



# TIMES

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



.... AT WILKERSON-GREINES  
VOLUME 16 NUMBER 1 MAY 2004

## \* BY THE NUMBERS \*

**Total FAST Membership: 176**

Minnows	17	High School	18
Novice I	20	Country Day	17
Novice II	19	College	0
Age Group	27	Masters	15
AAG	27	Medical	0
Seniors	16		

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## \* WELCOME TO FAST \*

Please welcome our new and returning swimmers.

<b>Minnows</b>	Katelyn Baumann Sara Comunelli Joshua Perry
<b>Novice I</b>	Martti Rahi Jonathan Rahi Catherine Sherman
<b>Novice II</b>	Stephanie Sherman
<b>AAG</b>	David Gorrell Zane DeLorme
<b>Seniors</b>	Rachel Watson Sarah Watson
<b>HS</b>	Aubrey Slaughter
<b>Masters</b>	Marco Marruffo

## \* UPCOMING EVENTS \*

### **SPRING AWARDS BANQUET MAY 17**

FAST will take an evening to celebrate the accomplishments of our swimmers over the past year and enjoy a BBQ dinner on Monday May 17 at 5:30 pm at Wilkerson-Greines Activity Center. Please mark your calendar and plan to attend. Details will be coming out including meal price.

### **PARENT MEETING MAY 12**

We will be holding a Team Parent meeting on Wednesday May 12 at 6:30 pm. The topic will be "Parent's Role in Swimming" and we hope all parents -- both those new to the sport and our "old pros" -- can attend.

### **MEMORIAL DAY FUN RUN**

Coach Dave is also organizing a "fun run" for the team. The tentative schedule is for Memorial Day, with the run to fall in the evening followed by some fireworks watching. There may be other activities planned for the day. Details will be passed along as we firm them up.

## \* OTHER FAST BUSINESS \*

### **APRIL BOARD ELECTIONS**

Our annual elections were held April 28 and our 2004 FAST Board Members are:

<b>Mark Verdeyen</b>	<b>President</b>
<b>Alan Lake</b>	<b>Vice-President</b>
<b>Laurie Seidel</b>	<b>Treasurer</b>
<b>Nancy French</b>	<b>Secretary</b>
<b>Cathy Vollmer</b>	<b>Pool Parent</b>
<b>Suzanne Dwyer</b>	<b>Swim Store</b>
<b>Sheri Hall</b>	<b>Meet Director</b>
<b>Carolyn Hall</b>	<b>Membership</b>
<b>Ron Forrest</b>	<b>Program Director</b>

### **WATER BOTTLE POLICY**

As of May 1st, all swimmers will no longer be allowed to bring store-bought drink bottles (naya, sparklets, powerade, etc) on the pool deck and all swimmers will be required to instead have a reusable "real" water bottle. Squeeze bottles can be purchased from most sporting goods stores, major

outlet stores or even grocery stores for a few dollars.

The amount of litter that is being created is at a level too high to be able to keep up with. Most disposable water bottles come with both inner and outer plastic wrappers that are being discarded on the deck and not in the trash where they belong. These wrappers find their way into the pool and can get into the filter system. Swimmers are leaving bottles on the deck and the coaches are spending too much time after each workout collecting bottles from the deck, the bleachers, the pool gutters, etc.

Another reason is that "real" water bottles are much more cost effective. For the cost of one purchase, you will make the money back within a week that is spent on water/sports drinks bought at a convenience store where a bottle of water will cost you almost \$2.00. Squeeze bottles will also hold a much higher volume of liquid than almost all store bought bottles.

Also, quite a number of the bottles picked up at the pool are only at best 1/2 used. Many nights coaches throw away completely full bottles of water and sports drinks, which means on any given night, a good proportion of parents literally are "pouring their money down the drain".

Most bottled water is only tap water with a little filtration from another part of the country. If you are buying bottled water because it is supposedly better than tap water, you may want to check where that water is really coming from.

Finally a water bottle with a swimmer's name on it can be used over and over again, and if a name is placed on it, then the bottle can be returned to the swimmer. We throw out all convenience store bottles nightly. Real water bottles are held for the swimmers to come and claim them.

