



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 14 NUMBER 8 DECEMBER 2002

* BY THE NUMBERS *

Total FAST Membership: 174

Minnows	18	High School	13
Novice I	19	Nolan	19
Novice II	14	Country Day	-
Age Group	33	College	-
AAG	26	Masters	14
Seniors	17	Medical	1

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 *

Congratulations to our new team record-holders! Parents and swimmers, if you find an error in our records please let us know. We miss a few records from time to time. Some of the records below were set earlier and were not previously recognized.

Girls 10 & Under

500y Free Emily Valdez 6:53.43
 (old record 7:05.81, E.Valdez, 10/2002)
 (old record 7:11.13, E.Valdez, 03/2002)

200y Medley Relay 2:37.63
(E.Valdez, Kelsey Funderburk, M.McClure, R.Neville)
 (old record 2:53.09, 02/2002
 (E.Valdez, R.Neville, K.Funderburk, M.McTaggart))

Girls 15-18

500y Free Amanda Blevins 5:02.20
 (old record 5:04.05, E.Wehrmann, 12/1999)

100y Breast Amanda Blevins 1:09.53
 (old record 1:10.19, T.Griffith, 12/1998)

200y Breast Katie Lowry 2:30.61
 (old record 2:34.77, T.Griffith, 12/1998)

400y Medley Relay 4:12.84
(K.Lowry, M.Bishop, G.Steenberge, A.Blevins)
 (old record 4:13.89, 11/2001
 (E.McGowan, M.Bishop, E.Wehrmann, J.Conley))

Boys 8 & Under
100y Back David Funderburk 1:44.45

100y Breast David Funderburk 1:53.86
 (old record 2:04.53, D.Funderburk, 01/2002)

Boys 11-12
200y Fly Or Barak 2:42.54
 (old record 2:51.41, C.Shopp, 07/2002)

* WELCOME TO FAST *

Please welcome our new and returning swimmers:

Minnows	Kaitlyn Ballard	Katherine Hughes
	Tamara Mejia	
Novice II	Drue Pope	Drew Schneider
Age Group	Sara Seidel	
AAG	Christian Holley	
HS	Laura Olson	Ryan Lilly
Nolan	Lauren Allen	Callie Baker
	Mandy Carroll	Ashley Cooper
	Ashley Glisson	Charlie Kleuser
	Daniel Henscheid	James Le
	Colin Peeler	Jessica Terry

*** UPCOMING EVENTS ***

TEAM JANUARY TRAVEL MEET

Signup sheets are on the bulletin board at the pool, along with additional information. If you want to go, you need to sign up by December 8. We will determine if participation is sufficient at that time. No FAST swimmers will attend the meet unless we have 45 swimmers aged 11 or older signed up to ride on the bus.

CHRISTMAS BANQUET

The holidays are nearing and that means that it is almost time for our annual FAST Christmas Banquet. This year's banquet is scheduled for Monday, December 9th starting at 5:30 p.m. Please plan on attending and spending some holiday time with your FAST family. Due to the popularity of the Silent Auction we held at last year's Christmas party, we are going to plan on holding it again this year. If you have something that you would like to donate to the auction, please contact *Mark Verdeyen*.

Also, we will need lots of volunteers to help get the banquet planned and set up. This is a great way to get some volunteer hours put in, so please contact any board member if you can help with the Banquet in any way. Clean-up helpers are also needed.

The banquet will be the same as in the past few years -- a potluck -- and we are asking everyone to please bring a side dish or dessert. For those who prefer, we will accept a cash contribution to help pay expenses. FAST will supply the ham, turkey and beverages.

SWIM STORE NEWS

We can order Speedo backpacks for a great price of \$55. These popular items come in many colors. Order now for Christmas. We also have new fun team T-shirts ... come by the store and check them out. The swim store is usually open the same days that we do tryouts for new swimmers -- Tuesdays -- unless there is a FWISD high school meet that evening.

*** OTHER FAST BUSINESS ***

SWIMMER POLLS

North Texas Swimming would like to get the opinions of the swimmers about the annual Athlete Recognition Banquet and more. Be sure to visit <http://www.ntswim.org> and vote! This is a great chance to let your athlete representatives know what you want.

PRACTICE CANCELS

M	Dec	9	No pm practice	FAST party
Th	Dec	12	Seniors, HS	HS meet
Fri	Dec	13	AAG, Masters	HS meet
M-W	Dec	23-25	All Groups	Holiday
M-Tu	Dec	30-31	All Groups	Holiday
W	Jan	1	All Groups	Holiday
Th	Jan	9	Novice II, Age Group	HS meet
Mon	Jan	13	Minnows, Novice I, Masters	HS meet
Th	Jan	16	Seniors, HS	HS meet

*** THE COACHES' WATCH ***

FROM HEAD COACH RON

Seniors and High School

The short course season continues to roll right along. What you do in the next 30-40 days will have a great impact on what will happen at the big meets in February and March.

