



# TIMES

FAST is a member team of USA Swimming, Inc.  
and United States Masters Swimming, Inc.



.... AT WILKERSON-GREINES  
VOLUME 17 NUMBER 1 MAY 2005

## \* BY THE NUMBERS \*

**Total FAST Membership: 164**

Nemos	14	AAG	21
Minnows	21	Seniors	13
Novice I	13	High School	14
Novice II	20	Masters	24
Age Group	22	Medical	2

Telephone FAST 817-874-5655 (mobile)

Treasurer Laurie Seidel 817-426-3413

Our website: <http://www.fastswimming.org/>

Team email: [fastswim@fastswimming.org](mailto:fastswim@fastswimming.org)

## \* WELCOME TO FAST \*

Please welcome these new and returning swimmers!

<b>Nemos</b>	Nicholas Wilson
<b>Minnows</b>	Kelly Kurtz Christina Paulus
<b>Age Group</b>	Charles Fox Nicholas Rakestraw
<b>High School</b>	Helen Costa Michael Martinez Michael Watson
<b>Masters</b>	Tamara Brooks Holly Cross

## \* NEW TEAM RECORDS \*

Congratulations! Dana set new North Texas and State records at World Trials at Indianapolis in April.

### Girls 17-18

**100m Free Dana Vollmer :56.12**

(old NT LSC record :56.73, C.Blackman, 04/2003)

(old TSA record :56.73, C.Blackman, 04/2003)

**100m Fly Dana Vollmer 1:00.12**

(old NT LSC 17-18 record 1:02.84L, W.Cuthbert, 07/1993)

(old TSA 17-18 record 1:01.49L, A.McLeod, 08/2002)

## \* NEW CHEVRONS \*

Congratulations to our swimmers for their lifetime achievement of a higher time standard in these strokes at our FAST "A/BB" 13 & Over meet in April.

"A" **Free** Patrick Dwyer

"A" **Ind Medley** Erin Talley

## \* UPCOMING EVENTS \*

### **SPRING BANQUET MAY 16**

Our annual FAST Spring Banquet will be at the Woodhaven Country Club main ballroom on Monday 16 May. There will be no practice for any group that evening. We would like to see all of our swimmers present to celebrate our accomplishments over the past year and enjoy a social evening with teammates without having to time or cook. Dress is semi-formal. We will arrive starting at 6 pm and dinner will be served at 6:30. The country club is close to I-30 east of downtown at 913 Country Club Lane, Fort Worth, 76112.

There are fliers at the pool and on our website with a RSVP form. We will need to collect your RSVP and payment no later than May 10 to provide final headcounts to the country club. Dinner is an Italian buffet and cost is \$14.50 for adults 15 and over; \$12.50 for kids 14 and under; children aged 3 and younger eat free.

### **TYLER "A" MEET**

FAST will be attending the "A" meet hosted by Metroplex Aquatics June 10-12 in Tyler. If interest warrants, we will do this as a bus trip for the swimmers. FAST expects our eligible swimmers to attend and we ask that you use our meet sign-up web form to confirm your attendance and indicate if you

are interested in riding on a team bus. Please sign up soon so we have time to make arrangements.

**\* OTHER FAST BUSINESS \***

**NEW OFFICIALS TRAINING**

These FAST parents participated in our clinic on April 23 as their first step on the path to become a certified USA Swimming Official:

Swim Parent	Swimmer's Group
David Dewberry	Minnows
Andrew Knickerbocker	Minnows
Jeff Mucher	Novice I
Steve Plamondon	Novice I
Steve Russell	Age Group
Pete Shopp	AAG, Novice II

The next scheduled clinic to train new officials is during September at the GCAT pool.

**SWIM-A-THON TALLY**

We have finished our major fundraiser for the year, our Swim-A-Thon. FAST would like to thank all the swimmers who participated and also our wonderful parent volunteers who made the event possible. Please be sure to turn in all pledge money by May 7 either in the folder in the top file cabinet drawer or in the box on top. Please, no cash,

The swimmers began with their 2-hour swim for pledges, and then played games. Around noon we all enjoyed a grilled hamburger and hot dog lunch. One of the fun parts was the pie-in-the-face for the coach who had the most donations in their special contest. **Lauren Bennett** got to do the honors with a great toss this year. Look for pictures at the pool soon!

