



TIMES

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



.... AT WILKERSON-GREINES
VOLUME 17 NUMBER 3 JULY 2005

* BY THE NUMBERS *

Total FAST Membership: 173

Nemos	14	AAG	31
Minnows	17	Seniors	13
Novice I	15	High School	15
Novice II	11	Masters	25
Age Group	17	Medical	2
		College	13

Telephone FAST 817-874-5655 (mobile)

Treasurer Laurie Seidel 817-426-3413

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

Team email: fastswim@fastswimming.org

* WELCOME TO FAST *

Please welcome our new and returning swimmers!

Nemos	Quinn Causey	Chase Fox
Minnows	Chassity Scroggins	
Novice I	Nikkolas Wolf	
Age Group	Alexandria Wilson	
Seniors	Matthew Brickey	
High School	Daniel Martinez-Torres	Christina Jones
Masters	Ismael Avila	Nick Dwyer
	Laurie Ellison	Meg Friess
College	Cameron Allred	Jennifer Antisdale
	Meredith Bishop	Amy Browning
	Rikki Covey	Yousif Del Valle
	Liz McGowan	Brent Norcross
	Michael O'Connor	Erica Tate
	Keilah Walker	Erin Wehrmann

* NEW TEAM RECORDS *

Congratulations to our new record holders from the June ATAC/NTN "A" Summerfest meet at Southlake.

Girls 11-12

400m IM Natalie Schauwecker 5:49.89
(old FAST record 5:51.94, S.Dwyer, 06/2004)

Boys 10&Under

400m Free David Funderburk 5:26.66
(old FAST record 5:30.87, G.Neville, 07/2004)

* NEW CHEVRONS *

Congratulations to our swimmers for their lifetime achievement of a higher time standard in these strokes at the June meets at Tyler, Duncanville, and Southlake.

"B" Free	Mary Ayers
	Caleb Dena
	Taylor Smith
"B" Back	Victorya Johnston
	Taylor Smith
"B" Breast	Maddison Mullins
	Kyle Verdeyen
"B" Ind Medley	Reagan Ewing
	Maddison Mullins
	Kyle Verdeyen

"BB" Free	Caleb Dena
"BB" Back	Reagan Ewing
"BB" Breast	Joseph Hughes
"BB" Ind Medley	Reagan Ewing

"A" Free Ryan Seaver

"AA" Free Katherine Funderburk
Ryan Seaver

"AAA" Free Kendrick Goldsmith
Ryan Seaver

"AAA" Back David Funderburk

"AAA" Breast David Funderburk

"AAA" Ind Medley Natalie Schauwecker

"AAAA" Fly Carlos Avila

* FAST MEET RESULTS*

Here is a recap of our team results at the meets so far this long course season. 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	#
Apr 22-24	FAST	"A/BB" 13&O	1st-DM-930.5 2nd-FAST-647	41 53%
Apr 23-24	COPS	"A/BB" 12&U	1st-COPS-1118.5 9th-FAST-103	10 83%
May 6-8	DM	"A"	1st-DM-940.5 10th-FAST-68.5	22 50%
May 13-15	NTN/ ATAC	"BB"	1st-NTN-655 8th-FAST-174	8 18%
May 21-23	LAC	"B/C" Div 1	1st-LAC-1209 2nd-FAST-505	30 51%
Jun 3-5	DM	Senior Circuit	not scored	6
Jun 6-8	MTRO	"A"	1st-MTRO-973.5 3rd-FAST-327.5	19 43%
Jun 17-19	FAST	"BB"	1st-COPS-949 3rd-FAST-326	14 31%
Jun 24-26	ATAC/ NTN	"A"	1st-NTN-2220 4th-FAST-1603	39 89%
Jun 24-26	SWAT	"B/C"	1st-COPS-868 2nd-FAST-710	29 49%

For reference, these are the current number of swimmers in each classification. Many of the older "A" swimmers on our roster are college swimmers, which did skew some of the percentages.

"A"-44	"BB"-45	"B/C"-59
12&U "A/BB"-12		
13&O "A/BB"-77		

* UPCOMING EVENTS *

UPCOMING PRACTICE CANCELS

FAST will take a training break August 8-21. This allows everyone to take a well-deserved rest, perform pool maintenance and prepare for the upcoming season and school year. Our fees are a 12-month average not only for training fees, but also for pool rent and coach salaries, so this will be billed as a normal month.

There will be no practice on July 4 for any group. Have a safe and happy Independence Day!

