



TIMES

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



... AT WILKERSON-GREINES
VOLUME 15 NUMBER 11 MARCH 2004

* BY THE NUMBERS *

Total FAST Membership: 172

Minnows	18	High School	13
Novice I	18	Country Day	17
Novice II	20	College	0
Age Group	30	Masters	16
AAG	27	Medical	0
Seniors	13		

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 and returning swimmers.

Minnows	Nicholas Comunelli
Novice I	Victorya Johnston
Novice II	Natalie Garcia
Age Group	Kelcy Puls Chaney Uhles
Seniors	Eddie Ramirez
HS	Danielle Lussier
Masters	Kendall Miller

* NEW TEAM RECORDS *

These new team records were set at the FINA World Cup meet in New York, the COPS "A" Greater Southwest meet, and ConocoPhillips Spring Nationals.

Girls 10 & Under

50y Breast	Natalie Schauwecker	:37.10
(old record :38.07, E. Wehrmann, 03/1995)		
100y Breast	Natalie Schauwecker	1:21.41
(old record 1:22.67, N.Schauwecker, 12/2003)		
50y Fly	Natalie Schauwecker	:33.26
(old record :33.53, S.Kniffen, 02/1997)		

Girls 15-18

100m Free	Dana Vollmer	:55.94
(old record :56.28, D.Vollmer, prelims) (old record :56.50, D.Vollmer, 03/2003) (old NT LSC 15-18 record :56.50, D.Vollmer, 03/2003) (old State 15-16 record :56.50, D.Vollmer, 03/2003) (old State 15-18 record :56.12, J.Sterkel, 04/1980)		
200m Free	Dana Vollmer	2:01.08s
(old record 2:02.49, D.Vollmer, 11/2003)		
100m Back	Dana Vollmer	1:03.53s
(no old record)		
400m Free Relay		3:57.47
(D.Vollmer, K.Lowry, A.Browning, E.Hall) (old record 4:01.59, 06/2003 (S.Watson, R.Watson, K.Lowry, D.Vollmer))		
800m Free Relay		8:36.84
(D.Vollmer, A.Browning, G.Steenberge, K.Lowry) (old record 8:46.14, 07/2003 (S.Watson, R.Watson, G.Steenberge, K.Lowry))		

Girls Open

100m Free	Dana Vollmer	:55.94
(old record :56.28, D.Vollmer, prelims) (old record :56.50, D.Vollmer, 03/2003)		
200m Free	Dana Vollmer	2:01.08s
(old record 2:02.49, D.Vollmer, 11/2003)		
100m Back	Dana Vollmer	1:03.53s
(old record 1:05.61, D.Vollmer, 11/2001)		
400m Free Relay		3:57.47
(D.Vollmer, K.Lowry, A.Browning, E.Hall) (old record 3:57.57, 08/2002 (M.Ward, A.Blevins, S.Watson, D.Vollmer))		

* NEW CHEVRONS *

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

"BB" Chevrons: Backstroke Melodie McTaggart

*** UPCOMING EVENTS ***

SWIM-A-THON IN MAY

We are rescheduling our "Swim-A-Thon" fundraiser to the weekend of May 14-15 in order to have more time to plan and prepare. *Patrick Steenberge* has some terrific ideas. We are planning to make this an around-the-clock event at our pool, starting at 6 pm Friday and finishing 6 pm Saturday. We will have fun activities for everyone, snacks, etc.

The FAST board will require each swimmer to raise \$50. There will be substantial prizes for those individuals and groups that bring in the most income to the team. Our goal is to raise \$10,000. We must meet this to avoid raising training fees.

Due to the nature of this activity, there is a "blackout" on earning volunteer hours during the actual event. Organizers and planners will be credited for their efforts before the event.

To ensure the success of this fundraiser, Patrick will be working with several committees such as groups to tally pledges, obtain prizes, provide refreshments, and arrange entertainment. Our first priority is to designate committee chairs. If there is an area you can help with, please contact Patrick at patrick@globalfootball.com or 817-326-2805. May seems like a long time from now, but to have the event successful the planning needs to be done very early.