We would like to recognize all our swimmers who swam laps for pledges. 200 lengths is a long way (5,000 yards) especially for the younger swimmers; the more experienced swimmers were also racing against the clock. **Francis Nieves** has the honors of the fastest swim, finishing his 5,000 yards in a little over 1 hour and 4 minutes.

For those of you who aren't swimmers, here are some rough comparisons:

- 5,000 yards is about 2.84 miles.
- Swimming 5,000 yards is a similar effort to jogging 11.4 miles in the same amount of time.

Group	Swimmer	Lengths	
<b>Nemos</b>	Sara Comunelli	70	
	Claire Garret	84	
	Sydney Garrett	62	
	Raymond Keys	100	
	Michael Mueller	60	
	Robyn Richmond	84	
<b>Minnows</b>	Colin Ayers	178	
	Chris Johnson	126	
	A J Knickerbocker	146	
	Liam Neville	130	
	Austin Ploetz	152	
	Anna Salerno	110	
<b>Novice I</b>	Meredith Schlosberg	130	
	Kathleen Ayers	194	
	Nicholas Comunelli	200	
	Hunter Dworsky	180	
	Jeb Key	120	
	Camryn McIntyre	154	
	Macaul Montgomery	100	
	Kasey Mucher	180	
	Kathryn Plamondon	200	
	Kira Schlosberg	200	
	Ryan Turnwall	200	
	<b>Novice II</b>	Caleb Dena	200
Britt Ekholm		200	
Doug Murray		200	
Haley Shopp		200	
<b>Age Group</b>		Lauren Bennett	200
		Mike Collins	200
	Reagan Ewing	200	
	David Funderburk	200	
	Kelsey Funderburk	200	
	Griffin Neville	200	
	Julie Walter	200	
	Gregory Pfaff	200	
	Rachel Turnwall	200	
	<b>AAG</b>	Britt Brandon	200
Evan Brown		200	
Cameron Dwyer		200	
Patrick Dwyer		200	
Shannon Dwyer		200	
Katie Funderburk		200	
Ashley Sartin		200	
Natalie Schauwecker		200	
Colin Shopp		200	
Tim Slininger		200	
<b>Seniors</b>	Xela Steenberge	200	
	Carlos Avila	200	
	Or Barak	200	
	Matt Brickey	200	
	Mark Brickey	200	
	Kendrick Goldsmith	200	
	Erica Hall	200	
	Francis Nieves	200	
	Jessica Schauwecker	200	

	<i>Ryan Seaver</i>	200
	<i>Chris Slininger</i>	200
	<i>Rachel Watson</i>	200
	<i>Sarah Watson</i>	200
<b>HS</b>	<i>Chris Fox</i>	200
	<i>Danielle Mauer</i>	200
	<i>Sara Seidel</i>	200
<b>Masters</b>	<i>Richard Hollis</i>	200
	<i>Richard Neville</i>	200
	<i>Laura Shopp</i>	200
	<i>Pete Shopp</i>	200
	<i>Carol Standerfer</i>	200

## OFFICER ELECTIONS

Our annual officer elections and team meeting were held on Wednesday April 27. This is your 2005 FAST Board of Directors:

<b>President</b>	Alan Lake
<b>Vice-President</b>	Alan Brown
<b>Treasurer</b>	Laurie Seidel
<b>Secretary</b>	Nancy K French
<b>Meet Director</b>	Sheri Hall
<b>Pool Parent</b>	Ruth Funderburk
<b>Membership</b>	Carolyn Hall
<b>Swim Store</b>	Suzanne Dwyer
<b>Program Director</b>	Ron Forrest

## FAST MEET WENT SWIMMINGLY

FAST hosted our first meet of the year on April 22-24 for swimmers aged 13 & older of all ability levels. The meet overall ran very smoothly and several North Texas Swimming officers have complimented us on our meet including the excellent accuracy of our results. Kudos to **Sheri Hall** for running a very successful meet in her first go as Meet Director.

