



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 15 NUMBER 9 JANUARY 2004

* BY THE NUMBERS *

Total FAST Membership: 169

Minnows	18	High School	12
Novice I	18	Country Day	17
Novice II	21	College	0
Age Group	27	Masters	17
AAG	27	Medical	0
Seniors	12		

Telephone FAST 817-874-5655 (mobile)
 Treasurer 817-426-3413

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

* WELCOME TO FAST *

Please welcome our new swimmers, particularly the Fort Worth Country Day School swim team.

Minnows Nathaniel Robbins

HS Jana Bradshaw

Country Day

Hillary E Bass	Lauren Brants
Natalie Buis	Chelsea Carptenter
Kristen Carter	Crystal Curtis
Margaret Fuller	Eva Gallegos
Jacquelyn Guzman	Mayra Hernandez
Marley Beasley	Avery Kelly
Kathryn Lattimore	Leecy Moore
Elizabeth Reimer	Allison Tabor
Kylie Vincent	

* NEW TEAM RECORDS *

Congratulations to these swimmers who have set broken FAST, LSC, and State records!

Girls 8 & Under

100y Free Relay 1:19.09
(M.Mullins, K.Mucher, L.Bennett, M.Marcos)
 (old record 1:19.80, 10/2003)

(M.Marcos, L.Bennett, M.Mullins, E.Michan))

Girls 10 & Under

100y Breast Natalie Schauwecker 1:22.67
 (old record 1:23.03, E.Wehrmann, 03/1995)

Girls 11-12

400y IM Shannon Dwyer 5:15.82
 (old record 6:22.27, R.Neville, 05/2003)

Girls 15-18

50y Free D.Vollmer :22.67
 (ties FAST record :22.67, D.Vollmer, 12/2002)
 (ties NT LSC 15-16 record :22.67, D.Vollmer, 12/2002)
 (ties Texas 15-16 record :22.67, D.Vollmer, 12/2002)
 (ties Texas 15-18 record :22.67, D.Vollmer, 12/2002)

50m Free Dana Vollmer :25.89

(old FAST record :25.90, D.Vollmer, 07/2003)
 (old NT LSC 15-16 record :25.90, D.Vollmer, 07/2003)
 (old Texas 15-16 record :25.90, D.Vollmer, 07/2003)
 (old Texas 15-18 record :25.90, D.Vollmer, 07/2003)

100y Free Dana Vollmer :49.07

(old FAST record :49.44, D.Vollmer, 03/2003)
 (old NT LSC 15-16 record :49.44, D.Vollmer, 03/2003)
 (old Texas 15-16 record :49.44, D.Vollmer, 03/2003)
 (old Texas 15-18 record :49.37, J.Sterkel, 03/1980)

200y Free Dana Vollmer 1:45.37

(old FAST record 1:48.27, D.Vollmer, 12/2002)
 (old NT LSC 15-16 record 1:46.93, C.Hansen, 02/2002)
 (old Texas 15-16 record 1:46.93, C.Hansen, 02/2002)
 (old Texas 15-18 record 1:46.93, C.Hansen, 02/2002)

100y Back Dana Vollmer :55.29

(old FAST record :55.56, D.Vollmer, prelims)
 (old FAST record :57.22, S.Watson, 12/2002)

100y Fly Dana Vollmer :53.10

(old FAST record :53.51, D.Vollmer, 03/2003)
 (old NT LSC 15-16 record :53.51, D.Vollmer, 03/2003)
 (old Texas 15-16 record :53.51, D.Vollmer, 03/2003)
 (old Texas 15-18 record :53.51, D.Vollmer, 03/2003)

200y Medley Relay 1:50.48

(D.Vollmer, K.Lowry, G.Steenberge, A.Browning)

(old FAST record 1:52.96, 02/2003
(S.Watson, M.Bishop, D.Vollmer, A.Browning))

Girls Open

50y Free **D.Vollmer** **:22.67**
(ties FAST record :22.67, D.Vollmer, 12/2002)

50m Free **Dana Vollmer** **:25.89**
(old FAST record :25.90, D.Vollmer, 07/2003)

100y Free **Dana Vollmer** **:49.07**
(old FAST record :49.44, D.Vollmer, 03/2003)

200y Free **Dana Vollmer** **1:45.37**
(old FAST record 1:48.27, D.Vollmer, 12/2002)

100y Back **Dana Vollmer** **:55.29**
(old FAST record :55.56, D.Vollmer, prelims)
(old FAST record :57.22, S.Watson, 12/2002)

100y Fly **Dana Vollmer** **:53.10**
(old FAST record :53.51, D.Vollmer, 03/2003)

