



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 15 NUMBER 1 & 2 MAY/JUNE 2003

* BY THE NUMBERS *

Total FAST Membership: 153

Minnows	14	High School	15
Novice I	15	Nolan	0
Novice II	17	Country Day	0
Age Group	33	College	-
AAG	27	Masters	12
Seniors	19	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 *

These new team records were set at FAST 12&Under "A/BB" Sprint meet, GCAT May 9-11 "BB/B/C" Invitational, and the DM May 9-11 "A/BB" 12 & Under Invitational. Congratulations go to our swimmers for some fine performances.

Girls 8&Under

100y Free Relay 1:29.78
(L.Bennett, T.Smith, E.Michan, M.Marcos)
(old record 1:32.11, 05/1997
(A.Kiel, J.McDowell, K.Esteves, B.Bradford))

Girls 10&Under

400m Free Emily Valdez 5:53.92
(old record 6:17.51, K.Higginbotham, 06/1993)

50m Breast Natalie Schauwecker :45.54
(old record :45.93, E.Wehrmann, 04/1994)

200m Free Relay 2:31.70
(N.Schauwecker, E.Valdez, S.Manning, M.McClure)
(no old record)

200m Medley Relay 2:52.30
(M.McClure, N.Schauwecker, E.Valdez, S.Manning)
(no old record)

Girls 11-12

400y IM Remy Neville 6:22.27
(old record 6:48.00, M.McTaggart, 05/2003)
(old record 6:48.95, M.McTaggart, 12/2002)

* WELCOME TO FAST *

Please welcome our new and returning swimmers:

Novice 1	Kelli Bartlett Chandler Beeson Taylor Smith
Novice 2	Lizzy Rose
AAG	Patrick Dwyer
Seniors	Kendrick Goldsmith
High School	Jacqueline Conley Daniel Dunn
Masters	Susan Schneider

* CHEVRONS EARNED *

Chevrons are a lifetime first achievement of a given time standard in a given stroke. Congratulations to these swimmers for their progress up the ladder of swimming success. These chevrons were earned in the following swim meets:

Apr 26 FAST "A/BB" 12 & U Sprint Invitational
May 9-11 GCAT "BB/B/C" Invitational
May 9-11 DM "A/BB" 12 & U Invitational
May 16-18 FAST "A/BB" 13 & O Invitational

“B” Chevrons

Freestyle	Alexus Williams
Backstroke	Sarah Manning Alexandria Newcomb Rachel Turnwall
Breaststroke	Alexus Williams Clark Navidad Alexandria Newcomb Rebecca Russell Shayda Shah-Hosseini
Ind Medley	Alexandria Newcomb Laura Willis

“BB” Chevrons

Freestyle	Mike Collins
Backstroke	Melissa Baumann Sarah Manning
Breaststroke	Melissa Baumann Shayda Shah-Hosseini
Ind Medley	Melissa Baumann

“A” Chevrons

Freestyle	Nicole Danek Kendrick Goldsmith Ryan Lilly Cole Schlittler
Backstroke	Bradley Lowry Sarah Manning
Breaststroke	Karoline Frano

“AA” Chevrons

Freestyle	Ryan Lilly Emily Valdez
Backstroke	Emily Valdez
Ind Medley	Emily Valdez

*** UPCOMING EVENTS ***

JOSH DAVIS CLINIC

FAST is bringing *Josh Davis* to Fort Worth to conduct a stroke clinic on Monday June 9th, starting at 3:00 p.m. Josh is an Olympic Gold medalist and USA Men's Olympic Team Captain. The clinic will be held at Forest Park. Josh will do technique work, in-water demonstrations and be giving a motivational talk to the swimmers. Also, there will be snacks provided as well as goodie bags for the kids who attend.

Josh is considered one of the best stroke clinicians USA Swimming has to offer and is a true ambassador for the sport.

If you are interested in signing up for the Josh Davis stroke clinic, please contact **Coach Ron** at (817) 874-5655 or email coachron@charter.net.

