



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 16 NUMBER 3 JULY 2004

* BY THE NUMBERS *

Total FAST Membership: 153

Minnows	20	High School	17
Novice I	24	Country Day	0
Novice II	12	College	1
Age Group	24	Masters	13
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

* 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 June meets at Tyler, SMU, Keller, Southlake, and Flower Mound:

"B"	Free	Lauren Bennett Clark Navidad
"BB"	Ind Medley	Kezhal Shah-Hosseini
"A"	Free	Britt Brandon
	Ind Medley	Griffin Neville
"AA"	Free	Sarah Manning Griffin Neville Adam Pfaff
	Back	Britt Brandon
	Breast	Sarah Watson Griffin Neville
	Ind Medley	Griffin Neville Tim Slinger
"AAA"	Free	Griffin Neville
	Breast	Jessica Schauwecker
"AAAA"	Back	Shannon Dwyer

* WELCOME TO FAST *

Please welcome our new and returning swimmers.

Minnows Colin Ayers
Courtney Hughes
Meredith Johnston
Katelynn Martinez
Erin Smith

Novice I Robert Mack
Clark Navidad
Melinda Torres

Age Group Maria Navidad

AAG Daniel Martinez-Torres

College Ben Harris

Masters Katherine Martinez
Jean Rahi
Elizabeth Rahi

* NEW TEAM RECORDS *

Congratulations to our new team record holders! These ladies set team records at the June meets at Tyler and Southlake.

Girls 10 & Under

400m Free Sarah Manning 5:51.89
(old record 5:53.92, E.Valdez, 05/2003)

50m Fly Sarah Manning :38.75
(old record :39.40, X.Steenberge, 07/2000)

Girls 11-12

200m Breast Natalie Schauwecker 3:07.81
(old record 3:13.88, K.Koke, 06/2002)

200m Fly Shannon Dwyer 3:01.83
(old record 3:38.73, K.Funderburk, 06/2003)

400m IM Shannon Dwyer 5:51.94
(old record 6:10.58, X.Steenberge, 06/2002)

* UPCOMING EVENTS *

SOUTHERN ZONES CHAMPS

Athlete applications are due on July 16 for swimmers interested in being selected to "Team North Texas" to compete at the Southern Zone Age Group Champs August 3-8 in Fort Lauderdale. For many swimmers this is the first opportunity for out-of-state travel (without parents) to a really fast meet and it's great experience in addition to great fun. The team travels together with North Texas Zone coaches and chaperones. Seven boys and seven girls are needed for each age group (11-12, 13-14, and 15-18). If you have "A" times you could be selected, and you'll never know unless you apply. See www.tntzones.org for more information including an application form.

AUGUST TRAINING BREAK

FAST will take a 2-week training break August 9-20. During that time the Fort Worth ISD plans to do some maintenance on our pool. It is possible that they will not finish by August 23, so be sure to check the team website and email for any updates.

Our monthly fees are billed 12 months of the year regardless of breaks and holidays. Each month is a simple 12-month average of our annual costs so it evens out over the year. Our coach salaries and pool rent are our major expenses and are also calculated as 12-month averages. With this simplified billing we reduce our treasurer's effort, maintain a steady income and keep your monthly costs lower.

* OTHER FAST BUSINESS *

FAST TEAM PHOTOS

The 2004 team photos are in. See **Coach Janet** or **Carolyn Hall** to pick up your order.

SWIM-A-THON AND "FAST BLAST"

Thanks again to everyone who made this a very successful fundraiser and a really fun event. We are pleased to announce the Swim-a-Thon pledge total to date is \$13,099.86, which is over our goal of \$10,000. Heartfelt thanks go to everyone who helped in the planning and also participated in

this wonderful event! Thank you also to all of your friends, relatives, business associates, doctors, etc. who contributed.

Francisco Nieves is our high pledge earner at \$668. Right behind him is **Lauren Bennett** at \$570. There was a tie for third place - **Natalie** and **Jessica Schauwecker** at \$500 each.