APRIL BOARD ELECTIONS

Our team's bylaws call for annual elections in April. Four of our officer's terms are expiring this spring. If you are interested in serving as a board member for FAST, please contact any board member so our nominating committee can put you on the slate or so we may answer questions about responsibilities. The elections are to vote in officers, not particular positions, so there may be some shuffling of duties when we have determined who the officers will be.

- | | |
|-----------------|----------------|
| Mark Verdeyen | President |
| Alan Lake | Vice-President |
| Nancy French | Secretary |
| David Slininger | Swim Store |
| [open] | Membership |

APRIL CO-HOSTED "A/BB" MEET

FAST will be co-hosting an "A/BB" meet the weekend of April 24-25 at the North Lake College Natatorium in Irving. The pool has a "bubble" so the meet will be indoors. FAST and Irving Swimmers will be splitting responsibilities for running the meet. We do not know how responsibilities will be divided up, but we will need to provide quite a bit of support in order for the meet to be a success (and to earn our fair share of the meet income.) Irving Swimmers is a smaller team than FAST but has a great pool they can use on Sundays. Please reserve this weekend and plan on helping out particularly if your swimmer(s) will be participating in the meet. Our *Meet Director Suzanne Dwyer* will have more information in March and April.

PRACTICE CANCELS

At this time we do not know what our pool availability will be during the FWISD Spring Break (March 15-20). Since the team had so many practices canceled over the Christmas holiday, the coaching staff is reluctant to cancel practice for an entire week as we usually do. We are planning to conduct practice March 15-17 if the pool is available. Please confirm the team calendars as the dates approach.

Fri	Mar 5	No practice all groups
Sat	Mar 6	No practice
Mon-Wed	Mar 15-17	TBA
Thu-Sat	Mar 18-20	No practice

MAY AWARDS BANQUET

Each spring our team has an Awards and Recognition dinner to enjoy the accomplishments of the past year. We are planning this year's event for Monday, May 16 at WGAC. We need to have a volunteer organize this event with the help of several committees and in cooperation with the board of directors. Please contact any board member if you can help, or phone / email the team. Planning for this event needs to be largely complete in April, so we need to start organizing very soon.

*** OTHER FAST BUSINESS ***

LONG-COURSE SEASON

The Long Course Season will officially begin in April and we have listed the meets on our calendar that FAST plans to attend. The meets will be split a little differently than they were over the short-course season and how they were run the past few years during the long-course season. Parents, you will need to keep up on your swimmer's meet classification as the swimmers with 3 or more "BB" times will swim in long course meets. Inexperienced 13 & over swimmers should check with their coach to determine if they should be attending "B/C" meets or "BB" meets as there is some ambiguity at this level. The "B/C" meets are short-course (25-yard pool). If you are unsure of your swimmer's best times or meet classification, an easy way is to check the "Athlete Database" on our website. The meet classification is under the "Meets" heading:

Meets	Description
A	Has 3 or more "A" times Attends "A" or "A/BB" or faster meets
ABB	Has 1 or 2 "A" times Attends "A/BB" or "BB" meets May swim 1-2 events at certain "A" meets Must swim "A" events exhibition at "BB" meets Can't swim "A" strokes on relays at "BB" meets
BB	Has 3 or more "BB" times, or is 13 & Up Attends "A/BB" or "BB" or "BB/B/C" meets Novice 13 & Up swimmers are a special case
BBC	Has 1 or 2 "BB" times. Attends "B/C" meets "BB" events must be exhibition at "B/C" meets Can't swim "BB" strokes on relays at "B/C" meets
BC	Attends "B/C" meets or "BB/B/C" meets

When we count the number of "A" times that a swimmer has, the course (meters/yards) is ignored. Therefore, a swimmer with an "A" time in the 400 meter free **and** the 500 yard free still only has one "A" time. Also, the time standard is calculated with the athlete's current age, not how old they were at the time of the swim.

It is very unfair to "C" swimmers when all the ribbons in their events go to "B" or "BB" swimmers who have late-entered with "No Time" or incorrect times. It is also unfair for a swimmer with an "A" time who should have been swimming

"Exhibition" (if at all) to win a "BB" event or swim that stroke on a relay. The other teams in North Texas view this as unethical behavior and it puts our team in a bad light even if we notice the problem and report it to the meet host.