The cost of the clinic is \$50.00 and you can sign up in advance or at the door at the day of the clinic.

Also, plans are for **D&J Sports** to set up a booth at the stroke clinic. They will have samples of merchandise that can be purchased with our logo: cap, parka, sweats, etc. We will be able to take orders for those special items at the clinic.

SUMMER SCHEDULES

Current plans are that the only group whose evening practice schedule will change during the summer is Coach Ron's Seniors group. They will follow the same schedule as last summer, starting at 3:30 pm. All other groups will keep their current evening times.

Morning workout schedules and locations go into effect June 2.

Seniors	6:30-8:30 am	Forest Park	MTuWThF
AAG	6:30-8:30 am	Forest Park	MTuWTh
Age Group	7-8:30 am	Forest Park	M F
Masters	5:30-7 am	Lockheed	MTuWThF
HS	5:30-7 am	Lockheed	TuThF
TCU College	5:30-7 am	Lockheed	See coach

SUMMER LOCKHEED PRACTICES

FAST will be offering weekday morning practices this summer at the Lockheed Martin Recreation Association (LMRA) for the Masters, High School, and TCU College groups. We look forward to lots of lanespace this summer, plus we hope to bring new swimmers into our terrific sport through the LMRA Masters discounted offering for LMRA members.

Coach Lena Darnell will be on deck beginning June 2 to coach all groups at the LMRA pool. Lena is a graduate assistant coach at TCU and has diverse experience as a coach in both swimming and water polo and as a standout competitor. She has a degree in Kinesiology and won WAC scholar athlete awards the four years of her collegiate swimming career at Fresno State.

LMRA is at 3400 Bryant Irvin in southwest Fort Worth just north of I-20 and SH 183, south of the Trinity River. You will need to inform the guard that you are there for swim team practice.

We are very pleased to begin this partnership with LMRA. Please be mindful that first impressions are lasting impressions and that our

contract is only for use of the swimming pool area and only during the scheduled FAST practices.

Also, another area swim team makes use of the LMRA pool and will be having practice immediately following FAST's. The other team has first rights to this facility and our use of the pool depends on peaceful co-existence without infringing on them. Thanks for your cooperation.

SENIORS GARAGE SALE

The Seniors group is having a garage sale on Saturday 14 June at the Bishop residence. All proceeds will go to the Seniors group travel fund. We would like to encourage members of other groups to either donate or purchase sale items to help our team. Any donations may be brought to the pool on Wednesday or Thursday June 11-12 between 5:15 and 6 pm. If you have large items to donate, please contact **Meredith Bishop** at 817-496-3779 to arrange for pick-up. FAST is an IRS 501(c)(3) non-profit organization and we can give a receipt for donations. A signup sheet for the Seniors group (only) will be posted soon.

*** OTHER FAST BUSINESS ***

FAST MEETS THANK-YOU

Our *Meet Director Suzanne Dwyer* would like to give a big "Thank-you" to all who helped make our first two swim meets of the year a big success.

We will possibly be hosting our July 11-13 12 & Under "A" Champs / TAGS-"Q" meet at another pool. We will provide more information as soon as possible.

*** THE COACHES' WATCH ***

FROM HEAD COACH RON

**FAST Program Director
Seniors, High School**

We now enter the month of June and are preparing for some of the larger meets of the season. Some meets take place at the end of this month and our championship meets are now only about 6 weeks down the road.

During May, I saw a large number of people fail to do what is required of them to perform at a

level of a Seniors group of FAST's potential and caliber. For people aspiring to be serious athletes, I hope that you give some consideration to the following points.

Simply put, we have had great success over the past while and I think that some people may have been sitting on the laurels of success for too long now and forgotten how success is achieved.

