second place swimmer rolls over very early, swims several strokes of freestyle and jumps into the lead! After the final turn, your child puts up a mighty effort and swims a best time, but finishes second. The swimmer who cheated was not disqualified, and in fact their time made a time cut that they did not deserve or set a new record.

And you are watching from the stands in amazement that such a thing could be allowed to happen. Your child is standing wearing a silver medal around his neck instead of a gold, and your team does not get the deserved team points. "Somebody" should do something about this!

Hopefully this will never happen at a meet because we have excellent officiating to keep the competition fair for all. But as officials leave the sport, we need to recruit new officials to take their place. Parents -- **please** consider training to become an official. The Fort Worth ISD is also in great need of new officials. It is not difficult, you do not need to be able to swim, and most officials truly enjoy it. Contact any board member if you are interested. Training will be offered early this fall. If we have enough parents interested, we can get a special class set up at WGAC on a convenient schedule.

VOLUNTEER HOURS

Our *Volunteer Hours Coordinator Kathy Kostos* has posted a list on the bulletin board showing the families that have met their March-August requirement of 10 hours of documented service. Please do not wait until the end of the summer to get your hours in. Opportunities will be very scarce in August. A list of approved activities is posted both on the pool bulletin board and on the team website. Most families can fulfill their entire obligation by helping with our July meet and there is plenty of work for all. Remember, if you have a swimmer in the water during three of the six months of March through August, you must either provide ten hours of service or pay an opt-out fee of \$100.

INTERNET RESOURCES

If you haven't checked these out, we encourage you to do so. There is a wealth of information about FAST, the meets we go to, and swimming news in general:

FAST website www.fastswimming.org

- Announcements, "This Week"
- "FAST News" mailing list sign-up
- Newsletters, calendars
- Meet Signups form, Entries reports
- Maps and Directions to pools
- Document archives with board minutes, team records
- "FAST and Friends" bulletin board
- Photo Albums
- Email addresses for coaches, board members

North Texas www.ntswwim.org

- Meet information for all meets hosted in North Texas
- Meet results for all meets hosted in North Texas
- Top 16 reportable times
- Links to "A", "BB", "B/C" time standards and more
- North Texas LSC swimming records
- Links to other teams in Texas

Texas Swimming Assn www.tsaswim.org

- Governing body for TAGS, TSA All*Star meet
- "Best Times" searchable meet results database for ALL USA Swimming meets held in Texas
- Texas and TAGS swimming records
- TAGS and All*Star meet info and results
- TAGS time standards
- Info about Senior Circuit and Sectionals

Texas Senior Swimming

www.texasseniorswimming.org

- Info about Senior Circuit and Sectionals

TISCA

www.tisca.org

- Information about High School swimming in Texas
- District, Regional, and State high school results

USA Swimming

www.usa-swimming.org

North Texas Masters

www.ntmasters.org

- "NT LMSC News" email list
- Calendar of Masters events in the area
- Meet results
- Articles
- Registration forms

US Masters Swimming

www.usms.org

Swim Info

www.swiminfo.com

- Swimming World website

Swim News Online www.swimnews.com

- Swim News website
- International swimming news

☆ **THE COACHES' WATCH** ☆

FROM HEAD COACH RON

Seniors and High School

It's that time again!! That's right, we are getting into the thick of the championship season. The long course season is always so short; it seems like July comes streaking up on us.

After what I considered a sub-par May, I was pleased to see that several of you stepped back to re-evaluate your priorities and training ethics and

re-engaged yourselves in the pursuit of becoming elite level athletes. Many of you are ending June on a much more positive note, with better attendance, and a much higher quality of work done in the last three weeks of the month. Those of you who have turned this around are now putting yourselves back in position to have a highly competitive end to the season with some fine results. I am enforcing the attendance requirements, as some of you found out last month. Let's try to eliminate this problem so it's not an issue again.

