



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 16 NUMBER 2 JUNE 2004

* BY THE NUMBERS *

Total FAST Membership: 151

Minnows	16	High School	19
Novice I	20	Country Day	0
Novice II	15	College	0
Age Group	27	Masters	12
AAG	26	Medical	0
Seniors	16		

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.

HS Bryan Johnson
 Kevin Turner

* CHEVRONS *

Chevrons are awarded for a lifetime first achievement of a time standard in a given stroke. Congratulations to these swimmers who have met an important milestone at the FAST April meet or the May meets at Duncanville, SMU, Keller, and College Station.

"B"

Free Madeleine Marcos
Back Elizabeth Michan
 Kyle Verdeyen
Breast Lauren Bennett
Fly Mike Collins
IM Elizabeth Michan

"A"

IM Colin Shopp

"AAAA"

Free Francisco Nieves

* NEW TEAM RECORDS *

Congratulations to our new team record holder:

Girls 15-18 and Girls Open
200m Fly Dana Vollmer 2:12.50
 (old record 2:14.00, D.Vollmer, 01/2004)
 (old NT LSC 15-16 record 2:14.00, D.Vollmer, 01/2004)

* OTHER FAST BUSINESS *

SUMMER SCHEDULES

FAST is adjusting practice schedules slightly this summer to increase water time for the swimmers and to improve allocation of lanespace. These schedules take effect ASAP.

Seniors	am	6:30-8:30	MTuWTh	Forest Park
	pm	5-7:30	M	Forest Park
	pm	3:30-6	TuWThF	WGAC
AAG	am	6:30-8:30	MTuWTh	Forest Park
	pm	5:30-7:30	M	Forest Park
	pm	5:30-7:30	TuWThF	WGAC
HS	am	TBD		
	pm	5:00-6:30	M	Forest Park
	pm	6:00-7:30	TuWThF	WGAC
Masters	am	TBD		
	pm	6-7:30	TuWThF	WGAC
Age Group	am	7-8:3	F	Forest Park
	pm	no change		WGAC

FOREST PARK INFO

In the summer we use Forest Park pool for morning workouts for some groups. For those who are not familiar with the pool, it is an outdoor 50 meter 7 lane pool owned by the City of Fort Worth and located near the Fort Worth zoo. There is a map and directions on our website. There's just something special about swimming outdoors in green park surroundings and the sun rising. Most

swimmers really enjoy the change in atmosphere.

The FP dressing room facilities are "rustic" with unheated showers. There are usually spare rolls of TP in the equipment closet that a coach can get, but not always. Please keep a sense of humor and "plan ahead."

Visit our Swim Store if your swimmer's group uses training equipment at Forest Park and you do not have your own. The kickboards, pull-buoys, etc. owned by Fort Worth ISD are not to be removed from Wilkerson-Greines.

Parents, we ask that you remain outside the pool compound during practices to avoid distractions for the coaches and swimmers, and to keep our insurance coverage valid. Also - please, no pets! Thanks!

SWIM STORE NEWS

Thank you for the honor of being your Swim Store Director. I promise to do my best to keep an excellent supply of team suits, practice suits, goggles, caps and all training gear. With gasoline prices soaring above \$2.00 a gallon, there is no need to drive to Dallas to buy your swim stuff. If we don't have it in stock, we can usually get it in 2 to 4 days. When you buy directly through the FAST swim store everyone benefits. We buy all items at a discount and can either meet or beat all suppliers' prices. It's a great way to support FAST and save money, gas and time too.

The FAST Swim Store "Swap Shop" is coming soon. This is where you can trade or donate all of your gently-used team suits, practice suits, fins, paddles and parkas that no longer fit you or are the wrong style, and trade for ones that you can use. **Tara Johnston** has graciously offered to be in charge. Stay tuned for more info!

My email is sushimamaof5@comcast.net if you don't catch me at the pool.

-- *Swim Store Director Suzanne Dwyer*

SWIM-A-THON AND "FAST BLAST"

Thanks again to everyone who made this a very successful fundraiser and a really fun event. Be sure to see the photos on the bulletin board. If you have not turned in your pledge money, please do so as soon as possible so we may get final numbers. With the assessed \$50 minimum we think we met our target.

WWW.USA-SWIMMING.ORG

USA Swimming has redesigned their website to make it easier to find information and to update their "look." They have added a lot of information targeted towards swim parents to communicate what you can do to help your child be successful in this sport. Another section has a wealth of resources for club administrators. Check it out! <http://www.usa-swimming.org>

*** THE COACHES WATCH ***

HEAD COACH RON

Seniors and High School

June is here and that, believe it or not, marks the mid-way point in our summer long course season. It's hard to believe that we are here already.

This month is crucial for proper preparation in order for success at whichever big meet will be your championship when we reach July.

I will be expecting to see much more dedication and commitment in this month in order for us to have a successful summer season. I know that I will see attendance improve as we enter June. There are no more reasons to miss a workout, just lots of great reasons to train hard and be focused toward being the best athlete that you can be.

Here are some general items for everyone to think about.