First, the basic mindset of the group must return to one of a more professional nature. Right now, there are too many people that are thinking and training at barely an age group swimmer's level. To compete at a Junior National, much less a Senior National level (or higher), you need to "walk the walk", so to speak, every day. Things like stretching, staying late for strength work (when able) and other things we have done a much better job on in the past are not being done now.

Group-wide, work ethic and attendance is not acceptable at this point. People have been skipping too many workouts for unacceptable reasons. If social functions have become a bigger priority than swimming, then we need to address this and place you in a position that will not compromise our team's upper level goals, and allow you the freedom you may require.

The work ethic attitude right now, across the board, seems to be one of "Let's see who can do the minimum amount" during practice. There are many people in the group that are nowhere near the physical condition they were in 12 months ago due to doing the minimum amounts in practice and generally not chasing improvement very hard. Some are complaining of being tired and broken down, yet we are doing fewer meters now (and with swimmers going on slower pace times due to inability of swimmers to make paces) and with less intensity than at this point 1 year ago. Yes, I DO keep all workouts so I know this to be correct. If being broken down is not being used as an excuse (for some this is true) not to perform, then some people should be very concerned with their level of fitness.

A good example is the lactate sets. They have been a hollow shell of the performances turned in at this point last year. Again, both work levels and swimmers not giving 100% on these sets are jeopardizing end of season results.

Practice is where your meet performances come from. If you look at practices and sets in practice as challenges to your will and desire to improve, if you take every set as another chance to be one step closer to that cut you want, that swimmer you always want to beat, that final you want to make or that race you have yet to win, then you will find that you can live to the expectations you have set for yourself. Because you have prepared for the challenges ahead. If you are looking at sets as just something to get through with the least amount of effort, or that a hard set is some sort of punishment, then you probably need to re-think your role in this sport as your ability to improve has probably stalled with this mindset.

The fact of the matter is that hard work and dedication is what got most of you to the spot where you are. It is hard work and dedication that will get you the rest of the way and continue your progress.

And as individual swimmers, it will be up to you to take the challenge to improve, and to push your teammates to do so also. It is much easier for everyone to excel at difficult moments if they know that a teammate next to them is pushing themselves to the limit to improve also. It is much harder to go hard during a set if you know someone (especially if that person is faster than you) is in the next lane slacking a set because they don't like to work hard and are planning on relying on their talent to pull them through at meets. Please believe me, relying on talent is relying on the law of diminishing returns. It can only get you so far. The swimming world is filled with athletes that are very good but who would be on par with the world's elite if they used both their talent and cultured better work ethics. The best in the world do this.

Hopefully, the competitive desire not to lose will take over. And if someone is not displaying this commitment, no matter what level they are at, push your teammates to improve themselves.

Consider this your wake-up call. Some will consider these things and attend to them and will be able to salvage a successful season. Some will continue to stick their heads in the sand and at the end of the season will not have improved from last year, or will have events that are slower. And there is NO ONE in this group that is at the point that they can't improve over last season's results. Hopefully everyone will heed the wake up call. For

the ones that don't, they can come back and read this edition of the newsletter again to find out why.

FROM COACH DAVE

Advanced Age Group

I am very happy with the progress the group has made. Not only have you overcome your hatred for running but also I think some of you might have even learned to tolerate it. We only have about 3 meets this season which will allow us to do a lot of training. You may feel slow in the water, a little sore and even a little tired but it will pay off. Keep up the good work. Remember to look over our calendar so you can plan ahead. This will be very important.

Also remember to plan ahead for double workouts: more food, more sleep and more stretching. Our goals for this summer are to take a large group to TAGS and win a flag and get some more Sectional times. You have started off the season right, don't lose focus now.

I am very excited about the summer season. We may not have a lot of meets, but we can get a lot accomplished. I am very pleased with our meets so far. We had about 56 % best times. Swimmers who had the most points in their age group for the meets were : **Shannon Dwyer, Erica Hall, Danielle Mauer, Bradley Lowry, and Chris Slininger**. Swimmers who dropped the most time in their age group for the meets were: **Jessica Schauwecker, Savannah Ware, Cody Patrick, and Adam Pfaff**. Congratulations.