This month has a definite split to it. The first part of the month will have us looking to do some fast swimming as we head to some large mid-season meets such as COR and Kerr-McGee. In the last part of the month and the beginning of January we will start to take on a definite emphasis on training and training hard. I will expect all of the swimmers to do everything to the best of their ability and with a high level of intensity.

Every year we get to a part of Christmas training where you need to accept the fact that you are going to get tired and worn out to some degree. However, there needs to be more of a willingness to accept the difficult workouts in the water and do them the best you can. This is exactly the time that we see how the end of the season might turn out. Some people will do their best during training camp to ignore what their bodies are saying to them and they will push that little bit extra. This is what great champions are able to do. They realize that pushing themselves to their limit both physically and mentally during a week of practice gives them an

edge over the other people they compete against because they know that no one else has done what they have done. This gives confidence when it is needed at race time. Also, they already know when an ultimate effort may be needed to do something such as break a world record or win a gold medal, and they have already experienced such an effort. Trying to pull such an effort out at race time when you have no frame of reference to do so will only end in a result that is probably below expectations.

Getting through the tough spots in practice is what will give you the stamina and willpower to get through the tough spots in races. It sometimes comes down to guts and willpower, both mentally and physically.

Let's also remember this month again about the small stuff that can end up being big stuff:

The weather is colder now, so I want to see everyone wearing proper attire, especially footwear. When it is 30-40 degrees outside, flip-flops or sandals with no socks are not an intelligent option. You should be wearing hats if it gets cold. Having wet hair outside after practice is a great way to get yourself sick if not covered up. Your body will be under enough stress as it is without getting chilled too.

I am insisting right now that everyone have his or her own water bottle from now on. I do not want to see ANY sharing of water bottles from this point on. Bring your own and avoid getting each other sick. If you are all sharing things it is a great way for the cold or flu to affect everyone in the group. And remember, just because it is colder, it does not mean that your body will not be using fluids just as much as in the summer. When we get into harder training, your body will still be losing just as much fluid as if it were mid-July -- maybe even more so at some workouts.

Now is a good time to review your times and see what you need to shoot for at the upcoming meets and then re-evaluate if you made a certain time standard that you were shooting for or were off it after this round of meets. You will then have a better idea of how much work you will have to accomplish in the coming months to achieve or surpass your goals for the season.

Finally, I want to wish everyone the best for the holidays and to have a Merry Christmas and a

Happy New Year! (I hope you are not too sore to enjoy them.)

The "Swimmer of the Month" for Seniors is **Mandy Blevins**. After what I considered a slow start for her at the beginning of the season, she really picked up her training. That resulted in some very nice unrested swims at the recent World Cup in New York. She is quite simply out-training the rest of the group right now, which is how it is done when trying to reach/stay at an elite level. Now she seems ready to turn in some more fast swims as we head into the mid-season meets in December. Keep it up Mandy!

The High School "Swimmer of the Month" is **Keaton Tucker**. Keaton has really been working hard in order to improve his strokes and to gain more endurance needed to finish his races effectively. He has qualified for some of the bigger meets coming up. With continued hard work, he will qualify for some of the larger meets held at the end of the season. Keep up the good work Keaton!

FROM COACH DAVE

Advanced Age Group

Every month I talk about what you should be doing or focusing on to have a good season. This month I want to talk about the "Bigger Picture". It is my job, and hopefully your goal, to not only swim well now but also to put yourself into a position to accomplish bigger and better things than getting "A" times or TAGS times. What are your long-term goals? Do you want to swim in college? Get a scholarship? Participate in regional and national meets? If you answered "yes" to any of these questions then what are you doing to achieve your goals? Advanced Age Group is the right path to get there, but it is not the end of the journey -- only one important step. Some of you have the times, some of you have the right work ethic, some of you have the physical abilities, and others have the mental toughness to get to the next step, which is the Seniors group. But which of you are willing to make the sacrifices needed to put all of these attributes together? Do you swim well in meets, work hard in practice every day and every set, put forth that extra effort to make every workout count, and block out outside influences to remain focused on your goals? If you do, and only when you do, will you be able to take that next step. Remember

that I will be behind you pushing you all of the way. It's your decision.