As we approach the bigger meets, I would like to remind all that are taking advantage of the "extra" strength and conditioning sessions that I have set up with you outside the normal practice times to remember to stay as close to the schedules that I give out as possible. There is no problem with doing some extra work, but we need to remember that as it gets time to rest or taper down for some of the upcoming meets, that means cutting back on the extra work also. A resting cycle will not work at all if you rest in one area (the pool) but not in the other (the gym). As we get into July, I would really like to see the people doing these sessions to adhere closely to those schedules to be able to put the work you have done to some use (i.e., swimming fast).

Meet-wise, we have Senior Circuit Champs in the middle of the month. From all indications this will be a very fast meet this year, as we have just hit the 24-month green light for the sprint to the 2004 Olympic Trials. This is a meet that is always a big marking point for an athlete preparing for Trials and it is now serious time for the Olympic hopefuls. So let's make sure that you are doing everything you can to put in last minute preparations to swim fast here. Second swims are not guaranteed, and I would really like to see us step up, with everyone together, and do well as a team at this meet. Last year we had to sit back and watch the Woodlands pass us on the last night of finals to take a Senior Circuit banner away from us. It would be very nice to return the favor to them this year.

After that, we head to TAGS. We are back to a fairly large TAGS contingent this year with some very good performers checking in at all the age levels. Again, it would be nice to take a strong team to Austin and have everyone get up and get FAST back into the upper echelon of this meet. As

with Senior Circuit, second swims at TAGS are at a premium, but I would like to see as many FAST caps in the finals as possible this summer.

I would also like to really push anyone that is not going to be attending Senior Nationals to try to qualify for, and attend, the US Southern Zone Championships. Zones is one of the biggest meets in the country and is an excellent stepping stone for swimmers to start moving on to the higher national level meets such as US Open and Nationals. This year, Zones is basically in our back yard in San Antonio, so it would be nice to put lots of FAST swimmers on the North Texas team and to help "Team North Texas" to have a good showing in our home state. I have just received the application forms, and I encourage anyone that is attending Senior Circuit or TAGS and not going on to Fort Lauderdale to apply.

As you continue to work hard, also remember that now is the time to make sure that you are getting the little things right. If you practice your technique and race strategy in workout it will help to make them automatic in a race. Small things many times have a way of having a big impact on the outcome of races, and it is a shame to have a bad race because of an error made that could have been eliminated by practice before the meet.

We had a cool June, but July seems like it is ready to heat up. We have discussed the importance of staying completely hydrated many times and also the amount of fluids that you must consume daily to allow your muscles to perform at maximum. If you start to become dehydrated, it can have a snowball effect that will continue to keep you from being able to perform for a long period of time. Also, try to stay out of the sun. A tan may look good, but it is not going to help you swim fast as the sun can drain you of energy.

Good luck to **Ron Cowen** this month. Ron is leaving July 17 to compete in the Commonwealth Games in Manchester, UK. The swimming portion of the Games is July 26-31. I am sure that Ron will represent both FAST and Bermuda well.

Finally, I want to wish everyone good luck at all the championship meets that are coming up this month, whether it be B/C Champs, BB Champs, A Champs, TAGS or Senior Circuit Champs. Go FAST!!!

The Seniors "Swimmer of the Month" is **Sarah Watson**. Sarah has just moved into the group this season, but she has not wasted any time. Sarah is exploding to the top of the group and she has done it with a great attitude, being at workout and a willingness to work VERY hard when she is here. Sarah is quickly turning herself into a true national caliber swimmer and continued work in this fashion will prove it very soon. Keep up the great work, Sarah!

"Swimmer of the Month" for the High School group is **Bill Watson**. Like his sister, Bill has an outstanding work ethic and a great attitude toward improvement. He is diligent in working on his technique and always is pushing himself to his limit on the hard sets (even after a hard day at work!) Keep up the good work, Bill!