Top earners per group were Minnows - **Joshua Perry**, Novice I - **Lauren Bennett**, Novice II - **Catie Newcomb**, Age Group - **Natalie Schauwecker**, Advanced Age Group - **Francisco Nieves**, High School - **Sara Seidel**, and Seniors - **Katie Lowry**. Congratulations to all!

SWIM STORE NEWS

The FAST swim store is open Tuesday through Friday 5:30-7:30 pm at Wilkerson-Greines. Come check out our new FAST T-Shirts. They are available in sizes Youth L (14-16) through Adult XXL and cost is only \$12.00.



We are now offering FAST Swim Store Gift Certificates in \$5.00 through ? denominations. They are great for birthdays, graduations, for coaches or for swimmers.

Shop at the FAST Swim Store and everyone benefits. How?

- You save time and money buy not having to drive to Dallas, Plano, or Austin.
- FAST buys at a sizable discount and passes that savings on to you. Example: buy a Speedo AquaBlade suit elsewhere and pay \$80; the FAST Swim Store price is just \$68.
- If we don't have what you want we can always order on my weekly trip to the suppliers.

I am at WGAC Tuesday through Friday most weeks; email: sushimamaof5@comcast.net, or call

my cell phone 817-821-5547

-- *Swim Store Director Suzanne Dwyer*

The FAST Swim Store "Swap Shop" is finally here. Do you have swim stuff that your swimmer no longer uses -- paddles, fins, parkas ? Call me (Tara) and I will help get those unused items to someone who can use them once again. 817-297-9788 or Shinefar@wmconnect.com

-- *Swim Store "Swap Shop" Tara Johnston*

POOL DECK RULES

Parents, the pool deck is only for coaches and for swimmers during their practice times. Swimmers cannot be playing on deck before or after their practices; if they arrive early or need to wait for a ride, they must remain in the spectator seating area during those times.

The coaches must give their full attention to the swimmers in the water. Volunteers assisting with tryouts must also limit their time on deck to the minimum required to escort the swimmer back and forth and must not engage in conversation with coaches or swimmers other than to conduct the tryout. Parents, any other non-emergency other business with a coach must be conducted off the pool deck.

UNATTENDED CHILDREN

As a reminder: the pool is not a play area and FAST is not a babysitting service. Children must be supervised by their parent except during their practice time when they are on deck with their coach. At no time should the siblings or friends of swimmers be dropped off or otherwise unsupervised. Please do not allow your children to bring active or noisy play toys such as balls. The building is an office for the Fort Worth ISD Athletic department so we need to refrain from rambunctious or loud behavior.

*** THE COACHES WATCH ***

HEAD COACH RON

Seniors and High School

With a blink of an eye, we have arrived at the championship meets for the long course season. This will be an exciting time not just for the races that will be swum here, but also because we have

arrived at that special time that occurs only every four years -- an Olympic summer.

We are only days from when the U.S. conducts the Olympic Trials to determine which swimmers will travel to Athens in August to compete against the rest of the world on that very special stage. I know that FAST wants to wish all our good luck wishes to our Olympic hopeful **Dana Vollmer** as she finalizes preparations in her attempt to be one of the special few to represent the United States at the upcoming Olympiad. **YOU CAN DO IT!!**

This is a special time because it is this time every four years where we get to watch exactly why all the laps are done, why that faster pace time is done, and why it is all worth it. The Olympics are the time when a swimmer is given the chance to see what they are dreaming about. This is the time when young swimmers become captivated with the dream of someday being good enough, being strong enough, being fast enough to earn a trip to the Olympic Games.

All members of FAST should remember that this is a time when swimmers everywhere get to see our sport step into the spotlight and become 'important' (it always is) on a world scale that exceeds sports like football, baseball or basketball. Everyone should take pride in the fact that it is USA Swimming clubs like ours which are the grassroots providers every four years so that the U.S. can field the most winning sports team in all of history (yes, the U.S. Olympic Swim Team is...not track, not a pro sports team...swimming!) to go and compete against the best athletes in the world and come out on top.