"Swimmers of the Month" for Advanced Age Group are *Kelsie Koke, Bradley Lowry, Erica Hall, Chris Slininger, Mark Brickey* and *Jesse Booher* for making Kerr-McGee qualifying times. I hope I didn't miss anyone.

FROM COACH JASON
Age Group and Novice II

WOW! It's the end of the year already! I just remember it being January. With that in mind, swimmers need to start focusing more on their goals and workouts. Everyone in both groups had significant time drops at the last meet. I am so proud of all of you and I expect to see you working harder to achieve those goals we talked about. **YOU CAN DO IT!**

With the week that we have off for Christmas, I would like for the swimmers to enjoy the holidays and also do dryland exercises. Parents, that doesn't mean that every day they do these things, but every other day would be nice. The exercises that they need to do are: 10 pushups and 100 crunches for 6 sets; 40 squats, and 45 standing lunges for each leg. Running is also important to keep the heart rate up to par. If they could please do these things that will ensure their success.

The "Swimmers of the Month" in Novice 2 are *Greg Pfaff* and *Chantel Rodela*. Both of these swimmers have had great attendance and had a great meet at MARS. Way to go, you two!

Age Group's "Swimmers of the Month" are *Tyler Danek* and *Ashley Freeman*. Tyler has made some very significant progressions in his training and has started leading the lane. If there were an award for most positive attitude, Ashley Freeman would take this award. Along with the positive attitude she is always at practice and always gives that 110% I ask for. Great job, you guys.

FROM COACH JANET
Minnows and Novice I

It was a fun meet in November. I look forward to the meet at GCAT on December 14-15. Let's all swim and have fun before our Christmas break.

We will be doing "drylands" -- exercises out of the water, maybe outdoors -- on Wednesday

December the 18th. Remember to have running shoes, shorts, and T-shirts **in addition** to your usual swim stuff.

I'd like to wish all of the swimmers a wonderful holiday season with family and friends.

Our Minnows "Swimmer of the Month" is *Madeleine Marcos*. Madeleine is swimming well at meets and comes to practice ready to swim anything. Thank-you, Madeline for being such a willing swimmer.

Novice I's "Swimmer of the Month" is *Haley Shopp*. Haley is always ready to improve her strokes and apply new technique. Thank-you Haley for working hard.

COACH JOSH'S MASTERS LANE

Everyone is swimming very well so far this season and I am pleased with the progress of the group. We have added a few new swimmers and the group is growing by leaps and bounds! I look forward to continuing on with the training momentum into the Christmas holidays, and I hope that everyone has a happy and safe break

Masters Meets:

Dec 21	Christmas Relays @ SMU-Perkins
Feb 28-Mar 1	SCY Invitational @ SMU-Perkins
Mar 15	SCY Invitational @ Plano-Oakpoint
April TBA	Zones Champs (SCY) @ San Antonio-Josh Davis
July TBA	Zones Champs (LCM) @ SMU-Barr



Some of our youngest swimmers came out to help cheer on the TCU swim team, see some fast races,

and do a special synchronized kickboard drill with American flags during the National Anthem. They also had a little fun!

*** 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>

*** MEET SCHEDULES ***

USA Swimming Meets:

- Dec 5-7 U.S. Open @ Minneapolis, MN
- Dec 6-8 "A" meet @ COR-Loos Natatorium
- Dec 14-15 "BB/B/C" meet @ GCAT
- Dec 19-22 Kerr-McGee Elite Meet @ OK City

- Jan 4-5 TSA All*Star Meet @ Midland, TX
- Jan 10-12 Indian Invitational @ Monroe, LA
- Jan 10-12 "A" meet @ LAC-LISD
- Jan 17-19 "BB/B/C" meet @ DM-Loos
- Jan 25-26 HS District meets (location varies)
- Jan 31-Feb 1 HS Regional meets (location varies)

- Feb 7-9 "A" Greater S/W @ COPS-Loos
- Feb 14-15 HS State meet @ UT Austin

- Feb 14-16 "BB/B/C" meet @ GCAT
- Feb 20-23 "A" Champs @ NTN/ATAC-CISD
- Feb 20-23 Sectional Champs @ Texas A&M
- Feb 28-Mar 2 "BB/B/C" Champs @ MARS

- Mar 6-8 American SCY Champs @ Austin
- Mar 6-9 TAGS Champs @ Texas A&M

- Apr 1-5 PhillipsConoco Senior Nationals @ Indianapolis

*** 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.

Swimmers who leave FAST temporarily must re-activate through our Pool Parent on a "tryout" night. While an in-water tryout may not be needed if the absence has been relatively short, the parents still **MUST** complete new paperwork including paying training fees before the swimmer will be allowed back in the water.

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.