Boys 10 & Under

200y Free Relay **2:31.98**
(D.Funderburk, J.Menefee, M.Henderson, G.Neville)
(old record 2:33.78, 12/2002
(M.Collins, G.Neville, G.Pfaff, D.Funderburk))

Boys 15-18

1000y Free **Matt Ellison** **9:53.37**
(old record 9:54.63, C.Adcock, 12/1998)

200y Back **Cameron Allred** **1:53.26**
(old FAST record 1:54.52, C.Allred, 12/2002)

400y IM **Cameron Allred** **4:02.10**
(old record 4:03.33, D.Mendoza, 12/2001)

Boys Open

1000y Free **Matt Ellison** **9:53.37**
(old record 9:54.63, C.Adcock, 12/1998)

400y IM **Cameron Allred** **4:02.10**
(old record 4:03.33, D.Mendoza, 12/2001)

200y Back **Cameron Allred** **1:53.26**
(old FAST record 1:54.52, C.Allred, 12/2002)

*** NEW CHEVRONS ***

Congratulations to our swimmers for their lifetime achievement of a higher time standard in these strokes during December.

“B” Chevrons:

Back Monica Frano
 Haley Shopp
Breast Melanie McClure
Fly Chantel Rodela

“BB” Chevrons:

Breast Monica Frano

Fly
IM

Melanie McClure
Shayda Shah-Hosseini
Melodie McTaggart
Chantal Rodela

“A” Chevrons:
Back

Britt Brandon

“AAA” Chevrons:
Back
IM

Sarah Manning
Shannon Dwyer

“AAAA” Chevrons:
Free

Erica Hall

*** UPCOMING EVENTS ***

“SWIM-A-THON” APPROACHES

Parents and swimmers, FAST will conduct a Swim-A-Thon in March. This fundraiser will help offset some of the deficit planned income from loss of our ability to host swim meets at Wilkerson in 2004 and will help solidify our team's finances for the coming years.

We are planning this fundraiser to be a very fun and enjoyable event for the kids that will make it worth their effort to go out and raise some money for FAST. However, this will be a **mandatory** fundraising event. Every swimmer will need to raise \$50.00 or can have \$50.00 billed to your account. There will be prizes, games and lots of fun events.

This year's Swim-A-Thon will be steered by **Patrick Steenberge**. He has some great ideas to help make this year's Swim-A-Thon our biggest and best ever. Our team goal is to raise \$10,000. This is a very ambitious total, but it is the number we need to shoot for to avoid significantly raising fees next fall and to help keep our tradition of producing both excellent swimmers and individuals in the Fort Worth community.

Swim-A-Thon is a great way for companies to do a tax-free donation since we are a 501(c)(3) organization. If you know of someone in the business world that may be interested in sponsoring FAST athletes, please contact **Head Coach Ron Forrest**, **President Mark Verdeyen** or **Patrick Steenberge**.

FAST has several mutually beneficial sponsorship opportunities in place. We can offer exposure through ads in our newsletter, team T-Shirts, our website and word of mouth from almost 200 families that live in the Fort Worth area.

If you can assist in the planning, set-up and running of this year's Swim-A-Thon, please contact

either *Head Coach Ron Forrest* or *Patrick Steenberge*. Those helping to organize and plan will earn credit toward their volunteering requirement.

Our goal is to provide our members with the finest competitive swimming organization and avenue for future individual and team success at all levels while remaining the "best buy" in regards to dues in Texas.

PRACTICE CANCELS

These scheduled practice cancels are due to Fort Worth ISD high school meets at our pool:

Thu Jan 8 AAG, Age Group
 Thu Jan 15 Seniors, Masters, Minnows

*** OTHER FAST BUSINESS ***

FROM OUR PROGRAM DIRECTOR

Welcome to 2004! We are now "officially" in the Olympic year, so the coming year will be exciting for our sport. Both swimming and track will start getting more attention as "the big 2 sports" for the upcoming Olympic Games in Athens.

This year will be exciting for FAST. We continue to grow our age group level kids and are a team to be reckoned with at both "B/C" and "BB" meets. We've taken the largest teams in our history to all meets in these classifications over the past year and have placed very well. More swimmers are making "A" times, which is encouraging.

More swimmers on the team are either achieving or making serious attempts at qualifying for the biggest age group level meet in the state, TAGS. We anticipate a real push from these swimmers to move FAST back into the top 20 in the state.

At the older end of the spectrum, FAST reaffirmed that we are one of the premiere swimming programs in the Southwest U.S. with our 3rd place finish at the December Kerr-McGee Elite meet. This was a great showing considering our team size was 20% less than last year. Finally, FAST will be sending our largest contingent ever to the February National Championships in Orlando. Ten FAST swimmers have qualified and will attend, making FAST one of the largest Nationals qualifying teams in Texas.