We had more helpers than can be individually recognized here but several individuals deserve special mention at the risk of overlooking others who are also worthy:

- **Ron Forrest** and **David Dewberry** put in long hard hours preparing the pool and getting those darned touchpads to stay on the bulkhead (most of the time). We would not have had the pool ready in time without their tireless efforts. Ron and David also helped throughout the rest of the meet wherever their talents were needed.
- **Dan Shipler** repeatedly went above and beyond the call of duty as the WGAC facility administrator, even baking one of his famous

homemade cakes for Hospitality.

- **Janice and Michael Schauwecker** took charge of Hospitality to provide refreshments for coaches and officials and other meet workers who cannot leave the pool area during the meet. Usually Hospitality is the first to arrive and the last to leave each day, in addition to a lot of shopping and preparations, cleanup, and dealing with supplies kept in storage between meets. Without hot coffee there could be no swim meets!
- **Suzanne Dwyer**, our former Meet Director, worked closely with Sheri and also made sure Clerk of Course was supplied and staffed. She worked the meet even though she was still recuperating from neck disk surgery the previous weekend. Thanks also to her son **Nick Dwyer** for his long hours doing hard work where needed.
- **Susan Brickey** helped set up and test the timing system and worked each session of the meet as console operator. We have only a few skilled, certified Timing System operators on our team and her expertise was put to good use troubleshooting in addition to her consistently correct work done heat after heat all weekend.
- **Alan Brown** made the long trip to Loos to pick up and return North Texas Swimming touchpads and other equipment weeknights. He earns extra credit points for repairing some jerry-rigged timing system equipment and for correctly getting all the equipment needed when our "order" form was misplaced.
- **Kristin Newcomb** did a terrific job on the Meet Management computer keeping the meet going smoothly.
- **Ruth Funderburk** took charge of Awards during the meet and with post-meet follow-up.
- **Gloria Schuldt** was our Meet Referee. FAST does not have a certified Referee in our membership so we are dependent on others not with our team to be able to host a meet. We are truly grateful for her support. Gloria worked with our Meet Director throughout the process of writing the meet information, getting the meet sanctioned, then working the actual meet. She has a wealth of experience as a national referee and a former USA Swimming Senior Nationals Meet Director, yet she volunteered to help us with our local meet -- an hour's drive from her home.

Several other North Texas officials not with FAST volunteered during our meet during one or more sessions also. We are thankful for their help.

Our lane timers were outstanding. They had a huge impact on our ability to provide accurate results promptly during the meet. We had consistent button and watch times on almost every swim to either corroborate the touchpad times or provide the official time when a swimmer missed the touchpad on their race finish.

FAST will host a "BB" meet for all ages at our pool on June 17-19 and a "B/C" meet in November. We hope that we can again count on your support to repeat our success from the April meet. Please look for a sign-up sheet at the pool and team emailed news as we approach the end of May.

### **"FAST NEWS" EMAIL**

When new families join our team we put them on our "FAST News" email list. To protect your privacy, email is sent as "blind carbon copies" (Bcc:) so your email address is not visible to others on distribution. Unfortunately, this also can cause our emails to be flagged as spam by some internet service providers (ISP's). We have had particular difficulties with AOL users not being able to receive our email, but other ISP's have also been problematic. If you aren't receiving team emails, please email **Nancy French** at [nkfrench@fastswimming.org](mailto:nkfrench@fastswimming.org) to verify that you are on our list, then look for email "help" webpages for your ISP. Most have good instructions about how to fine-tune spam controls for use with mailing lists such as ours.

### **WEBSITE CHANGES**

Please be sure to request a FAST userid and password if you will be doing meet signups, viewing team rosters or board minutes, or using our Athletes database. Each swimmer or parent needing access will get their own userid. We are going to restrict access to some of our information to align with USA Swimming privacy guidelines. The login forms that have been added to our website contain a link to a form for requesting a userid. Please be sure to provide us a email address that can receive email from FAST as that is how we will let you know what your userid is and how to set your initial password.

Thanks to everyone for your patience while I work out some of the glitches with this new process.

-- **FAST Website Nancy K French**

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

### **PROGRAM DIRECTOR RON FORREST**

#### **Seniors, HS**

The month is here that almost every young person thinks about all year long: the beginning of great training for Long Course season? Well, hopefully, but I think that probably the month that school lets out for summer is probably at the front of mind right now for most kids.

