



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 16 NUMBER 10 FEBRUARY 2005

* BY THE NUMBERS *

Total FAST Membership: 197

Nemos	15	AAG	22
Minnows	20	Seniors	13
Novice I	16	High School	13
Novice II	24	Masters	26
Age Group	24	Country Day	22
		Medical	2

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

* WELCOME TO FAST *

Please welcome these new and returning swimmers!

Age Group Stancey Jane Smith
AAG Erin Talley
Seniors Carlos Avila
Masters Schuyler Smith

* NEW TEAM RECORDS *

Congratulations to our latest record breaker! This outstanding swim was done at the January NTN/ATAC "A" meet and was almost a Sectionals cut.

Girls 11-12
200y Breast Remy Neville **2:34.24**
 (old record 2:43.09, R.Neville, 11/2004)

* NEW CHEVRONS *

Congratulations to our swimmers for their lifetime achievement of a higher time standard in these strokes at the NTN/ATAC meet in January.

"A" **Free** Patrick Dwyer
Back Remy Neville
Ind Med Becky Russell
"AA" **Free** Patrick Dwyer Lauren Gillum
 Colin Shopp
Fly David Funderburk

* FAST MEET RESULTS*

These are our team results at the meets this month. The placing is shown both for the overall meet winner and how FAST scored. A headcount showing how many swimmers were included in the team's on-time entries is also given for reference. It does not reflect deck entries or no-shows. The percentage shows the attendance compared against the number of swimmers who were eligible to participate.

Date	Host	Class	Place-Team-Pts	#
Jan 7-9	NTN/ ATAC	"A" Winter Challenge	1st-COPS-911 7th-FAST-174	25 78%

FAST swimmers in each meet classification:
 "A" - 32 "BB" - 39 "B/C" - 75

* UPCOMING EVENTS *

"BB" AND "B/C" CHAMPS

FAST wants to have a BIG team attend both "B/C" and "BB" Champs in the upcoming months. Please plan to attend whichever meet your swimmer is classified for. At these level meets, size is often the deciding factor of how many points a team scores. If we can field big teams, we have a greater chance of reaching our team goal set earlier in the season for these meets. But we need YOU! So plan to attend your championship meet.

UPCOMING PRACTICE CANCELS

Please check the calendars for practice cancels coming up! Also, FAST will take a training break in March following the championships to coincide with Fort Worth ISD Spring Break.

TIMERS NEEDED FOR UIL MEETS

Head Coach Ron Forrest is soliciting stopwatch timers for the UIL Regional meet at Wilkerson-Greines in February. We will approve volunteer hours for this activity. Adults only, please. *Head Coach Ron* can sign you up and tell you the specific days and times.

*** OTHER FAST BUSINESS ***

VOLUNTEER HOURS POLICY

As a reminder, our team requires each family to contribute 10 hours of approved service each 6 months. The current service period ends at the end of February 2005 and the next six months will begin on March 1. Families who have had a swimmer on our active roster for more than 3 months during those 6 months are expected to comply (Masters and Country Day are exempted). Please plan to complete and document your help before you are billed the \$100 opt-out fee. From time to time we list volunteer opportunities in this newsletter and our *Volunteer Hours Coordinator Kristen Newcomb* and *Pool Parent Cathy Vollmer* can also advise of things that need to be done. The best choice of assignments goes to those who are proactive and find a niche on our team that they can fill! Also, please be mindful that sometimes things need to be done that are neither fun nor convenient, but they are always appreciated. Our team would not be possible but for the generous efforts of all our families.

"FAST NEWS" EMAIL LIST

Since September we have been subscribing all new families to our "FAST News" email news list if an email address was provided. Please make sure that you are receiving our team emails. The email recipients are set up as "Blind Carbon Copies" (bcc:) which unfortunately can cause our team emails to be flagged as junk email and removed from your inbox. Also, after a few bounces our mailing list software will remove you from our list, such as if your inbox filled up while you were on holiday.

We have a list of archived team emails on our website for reference on the "FAST News" Mailing List signup webpage. Email is the fastest and most accurate way we have to communicate last-minute changes in practice schedules, meet situations, or to

put out reminders of upcoming events. Some families find it helpful to sign up with both work and home email addresses, which is fine. You can sign up yourself on our website.