The FAST "Athlete Database" has your swimmer's current best times. Swimmers are only to deck enter (late enter) meets with permission of their coach. We strongly encourage parents to take a list of their swimmer's best times to meets so any late entries will use correct times. There is a link to the Athlete Database both in the Meet Signups section and in our Document Archives.

http://www.fastswimming.org/tmo/athlete_menu.php

MONEY TALK

As a reminder, your family's bill is due by the 15th of each month and is considered late by the 20th. If a "situation" arises, you must contact the treasurer to arrange payment. This is your responsibility.

Our team is a non-profit and we place first priority on the swimmers, not money. However, we cannot pay for pool rent or coach salaries without having training fees paid promptly. In March 2003 the board passed a policy that a \$30 late fee can be assessed if payment is not received by the 20th of the month. We have not been charging this fee but can do so without further notice.

Each month we print a "Team Policy Notes" section at the back of the newsletter. Please take a moment to read it this month. A lot of hard feelings can be prevented with good communication. We have had families run up very large account balances because they did not notify the treasurer when their child quit swimming.

LEARN-TO-SWIM LESSONS

FAST offers swim lessons for children ages 4 to adult. Eight lessons are offered in a one-month session. Due to a very tight team budget, we rely very heavily on word-of-mouth to promote our lessons as well as our team. Our novice coaches have told us that the graduates from FAST's lessons program have a terrific preparation for competitive swimming compared to children who have had lessons elsewhere. Not only do they have better technique, but they also understand the "lingo" of

swimming.

Lessons Coordinator Shea Miller has been with FAST since 2001 and has several years of prior experience teaching both kids and adults.

This is the time of year when many families with children are starting to think of swimming. If you know of any friends or family interested in swim lessons, please refer our program. We have an informative section for "Learn to Swim" on our website, which is probably the best place to start. Shea is at the pool on Mondays and Wednesdays and our **Pool Parent Cathy Vollmer** can answer some questions on "tryout" evenings. We will be posting the summer lessons information in March or April.

*** MEET SCHEDULES ***

USA Swimming Meets:

- Mar 4-6 American Short Course Champs, Austin
- Mar 4-7 TAGS Championships, Loos
- Apr 16-18 "BB" meet at COPS-Oak Point
- Apr 24-25 "A/BB" meet at FAST/IS - North Lake
- Apr 30-May 2 "B/C" meet at SWAT-Duncanville
- May 7-9 "BB" meet at LAC
- May 21-23 Senior Circuit #2 at College Station
- May 21-23 "A" meet at DM-SMU
- May 21-23 "B/C" meet at ASR
- Jun 4-6 Senior Circuit #3 at DM-SMU
- Jun 4-6 "A" meet at ATAC-Tyler
- Jun 11-13 "BB" meet at GCAT-Keller
- Jun 17-20 Senior Circuit Champs at Austin
- Jun 17-20 "A" meet at ATAC-CISD
- Jun 25-27 "B/C" meet at LAC-LISD
- Jul 7-14 Olympic Trials at Long Beach, CA
- Jul 9-11 "A" Champs/TAGS-Q at ATAC-CISD
- Jul 16-18 "BB" Champs at COPS
- Jul 21-25 TAGS Long Course Champs at Austin
- Jul 23-25 "B/C" Champs at GCAT
- Jul 29-Aug 1 Sectional Champs at Austin
- Aug 3-8 ConocoPhillips Summer Nationals
- Aug 3-8 Southern Zone Age-Group Champs
- Aug 8 Southern Zone Age-Group Open Water
- Aug 14-21 Olympic Games swimming events

Masters Meets:

- Mar 27-28 Masters SC Zone Champs, Sugarland
- Jul 30-Aug 1 Masters LC Zone Champs, MCM-Keller

*** 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!



The Parthenon - Athens, Greece. Built 447-432 BC while the Athenian Empire was at the height of power. This temple has suffered the ravages of fire and Nature over two and a half thousand years to endure as a symbol of democracy and the Greek contribution to the cultural heritage of humankind.