FROM COACH DAVE G

Advanced Age Group

Well, we are halfway through our long course season. It is time to really bear down and do some hard work. The harder you work now, the bigger the payoff will be at our championship meets. Even if you are tired and sore now, don't take time off. Remember "Mr. Pain." He is your friend. I am looking forward to the end of this month for some really fast swims.

"Swimmer of the Month" for Advanced Age Group is **Mark Brickey**. Congratulations!

FROM COACH JASON

Novice II

Summer is in full swing. We are focusing on stroke technique mixed with endurance training for the remainder of the summer. Please make sure that you attend at least 4 practices a week and practice all the drills not only while at FAST practice but at your other practices too if you are swimming YMCA or country club.

If you are swimming at any meets you will need to have a FAST team suit and a FAST swimcap (if you wear one.) No suit, no cap, you will not swim in the meet. This is to make you a part of the winning tradition here at FAST. Keep up the good work and practice your technique.

The "Swimmer of the Month" for Novice II is **Melissa Baumann**. She attends all practices and works really hard on her stroke technique every

time she pushes off the wall. Keep up the good work!

Age Group

You are all doing a tremendous job so far this summer. We need to think about a major goal that I have set for you. TAGS!!!! My goal is to take a group of swimmers from Age Group to TAGS. All of you have the potential to do so; it is just believing in yourself to do it. You are putting in the hard work; all you need to do now is to focus on your goals.

We are a team so in order for the rest of the swim clubs to notice that, you will need to wear your FAST team apparel at the meets. I am asking you to do the following at future meets: We need to all sit together as a team at meets, cheer each other on during competition, wear team apparel and try a little harder during hard sets at practices.

I would like to see an attendance boost for the rest of the summer at morning and afternoon practices. Remember: what I do today is a result of a thousand yesterdays! Lets go and achieve your goals.

Age Group's "Swimmer of the Month" is **Colin Shopp**. He always puts forth the effort and asks if he can do more in the water. He always does what I ask and never questions. It is swimmers like him that make FAST #1. Great job, Colin.

THE MASTERS LANE

The Masters group is doing nicely under **Coach Dave Tyler's** direction. The swimmers warm-up until 6:30 pm, then start the main sets together as a group. The Masters also have morning practice available at Forest Park on M-W-F. We encourage parents on our team to join our group and/or tell your adult friends about us.

The July Masters meet at SMU is a great chance for our swimmers to see the results of all their hard work in the pool. It is a very good meet for first-time competitors. We would like to get a group to go to the meet. Most events are contested Saturday morning, leaving time for a team social lunch afterwards. See Coach Dave T if you are interested. Meet info is on the pool bulletin board and on the North Texas Masters website.

Masters Meets:		
Jul	19-20	DAM LCM meet @ SMU
Aug	3-4	Zone Champs @ The Woodlands

☆ **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. You can also register your Preferred Savings card at www.schoolpop.com so that FAST receives a donation with each Albertsons purchase. The card may be scanned at any time until you pay for your purchases. If you would like another Community Partners card, please contact **Jennifer Blevins**.

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.

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 **24** 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 entries/scratches must be submitted via our new Meet Signup form on the FAST website, in writing or email to the team. The web form is our preference. Verbal notification is not sufficient.

USA Swimming Meets:

Jul	A Championships:
12-14	12 & Under @ FAST-WGAC
11-14	13 & Over @ NTN
18-21	Sectional Champs @ TXA-Austin
19-21	BB Champs @ COPS-Oakpoint
24-28	TAGS @ TXA-Austin
27-28	B/C Champs @ SWAT
Jul 30-Aug 4	Southern Zones @ San Antonio
Aug 14-17	P66 National Championships @ Fort Lauderdale, FL

☆ **RANDOM SWIM QUOTES** ☆

It's impossible to accomplish anything worthwhile without the help of other people.

You can always find time to do the things you really want to do.

Breathing is essential for life -- but not for the 50 Freestyle

"We are what we repeatedly do. Excellence, then is not an act, but a habit." -- Aristotle