SWIM STORE NEWS

First, I want to thank all our FAST families for making the Swim Store such a pleasure to run. Second, I want to give a special thanks to *Kristen Newcomb* for all her help in running the store. From the bottom of my heart Kristen, I could not do it without all your help. God bless Kristen!

We will continue to take orders until the end of January for the FAST window decals. The decals are white and include the FAST logo and your swimmers name if you choose and are only \$8.00. In addition to the decals we are also taking orders for FAST swim towels. The towels are a huge 35"x70" in bright royal blue, 100% Egyptian cotton with the same FAST logo as on our hoodies. They are only \$25.00, or \$5.00 more with your child's first name monogrammed on them.

Starting immediately, all FAST Master swimmers will receive a FAST Masters team T-shirt and team latex cap. The T-shirts are available in adult sizes Small through XL. Also available for purchase are silicone FAST Masters caps for \$12.00.

If you wear glasses or contact lenses for distance correction, Speedo has come out with a new low profile corrective goggle in -2.00 through -9.00 correction. These goggles are designed to fit most kids as well as adults and (can you believe this) they're only \$20.00 and available in either clear or lightly-smoked lenses.

I usually go to our swimwear supplier weekly on Wednesdays or Thursdays. If I don't have something you need I will be more than happy to get it for you -- JUST ASK !

-- *Swim Store Director Suzanne Dwyer*

TEAM SWIMSUITS POLICY

FAST swimmers are not allowed to wear "fastskin"-type performance bodysuits without prior approval by Head Coach Ron. A standard FAST team suit must be worn in all meets. Please see our Swim Store in advance as team suits are special ordered items. Also, if swimmers wear a cap at meets, it must

be a FAST cap. Our "FAST Facts" Parent Handbook has additional details on these policies.

AGE GROUP TIME STANDARDS

As a reminder, we will switch over to using the new 2005-2008 USA Swimming age group time standards (eg: "A", "BB", "B") with the April meets. The 2001-2004 time standards will be in effect for the spring championships meets in February and March.

*** THE COACHES WATCH ***

HEAD COACH RON

Program Director Seniors, High School

Yet another short course season has whirled by and we have almost reached the conclusion. At the end of the season comes our team's big meets. We have all levels of meets to be contested this month from High School District, Regional and State Championships to our younger swimmers taking part in their champs meets such as "B/C" and "BB" Champs. Our championship meet for "A" swimmers will help finalize who has stepped up to the plate to represent FAST at both the TAGS and USA Sectional Championships.

Many of you have worked very hard throughout the season to have a successful championships for yourselves. At this point, the preparation work starts to give way to fine tuning to be ready to swim a peak performance. Make sure that when you are thinking toward your meets in the coming weeks that you pay special mind not only to the effort you put forth to give yourself that last little edge, but also to the technical things that can make or break races. For example, a breath here and a breath there can turn a potentially great race into a sub-par one. Think about that when you are working in practice.

One of the areas that I see a need to be worked on is diligence in your hydration during workouts. I have spoken about the important need for maintaining hydration and how it can aid in performance. Remember: in order to swim at an elite level, you have to do all the little things that lead to elite athletes being able to perform. Hydration and proper diet are a big part of big time performances.

Also, getting proper amounts of sleep is

paramount to the performances that you have trained for. Time management is crucial at this time of year and is probably the weakest link that parents do not push on their children. There is no need for a teenager to have to be up until 2 in the morning finishing school work. If they are up that late, chances are that either school or athletics (and usually both) are suffering. The chances for other problems increase exponentially with their decreased amounts of sleep. Parents need to be very cognizant of this and understand that generally there are ways to get everything that needs to be done during a day in and still get proper amounts of sleep so crucially needed for teenagers.

We train individually but we compete as a team. At all the upcoming meets we will be looking not just for great individual performances but also at how FAST does in team standings. We want to convey an image as one of the better teams not just in North Texas but also in the entire state. I would like to see everyone in as much team attire as they can to show their pride that they are part of FAST.