First, remember your water bottle(s) as it gets warmer -- especially as we head outdoors for workouts in the sun. Hydration is a crucial element in proper training, and we need to continue to monitor this as the summer progresses. Also, it is OK to bring two water bottles to practice. I have pointed out that the ideal structure for fluid intake is water from the start of workout to the 90-minute mark, and then some form of electrolyte/glycogen replacement drink for the remainder of the workout. Also, using the protein drinks (Boost/Ensure) 30 minutes before your workout and then drinking one within 30 minutes of the conclusion of workout is a great way to keep the muscle's building blocks strong and fully fueled.

Second, factor in the "silent training" -- sleep. Getting a good night's sleep is possibly the most important aid outside the pool to training in addition to a well balanced diet. As the summer

arrives, there are more opportunities for social and other activities that can cut into your sleep time. As an athlete, the body needs sleep and its regenerative qualities for the body should not be overlooked. If you are tired, and need a nap between training sessions, sleeping the day away is not the answer. Most experts say that a nap can be extremely beneficial for hard training periods; however, naps should only last 60-90 minutes. That is the time frame that will give you the most benefits. Above 90 minutes and the sleep starts to have a negative effect on your body and it will start to affect your sleep patterns at night, causing you to possibly not be able to go to bed at normal hours, or to have a shiftless, restless sleep during the night, when your body is most in need of sleep.

As mentioned, a well balanced diet is one of the most important ways to help in training and keeping up energy levels. Junk food and fast food is not going to help you at all. Period. Pick fresh vegetables and fruits for a quick energy booster that also contains high water, natural glycogen levels and fibers. If soda is consumed as a treat, then during the hot summer months, it should be taken out of the diet completely. Most soda gives the illusion of energy the body really doesn't have, and could cause you to crash during a workout. Also, with the carbonation and the caffeine, a soda can be a dehydrating, actually working against your muscles.

Now, all of this is only going to be useful if a person actually is at workout to train. This group now has the ignoble distinction of posting the lowest attendance level of any Senior group for any single month for the past 8 years.

Some of the swimmers in this group are at the other end of the spectrum and are absolutely overachieving and producing some of the highest attendance they have ever had. To these people, I would say "Thank You!!" for sticking to your guns, being dedicated and continuing to hold on to your goals. To the people that are posting less than acceptable levels of attendance, I would urge them to understand the negative effect of missing more than 3/4 of all practices in a month. Your season is probably in serious jeopardy and June will have to be a huge month of both attendance and training intensity to hope to salvage a long course

championship meet.

June is the training month for the long course season. I urge everyone to take advantage of all you can. If you are off track right now, try to return to the level that I expect and to make yourself back into the athletes that you can be. If you went through May full steam ahead and are still on course, I hope you will continue with the great work and really push for an excellent July.

The "Swimmer of the Month" for Seniors is not just one person. This month the award goes to all *swimmers that have 90% or above attendance* on the May attendance sheet. You swimmers really stayed focused and committed, even at times when you may have felt that having to swim a workout was not fair when so many other people were skipping practice. You found reasons TO train, not reasons to be away from the pool. This is what true athletes do and I am sure that the hard work and dedication you have shown to your sport will pay off when your big meet arrives. **WAY TO GO!!**

The High School "Swimmer of the Month" is *Megan McBurnett*. Megan is a hard worker and has really showed a great attitude when we do hard sets and is also a very positive swimmer when she is in the workout. I think she is probably training harder than she ever has before, and has adapted to the challenges very well. Keep up the good work Megan!

COACH DAVE

Advanced Age Group

I hope to see more of you more often. Our group's attendance has been hovering around 50%. You can't expect to have a successful season if you don't train. We will be starting morning practices the first week of June, so be prepared. I do want to say that our group did a great job on Swim-A-Thon. We raised the most money of any group. Congratulations!

Advanced Age Group's "Swimmer of the Month" is *Xela Steenberge*. Keep up the good work.

COACH KRISTIE

Age Group and Novice II

Congratulations to all swimmers on a fantastic year. We've had some great swims so far this summer. I look forward to more.

Remember that we will do drylands on Tuesday and Thursdays; bring a reusable water bottle and make sure you bring running shoes and shorts.

Here are the "Swimmers of the Month" for Age Group and Novice II:

April **Matt Henderson**
Kezhal Shah-Hosseini
 May **Catie Newcomb**
Kelsey Puls

THE MASTERS LANE

"Congratulations" go to **Bilal Sirdar** for graduating from UTA in May. This is also "farewell" as he returns to Africa to visit family for a few months before he begins medical school this fall in Dallas.

This summer the Masters will be coached by **Head Coach Ron Forrest** and will practice on Tuesdays through Fridays 6-7:30 at Wilkerson. For those interested in morning practices, we are still working that issue. There is not sufficient lanespace at the Forest Park pool for the Masters to swim.

*** MEET SCHEDULES ***

USA Swimming Meets:

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 18-20	"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

Masters Meets:

Jun 18-19	DAM at SMU Outdoor Pool
Jul 30-Aug 1	Zone Championships at 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 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 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!



Coach Dave "won"! Shannon got to do the honors. Dave looks great wearing a trash bag and with chocolate cream pie all over his face.

FAST "Blast" and Swim-A-Thon, May 2004