April is usually a more "downtime" month for us. Judging from the results from our April meet, we will definitely have to get a little more "up" in May. Maybe seeing yourself in less than the best shape of your life has given you a bit of a wake-up call. It looks as if some of you are really interested in starting some serious training to get into racing shape. This is a good first step and eagerness to improve is easily built upon and continued throughout a season. Let's keep it up.

This should be an interesting season. The Seniors group is growing due to move-ups, a large number of FAST's collegiate swimmers coming home for the summer, and some other college swimmers training with FAST for the summer. This season the group will be bigger than it has ever been. In some cases, I will need to implement certain procedures for things such as weights sessions. These procedures will not be done as punishment. I need everyone to realize that certain changes will be done to make sure everyone gets the correct training for a successful long course season.

On that note, I wish to underscore attendance this summer. Both swimmers and parents must realize that with a group this big, I will be less tolerant of poor attendance. If a swimmer is not showing up to practice, I will be simply moving a swimmer to AAG for the remainder of the summer in order to make more space and attention for the swimmers who will be meeting my requirements. Once moved, there will be no move back up until the long course season has ended. So please make sure that you (parents) and your swimmer discuss the importance of being at practice for membership in Seniors. I just simply will not have the time for part-

time swimmers.

The rest of my month's newsletter column is something that I am passing along to you from FAST alumni swimmer Georgia Steenberge. I thought this absolutely captures what it is to be a "Swimmer". If you have been doing this long enough and it truly is your life and in your blood, then you will absolutely "get" this piece. If you are just starting to get into our great sport in a serious way, then you may "get" parts of this, but may still have some time to "get" all of it. And if you are not really "into" swimming yet, but just kind of do it, read this. This is what our sport is all about. It is what makes our sport "worth it" and keeps those of us that are really "into it" coming back.

"SWIMMING: It's the feeling you get at the end of a hard practice, when you've pushed yourself to the limits, and it's the way the water feels when you get back in after time off, it's knowing that you just got the time you worked so hard for. It's knowing that you don't have to shave for months at a time, and thinking of 7 am practice as sleeping in. It's when you'll wear suits 2 sizes too small, and the most ragged baggy ones too. It's not being able to lift your arms after practice, and knowing what it feels like to TRULY race. It's muscle cramps, swimmer's ear and 10 practices a week. It's when your coach knows you better than your father does, and your teammates are your brothers and sisters. It's seeing everyone else cheer you on during a race, and knowing your team is really behind you. It's borrowing caps and sharing shampoo, going through whole boxes of cereal in one day, and blowing the fuse in the locker room four times because everyone has to get ready after morning practice. It's hearing people at school say, "It must be a Swimmer thing", and always having the best parking spot because you are the first one at school every morning. It's a collection of T-Shirts and ribbons, and not really being able to put into words "how the meet went." It's knowing that you got up and did something today, and even on an off day you were still better than most of the world will ever be at something. It's part of your identity, it's knowing you'll always have something to do on the weekends and instantly having friends wherever you go simply because "you are a swimmer" and so are they. It's something your love, and something you hate, and something you really can't explain, and don't really want to understand. It's the way you walk

and the way you talk. It's something that no one else really understands because they haven't felt the feeling you get every time you step up on the blocks, the feeling that it's now or never and time to just go for it. You know that swimming isn't just a sport... it's all the friends and coaches over the years, all the practices and inside jokes, all the memories, all the fun times and all the road trips, because swimming is more than just a sport... it's a way of life."

## **COACH DAVE**

### **Advanced Age Group**

Welcome to my new swimmers. I am happy to see all the new faces. I was very pleased with the meet we had and am looking forward to the long course season. Remember that your goals should include the end of the season meets. Everyone should be getting ready, both mentally and physically, for this summer and two-a-days. Also get ready for Fly Month, also known as May, coming to a pool near you. Keep up the good work.

## **COACH KRISTIE**

### **Age Group, Novice II**

Parents, please help remind your swimmer to bring a reusable (not disposable) water bottle to practice. We keep a water jug with fresh cold water on deck for refills. The swimmers work very hard and need to drink water during their practice to replace fluids lost through perspiration while they swim. Thursday nights we will be doing drylands, so swimmers need to bring running shoes and proper exercise attire in order to participate.

Age Group's "Swimmer of the Month" is **Mike Collins**. He has been coming to workout with a fun, hardworking attitude. Thanks for the great effort!