So please be aware that as of May 1st, any of the single-use bottles will no longer be allowed on deck. This includes those sold in vending machines at the pool. If they are on deck, they will be thrown out immediately. This is the only way we are going to eliminate this problem. If you have any questions as to the type of water bottle your swimmer should have, please contact your coach.

### **SWIM-A-THON AND "FAST BLAST"**

We are depending on all of our families for a successful Swim-A-Thon to meet our budget. See the fliers enclosed in this month's mailing.

## **\* THE COACHES WATCH \***

### **HEAD COACH RON**

#### **Seniors and High School**

April seems to have sped by and we are at the point of the year that most kids both love and dread. We love May because it signals the best part of the year, the end of school and the beginning of summer vacation. However, before you are allowed to get to vacation there is the dread of all those final exams standing in your way.

In swimming, May is the 'go' month. There are no taper meets, not a whole lot going on and also it is the month that shapes the way the rest of your season will turn out. Historically, the athletes who have put in great training in the month of May and have not lost focus to the 'end of school itches' usually end up with successful season-ending meets and times. Swimmers who do not put all their focus into training during this time have definitely seen results that might have been better. Procrastination until June is not the recipe for success.

I would also like to remind in print some key points to work on to ensure success down the road.

#### **Our Guidelines for Training this Season**

**Attitude:** *Ordeal or Adventure ?*

**Technical improvement** *is an on-going, long-term operation. Years (seasons) worth of small adjustments add up to large gains in performance capacity.*

**Continuous preparation** *is the key to significant performance improvement.*

**Condition the stroke and distance** *that you wish to excel in.*

**Dryland work** *must enhance swimming performance, not hinder or destroy it.*

With the racing just around the corner, and some of the larger meets moved up in the schedule this year due to the Olympic Trials, this makes May even more crucial than in years past.

One area that I have taken a great interest in lately has been the topic of High Fructose Corn Syrup in so many of the foods and beverages that we eat. As athletes we need to know exactly what we are putting into our bodies and also if what we are putting in is going to have a positive or negative effect on our performance. More and more studies

coming out are showing that the sugar substitute High Fructose Corn Syrup (HFCS) that starting being used extensively in the 80's because we were led to believe that sugar was 'bad' is now possibly even worse than the sugar it replaced, and is one of the (but not the only) leading causes of the 'obesity epidemic' that we hear so much about on the news these days.

Here are some highlights (or lowlights if you like) about this product:

- HFCS consumption increased 1000% from the late 70's to 1990 -- more than any other food or food group. (April 2004 American Journal of Clinical Nutrition)
- Food and beverage manufacturers switched from sugar only because HFCS was cheaper to produce and they found it was actually much sweeter than sucrose (sugar).
- You consume about 63 pounds of HFCS syrup a year
- HFCS is now the main ingredient in a wide variety of products including: Almost all Soft Drinks, Fruit Juices, Baked goods, Canned fruits, Dairy products, cookies, Gum, jams and jellies and sports drinks and fast foods.

#### SO WHY IS HFCS BAD FOR YOU ?

- Fructose is metabolized straight to fat. The digestive and absorptive processes for glucose (sugar) and fructose are different. Unlike glucose, which the body uses, when one consumes large amounts of fructose it is a relatively unregulated source of fuel for the liver to convert to fat and cholesterol. Fructose converts to fat more than any other sugar. It is also known to raise triglycerides significantly.
- HFCS is mainly consumed as a liquid and this magnifies the negative metabolic effect. Most HFCS is ingested in the form of soft drinks and fruit juices.
- HFCS may actually contribute to increased food intake and weight gain. This is because unlike glucose, fructose does not stimulate insulin secretion or enhance leptin, a hormone thought to be involved with appetite regulation, production. Because insulin and leptin act as key signals to regulating how much food you eat and body weight, their absence does not allow

the body to help regulate itself and the then you are adding in HFCS into the fat metabolism.

- Corn is a grain, not a vegetable, contrary to common belief and is definitely not fit to be a dietary mainstay mainly due to its high amounts of sugar. When early Native Americans changed their diet to one based mostly on corn, they had increased rates of: anemia, dental cavities, osteoarthritis and various bone ailments.