We can all look forward to the excitement that lies ahead this summer. *Dana Vollmer* and *Ron*

Cowen are endeavoring to showcase FAST in front of the world at the Athens Olympic Games. Both have excellent chances and ideally our "little" team from Fort Worth will be able to boast "multiple" Olympians and leadership in Texas at the international level.

I hope everyone had a nice break. We had a little more time off than I would have liked due to pool closures; hopefully this extra rest was time to get ready to put some hard work down. The new year brings new opportunities to grasp hold of.

So let's keep things rolling and make 2004 the most exciting year FAST has ever had!

-- Program Director Ron Forrest

THANK-YOU TO OUR VOLUNTEERS

Volunteers make our team and this sport possible for your swimmers. The Holiday Party was a great event and well attended; our Silent Auction was our most successful yet. The Aphrodite cookies fundraiser was quite profitable (and tasty!) Here are some ways you can help in 2004:

- Help at our co-hosted "A/BB" meet April 23-25 at North Lake College in Irving.
- Swim-A-Thon organization and planning.
- Be a timer or Proof of Times worker at TAGS. (If your swimmer goes to TAGS, plan to help.)
- Help our Pool Parent with routine duties.
- Become an official and help at meets. FAST has too few officials based on the size of our team.
- Organize our Spring Banquet.
- Several board positions will be up for election.

INCLEMENT WEATHER POLICY

If the FWISD cancels class for a full day due to inclement weather, FAST will not hold practice. Follow the school closings information for FWISD on your favorite local TV or radio station. We will try to update our website and send a team "FAST News" email if practice is cancelled.

If driving conditions deteriorate during practice, we will terminate practice early. Parents, be prepared to pick up your swimmer as soon as possible. The FAST and FWISD staff cannot leave until all swimmers are picked up. Please be considerate so we may all avoid driving in unsafe conditions. If roads improve late

in the day, check the team email / website often "just in case" we are able to secure practice time.

*** THE COACHES' WATCH ***

FROM COACH DAVE

Advanced Age Group

I hope that everyone had a great holiday break and that you are ready to get back to some hard training. We only have a few more meets for you to achieve your goals that you set at the beginning of the season. I look forward to some more TAGS and Senior Circuit times earned in this group.

Mark Brickey is Advanced Age Group's "Swimmer of the Month." Way to go!

FROM COACH JANET

Minnows and Novice I

Welcome to 2004 and all the great times we are going to have swimming!

The Minnows "Swimmer of the Month" is **Dani Harlan**. She has good attendance and is working hard to make all her strokes legal. Thank you, Dani, for your efforts!

Megan Evans is Novice I's "Swimmer of the Month." She has a great attitude and comes to practice ready to do her best every day. Thank you, Megan, for your consistency and helpfulness.

THE MASTERS LANE

It's New Year's Resolutions time. Surveys show that the most common resolutions include a regular exercise program. Masters swimming is a great lifetime sport. We encourage dry FAST parents to get wet. See you at the pool!

Feb 27-28 Spring SCY Meet, DAM-SMU
 Mar 27-28 South Central Zone Champs, Sugarland

Feb 10-14 Senior Nationals, Orlando
 Feb 20-22 "A" Champs/TAGS-Q, GCAT-GCISD
 Feb 26-29 Sectional Champs, Texas A&M
 Feb 27-29 "BB/B/C" Champs, MARS-Trinity HS

Mar 4-6 American Short Course Champs, Austin
 Mar 4-7 TAGS Championships, Loos

*** TEAM POLICY NOTES ***

If you decide to leave FAST, 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 still 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. 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. An in-water tryout may not be needed if the absence has been relatively short, but the parents still **MUST** complete new paperwork including paying training and reactivation fees before the swimmer will be allowed to swim.

Your account must be in good standing upon departing any USA Swimming team or your swimmers(s) may not be allowed to join another team. If your account is not current, your information may be disclosed to the treasurers of other 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.

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@charter.net

Referrals from FAST members are our best source of new swimmers to be the future of our team!

*** MEET SCHEDULES ***

USA Swimming Meets:

Jan 17-18 "BB/B/C" meet, ASR-Keller ISD
 Jan 16-18 Tom Malchow Grand Prix, Minn
 Jan 24-25, 30-31- UIL HS District Meets (varies)
 Jan 30-Feb 1 "A" Greater SW, COPS-Loos
 Feb 6-7 UIL HS Regional Meets (varies)
 Feb 6-8 "BB/B/C" meet, SWAT-Duncanville