So as we pass through this very special time, make sure you take some time to not only continue to be a great competitor and athlete in your own right, but also to take some pride as a part of the system who without you, would not be what it is. And also, I would like to invite everyone at this time of year to BE A FAN! This is a fun time for us; make sure that you stop to smell the flowers so to speak.

We also have to remember that we have work undone this season, and that pertains to your individual seasons. I was extremely pleased with the hard work put in during June. I think that some of you have really improved yourselves and some of

you (from our ho-hum May) may have saved or produced great seasons. This month, due to the Trials, is a time when more than ever before you will need to exercise maturity and focus. We have discussed why this is needed during the period of July that will see great training needed, but self-discipline to extract it. The worst thing that could happen is that mid-July is treated like a classroom with a substitute teacher. Lots of fun, playing some hooky, but not much gets done at all. I know this will not happen, because I have the test for you at the end of the season ready. I would like to think that all of you are going to pass with flying colors.

The Sectionals meet will be a fun one as we will get to take more people than our Senior Circuit Champs meet from previous summers. We will be running as many relays as we can get in, so I would like to start stressing also, not just individual achievements at this meet, but also the team aspect. Normally we are a Top 5 Texas team at Senior Circuit Champs. This year, we will attend Sectionals. I think we should not shoot for anything less than this finish for ourselves at this meet.

And finally, "Good Luck" to all swimmers who will be competing at their Championship meet this month, whether it be "A" Champs, "BB" Champs, "B/C" Champs, Masters Zones, TAGS, Sectionals or the Olympic Trials. I know that you will go out there and make FAST proud with your achievements.

COACH DAVE

Advanced Age Group

With one month left in our long course season we must continue to work hard. Hopefully you have begun to see some of the benefits of your training. We had very good meets last month in the middle of our season, which should mean that you will swim well in your final meets. "BB" Champs is your last chance this season to get your "A" Times for Short Course and "A" Champs is your last chance to qualify for TAGS. No matter how far away those times are you can still achieve them. Keep up the good work. I look forward to our Championship meets.

Advanced Age Group's "Swimmer of the Month" is **Jessica Schauwecker**. Way to go!

COACH JANET

Minnows and Novice I

The June "Swimmer of the Month" for Minnows is **Josh Perry**. Josh comes to practice with his goals in mind and sets out to achieve them. Thank you Josh for your focus.

Novice I's "Swimmer of the Month" for June is **Nathaniel Robbins**. Nathaniel works hard during practice and is always willing to help others. Thank you Nathaniel for your conscious effort.

July's "Swimmer of the Month" for our younger Minnows is **Caroline Fettinger**. Caroline comes to practice with a great smile and prepared to swim. Thank you Caroline for your attentiveness.

Our older Minnows group "Swimmer of the Month" is **Kathryn Plamondon**. Kathryn is doing what it takes at practice to swim fast at meets. Thank you Kathryn for working on your goals.

Novice I's July "Swimmer of the Month" is **Lauren Bennett**. Lauren is a quiet strength in the group, encouraging others and staying focused on being faster. Thank you Lauren for giving the extra effort.

THE MASTERS LANE

Morning practices are underway at Ridglea Pool Association with **Coach Ric Nesbit**. The Masters are also building up numbers in the evenings at Wilkerson with **Head Coach Ron Forrest**. The swimmers are showing good improvement and are getting in some solid training. If you are interested in going to meets, the South Central Zone Championships are being held in Keller at the end of July. Masters meets are a lot of fun and a great way to see the results of your efforts at practice. See www.ntmasters.org for more information.

*** MEET SCHEDULES ***

USA Swimming Meets:

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-Oak Point
Jul 21-25	TAGS Long Course Champs at Austin
Jul 23-25	"B/C" Champs at GCAT
Jul 28-Aug 1	Sectional Champs at Austin
Aug 3-8	ConocoPhillips Summer Nationals
Aug 3-8	Southern Zone Age-Group Champs