And as a final note that ties in with the team concept: We are approximately one month out from both the TAGS and US Sectional Championships. I have spoken about it several times over the past season that our performance at summer Sectionals was could be nicely phrased as "less than acceptable." You all know that we will be taking the whole TEAM (those who have qualified) back to Sectionals this spring to redeem ourselves. There are four weeks to make sure that you are ready to do your part and play a role in putting FAST back on the top end of the list where I think we should belong. Ready means several things. It means make sure that you are training to win. Anything less is not acceptable at this point. It means that you must have your arrangements prepared to get out of school / tests / dentist appointments, etc. so that you are in place at the meet when you are needed to swim. Parents, please make sure that this is taken care of well in advance. Swimmers, some of you need to be thinking about redeeming yourself from your lack of preparation and performance at the summer Sectionals meet by helping FAST get as high up the team standings as possible.

As for TAGS, we want to take the largest team we can. This is one of the best age group meets in the world. Even qualifying for the meet means that

you have started down a path to elite swimming. It takes hard work and dedication just to be eligible. And if you get to the meet and want to final and score points, the competitive side of the meet demands that you be one of the best swimmers in the nation at your age. It is a privilege to make it to this meet and even more of one to get to be a part of a final.

If you are close to this making TAGS cuts, work even harder this month to get that last little push to put you over the top to get yourself there. Make that extra workout, try that harder pace time. This meet only accepts the best and you have to earn the right to go.

Every one of our most successful national level swimmers on FAST over the past ten years have been successful TAGS swimmers and finalists. There is a direct correlation with the qualities needed to have success at TAGS that carry over to success at the higher levels of swimming that follow this meet.

So work hard. Reach out for that higher rung on the success ladder. It is only a little hard work away for many of you.

The Seniors group "Swimmer of the Month" is **Jessica Schauwecker**. Jessica is definitely headed in the right direction. She is very hard working in practice and has shown that she is very hungry to accomplish more and more lofty goals in swimming. She is able to keep a very positive frame of mind in practice even when asked to do difficult things. In her own quiet way this is a sign of a great athletic leader that others faster or slower can emulate. Keep up the great work, Jessica!

"Swimmer of the Month" for FAST's High School group is **Danielle Mauer**. She has been working very hard at practice this past month. Danielle has pushed herself in order to be in position to be a dominant figure at her District meet and also contribute to good placings at her Regional meet. Good work, Danielle!

COACH JANET

Nemos, Minnows, Novice I

Nemos "Swimmer of the Month" is **Kasey Reeves**. Kasey works hard on listening and swimming her best. Thank-you, Kasey, for putting forth your best effort.

"Swimmer of the Month" for the Minnows is **Katie Mitchell**. Katie is paying attention, swimming fast and working hard to move up to Novice I.

Thank-you Katie for swimming to your goals.

Camryn McIntyre is the Novice I "Swimmer of the Month." Camryn has a great attitude and is willing to help his fellow swimmers. Thank-you, Camryn, for your positive presence.

COACH RIC

Masters

This has been another exciting month for the Masters swimmers. More parents have jumped in and found they can do the workout and feel better for it. The regulars are continuing to get into much better shape. "Shape" of course can mean both rearranging the existing flesh AND having better cardio-conditioning (contributing to less total flesh).

On two Saturday mornings this month we have videoed many of the masters swimmers from both underwater and from the top. This will help them "see" themselves and help focus on the technique changes that will make for much more efficiency and comfort in the water. This translates into more confidence in the water and less effort to go the same distance than with a less efficient stroke. This in turn allows for longer continuous distances... meaning less hanging on the wall or standing on the bottom at each 25.

This month our "Swimmer of the Month" is **Marty Baumann**. Marty has attended the highest percentage of coached workouts as of this writing and he has mostly done everything asked of him (except over 50 yards). Way to go Marty!

*** MEET SCHEDULES ***

USA Swimming Meets:

Feb 4-6	"A" Greater Southwest at COPS-Loos
Feb 11-13	"BB" meet at KST-Keller
Feb 18-20	"B/C" Champs at GCAT-Grapevine
Feb 25-27	"A" Champs at NTN/ATAC-Southlake
Mar 3-6	Sectional Championships at Texas A&M
Mar 4-6	"BB" Champs at SWAT-Duncanville
Mar 10-13	TAGS Championships at TAGS-Loos

Masters Meets:

Feb 25-26	SCY meet at DAM-SMU
Apr 8-10	SC Zone Championships, San Antonio