THE ANSWER? In today's society, it is next to impossible to cut HFCS completely out of the diet. It is just in too many things. However, by conscious examination of what you are eating, you may be able to reduce the amount you ingest each day. Cutting out soft drinks and only buying 100% pure juices with no additives is a good step. Also, fast food is filled with HFCS, so dramatically cutting back in your consumption here will also help. Water is still the best beverage when thirsty.

Don't believe all this? Try it out for yourself. Look at the ingredient label of everything you eat during the day for the next week. The number of times you will see HFCS show up at the top of the list (usually only second to water) is startling.

So watch your diet, train hard and remember -- this is an adventure!

I would like to give everyone an update on how our graduating Seniors are doing. FAST is proud to give swimmers the chance to continue on to the next level of their careers. There are still a couple of 'undecideds' out there, but here is a list of who we have that have earned scholarships based on their excellence.

<b>Cameron Allred</b>	<b>Texas Christian University</b>
<b>Meredith Bishop</b>	<b>Ouchita Baptist</b>
<b>Amy Browning</b>	<b>Southern Connecticut</b>
<b>Katie Lowry</b>	<b>Southern Illinois</b>
<b>Cole Schlittler</b>	<b>McMurray State</b>

I have never given a swimmer the "Swimmer of the Month" honors after their very first month in the group; however, **Erica Hall** has shown such a step up in her training and work ethic that she is already having an impact on the group in training. Erica is kind of quiet, but she is has definitely been making some noise in workouts lately. Keep up the great work Erica!

The High School "Swimmer of the Month" is **Audrey Catipon**. Audrey has started to pick up

her workout paces and has also had solid attendance at workouts, week in and week out. Continuing to work at this rate, Audrey will have a successful summer and be a real threat to her competitors come next fall. Way to go, Audrey!

## **COACH DAVE**

### **Advanced Age Group**

Well it's that time again, Long Course. I hope everyone is ready. This season we will get stronger so be ready. Remember to bring a water bottle to practice everyday -- you'll need it. Once again I am challenging you to make TAGS and Sectional times. Soon we will be going to Forest Park every Monday for afternoon practice; I will give you more information later. In the meantime, go out and get lots of pledges for Swim-A-Thon.

**Katie Funderburk** is Advanced Age Group's "Swimmer of the Month." Congratulations!

## **COACH JANET**

### **Minnows and Novice I**

Swimmers -- since we have beautiful weather and plenty of daylight, let's plan some dryland days. For the month of May we will plan for Thursday the 13th and Thursday the 27th. Remember to bring running shoes, shorts, t-shirt and swimsuit, so we can hopefully run outside and swim when finished with dryland. Since everyone is adjusting to the long pool it will make our short course meets this summer seem easy. I am looking forward to some fun, fast meets.

Remember to get your Swim-A-Thon pledges in. I am looking forward to a good time with you at the Swim-A-Thon and the "FAST Blast" party.

"Swimmer of the Month" for Minnows is **Liam Neville**. Liam has been leading the lane, coming early and working extra hard. Thank you Liam for your extra effort!

**Ryan Turnwall** is the Novice I "Swimmer of the Month." Ryan is paying attention and leading the lane. Thank-you Ryan for your attentiveness.

## **FISH SCHTICK**

The answer to last month's April Fools quiz:

"In Every Revolution There Is One Man With A Vision"

-- **Captain James T Kirk**

## 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](mailto:lessons@fastswimming.org)

**Head Coach Ron:**

817-874-5655

[coachron@charter.net](mailto: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:

May 21-23	Senior Circuit #2 at College Station
May 21-23	"A" meet at DM-SMU
May 22-23	"B/C" meet at ASR/KST-Keller
Jun 4-6	Senior Circuit #3 at DM-SMU
Jun 10-13	Janet Evans Inv at Long Beach, CA
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 8-11	"A" Champs/TAGS-Q at ATAC-CISD
Jul 16-18	"BB" Champs at COPS
Jul 21-25	TAGS Long Course Champs at Austin
Jul 24-25	"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

## **\* 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 re-activate 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 swimmer(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](mailto:treasurer@fastswimming.org) or leave a note in the "Treasurer" folder in the file cabinets at the pool.