Remember TAGS. Everyone is working hard when they come to practice, but for the month of May overall we only had 56% attendance. Only 8 swimmers had attendance over 70%. This is not acceptable. You can't get better if you don't come to practice. I expect to see everyone at every practice. That's 10 practices a week. You need to make the commitment and effort to get to practice.

"Swimmers of the Month" for Advanced Age Group are **Bradley Lowry** -- congratulations on being invited to practice with the Seniors -- and **Chris Slininger**. Keep up the good work, guys.

FROM COACH JANET

Minnows and Novice I

Please send water bottles with your swimmers that they can bring on deck, at both

practice and meets. They are working hard, it is warm and humid, and they need to replace lost fluids. Plain cool water is best.

I hope to see a good turnout for the Josh Davis Clinic, June 9 at Forest Park, 3-7 pm. I have been privileged to hear him, and even though he is an Olympic Gold medalist, he appeals to all ages.

Minnows "Swimmer of the Month" is **Trisha Freeman**. Trisha tries hard in practice, and is always willing and happy to pick up the equipment. Thank-you, Trisha, for your hard work and for your help!

Kayla Holiday is the "Swimmer of the Month" for Novice I. Kayla finds out what the set is each day, then gets in and goes to work, getting her workout done. Thank you Kayla for working at your swimming every day at practice!

THE MASTERS LANE

Summer is here and that brings extra lanespace. Now that school is out, FAST can start some groups a little earlier in the evening so not as many swimmers are in the water during the Masters practices. Morning practices are available to the Masters at the LMRA pool weekdays 5:30-7 am, June through August. Besides being able to swim outdoors for a change, the morning practice can either allow you to swim doubles or leave your evenings free for summer fun. **Lena Darnell** will be coaching the morning practices. We hope you take advantage of this opportunity.

The South Central Zones Champs meet will be hosted at SMU August 1-3. This is a suitable goal meet for Masters to focus training toward.

See you at the pool.

Jul 17-20	Senior Circuit Champs @ U.Texas
Jul 18-20	"BB" LCM Champs @ COPS-Oak Point
Jul 23-27	TAGS LCM Championships @ U.Texas
Jul 25-26	"B/C" SCY Championships @ LAC-LISD
Jul 30-Aug 3	Texas Senior Champs/Sectionals @ GCAT-CISD Aquatics Center
Jul 30-Aug 3	Southern Zone Championships @ ISHOF, Fort Lauderdale, FL
Aug 1-17	Pan-Am Games, Dominican Republic
Aug 5-9	Senior Nationals @ College Park, MD

*** 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 reactivate 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 **Laurie Seidel** at treasurer@fastswimming.org or leave a note in the "Treasurer" folder in the file cabinets at the pool.

*** MEET SCHEDULES ***

USA Swimming Meets:

Jun 6-8	Senior Circuit #2 @ DM-SMU
Jun 6-8	"BB/B/C" SCY @ GCAT
Jun 13-15	"A/BB" LCM 12&Under @ COPS
Jun 20-22	"A/BB" LCM 13&Over @ ATAC/NTN
Jun 27-29	Senior Circuit #3 @ Texas A&M
Jun 28-29	"BB/B/C" SCY @ SWAT-Duncanville
July 4-6	International All*Star Age Group Meet
Jul 10-13	"A" LCM Champs/TAGS-Q 12&Under @ FAST-? 13&Over @ NTN-ATAC
Jul 10-13	Janet Evans Inv @ Los Angeles

LEARN TO SWIM LESSONS:

If you have a child or know of a child who would like to learn how to swim, please contact

Coach Shea: 817-921-8657 lessons@fastswimming.org	Head Coach Ron: 817-874-5655 coachron@fastswimming.org
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Referrals from FAST members are our best source of new swimmers to be the future of our team!