**Joey Hughes** is Novice II's "Swimmer of the Month". Joey has really improved this season, working diligently on his strokes and improving his endurance and speed.

Keep up the good work, guys!

## **COACH JANET**

### **Nemos, Minnows, Novice I**

Workouts have been well attended and everyone is improving their strokes and endurance.

Nemos "Swimmer of the Month" is **Claire Garrett**. Claire has good attendance, great listening

skills and tries hard in practice. Thank-you, Claire, for your efforts.

"Swimmer of the Month" for Minnows is **Aubree McBrayer**. Aubree works hard in practice is very polite to the other swimmers and comes to practice ready to focus on her swimming. Thank-you, Aubree, for being a good example.

**Kyle Verdeyen** is our Novice I "Swimmer of the Month." Kyle has been putting a lot of energy into being the best he can be in this group. Thank-you, Kyle, for being ready to swim.

## COACH RIC

### Masters

This month has been a landmark month. FAST only took 4 swimmers to the South Central Zone Championships in San Antonio, but they represented us all very well.

**Richard Neville** returned to swimming from a 20+ year layoff this season yet swam the 100-yard breaststroke within 3 seconds of his lifetime best time from his college years. He placed first in his age group and had several excellent swims.

**Marty Baumann** continued to chop off seconds from his best times in his breaststroke and freestyle events and is now competitive with swimmers that have been competing for years.

**Jason Craig**, after only being with us a short time, swam his best times of the past 3 years as a Masters swimmer. Jason will be missed when he transfers within his company to a new position in California. Good luck Jason.

**Richard Hollis** was gracious enough to join us in San Antonio to swim on relays only as his individual entries did not arrive on time to allow him to compete. He gave us 2 relays that represented FAST quite nicely. Thanks to our competitors FAST finished in the top 30 at the meet.

## \* MEET SCHEDULES \*

### USA Swimming Meets:

May 6-8	"A" meet at DM-SMU Outdoor Pool
May 13-15	"BB" meet at NTN/ATAC-Southlake
May 21-22	"B/C" meet at LAC-LISD Natatorium

Jun 3-5	Senior Circuit #2 at DM-SMU
Jun 10-12	"A" meet at MTR0-Tyler
Jun 17-19	"BB" meet at FAST-WGAC
Jun 24-26	Senior Circuit #3 at Texas A&M

"A" meet at NTN/ATAC-Southlake  
"B/C" meet at SWAT-Duncanville

Jul 8-10	"A" Champs at NTN/ATAC-Southlake
Jul 14-17	Senior Circuit Champs at UT-Austin
Jul 15-17	"BB" Champs at COPS-Oak Point
Jul 20-24	TAGS Championships at UT-Austin
Jul 22-24	"B/C" Champs at GCAT-GCISD
Jul 27-30	Sectional Championships at UT-Austin

Aug 2-6	Southern Zone Champs at UH-Houston
Aug 7	Southern Zone Open Water at Galveston
Aug 3-7	Nationals at Irvine, CA
Aug 9-13	Junior Nationals at Irvine, CA

### Masters Meets:

May 28	Open Water at Lake Carolyn-IS
Jul 15-16	Summer LC Invitational at DAM-SMU
Jul 23-24	LC Zone Championships, The Woodlands
Jul 29 & 31	2K/5K/10K LC Invitational at DAM-SMU

## \* TEAM POLICY NOTES \*

If you decide to leave FAST either permanently or temporarily, 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 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. Also, please remember 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. While an in-water tryout may not be needed if the absence has been relatively short, the parents still **MUST** complete new paperwork including paying training fees before the swimmer will be allowed back in the water.

It is part of the North Texas LSC rules that your account must be in good standing upon departing any USA Swimming team or your swimmers(s) may not be allowed to swim with any other team. If your account is not current within 30 days from the date on your last invoice, your account information may be released to the treasurers of another North Texas USA Swimming member team 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.

### FAST LEARN TO SWIM LESSONS:

If you have a child or know of a child who would like to learn how to swim, please contact

Teresa Hoselton 817-457-5357 [lessons@fastswimming.org](mailto:lessons@fastswimming.org)

Referrals from FAST members are our best source of new swimmers to be the future of our team!