SWIMPOSIUM IS COMING

On Saturday, August 27, North Texas Swimming will host a USA Swimming "Swimposium". This is a one-day event with a swim clinic for swimmers and educational tracks for swim parents, coaches, officials, and swim meet volunteers. The feedback we've received in the past has been very

enthusiastic and FAST would like to encourage our team to take advantage of this great opportunity. The event will take place at the GCISD Swim Center (GCAT pool). Save the date on your calendars. Registration details will be announced in a team email during July. Cost is expected to be nominal, around \$5-\$10 per swimmer. The Meet Operations track is a new one and will cover multiple aspects of what goes on behind the scenes at a swim meet and why meet directors ask for so many volunteers. The swim parent track will help you understand your sport and how you can maximize your effectiveness to support your swimmer. The last time a Swimposium was offered was in 2001, so don't miss out on this opportunity because another may not be offered for quite a while.

* OTHER FAST BUSINESS *

"BB" FAST MEET A SUCCESS

We would like to again thank all our parent volunteers and swimmers who helped with our June "BB" meet hosted at Wilkerson-Greines. FAST received many compliments from officials and visitors on how well managed our meet was and how promptly correct results were provided. The officials and coaches appreciated little extra touches such as the iced coffees for a hot day. The reason our meet went as well as it did was because we had great support from all of our volunteers.

Our meet director would also like to thank: *Jane Torgerson* and her family (*Nevilles*), who filled in where needed with a cheerful attitude. *Bev Brandon*, the *Funderburks*, the *Kurz family*, most of *FAST's Seniors* swimmers, the *Garretts*, *Turnwalls*, *Shah-Hosseini* family, *Reeves*, and many more. We left these folks out on our original team email but their support was invaluable.

FAST will host our third and final meet of 2005 in November. It will be another "BB" meet and we hope to again have the support of our entire team.

FALL DUES INCREASE ANTICIPATED

FAST anticipates a modest increase in the monthly training fees we are charging swimmers in fall of 2005. We have not increased fees for several years despite increased costs. The board has not completed the budgeting for the upcoming fiscal year

beginning September 1, 2005 so details have not been set. The fee increase will be needed to balance next year's budget.

Most likely the increase will be made when the new groups structure goes into effect.

FAST has always tried to keep fees low to make membership affordable to our families while offering excellent opportunities for our swimmers. Our members enjoy use of a terrific training facility -- most swimmers in the country do not have any access to a long course pool even in the summer, let alone in April or for 2-a-days. FAST has access to more pool time than most teams in the US can get. Our coaches have proven their ability to recognize talent and prepare swimmers for the highest levels of competition.

While nobody likes fees to increase, it is something that we must do. Most of our income goes towards pool use costs and coach salaries, both of which have increased in the past years. We have not set specific amounts, but we do wish to give people a while to "get used" to the idea so that once our budget is determined we can adjust fees as required on shorter notice.

COMPETITION ATTIRE

With our championships meets coming up, it is time for a reminder about our team rules about competition attire.

Swimmers are required to wear a FAST team suit in meets and if they wear a swim cap, it must be a FAST team cap. Please see our Swim Store Director Suzanne Dwyer in advance, as we do not keep all sizes of our team suits in stock. While we ask swimmers to purchase other team logo items (T-shirt, parka, bag, towel) they are optional. Parents, we also encourage you to wear a FAST T-shirt and sit together to display team spirit.

Any deviations from the standard team swimsuit are only allowed by advance arrangement by the swimmer's coach, not on deck at a meet. In particular, no FAST swimmer will be permitted to wear "FastSkin" suits or similar (full-body / legs-only / jammer) of any brand unless they have already achieved a current year Junior National time standard or faster. This policy is for several reasons:

- It is the coaching staff's belief that that FastSkin suit is designed for elite level competition only. It

should not be worn at the age group level where swimmers need to earn times through their work in the pool and attention to stroke improvement.

- The FastSkin suits are very expensive and do not need to be worn by swimmers who could grow out of them in 6 months.
- The FastSkin suit tears VERY easily. They are built for speed, not durability, and will not stand up to the abuse they would have to endure during any regular swim meet. Also, if used repeatedly, the suit wears out very quickly and the material and covering becomes worn and ineffective, in essence making the swimmer slower in the water, not faster. A single hole in these suits basically ruins them.

Even swimmers with the requisite time standards will not be allowed to wear a FastSkin (of any brand) except at designated meets and will be told to remove the suit if they show up on deck wearing one. Please note that this is for the FastSkin suits (or comparable make by all swim companies) and NOT the Aquablade version of suits.

But another important reason we have this rule is because the permission to use this suit is also used as a reward system in our program. We have a tough set of time standards which, once achieved allows a swimmer to use these higher technology suits. We have swimmers who work very hard for, in some cases, years to achieve these times. Please try thinking of this in terms of your own swimmer. Imagine them working hard for a long time to reach this goal, only to have someone cheapen it because another gets one just because that swimmer just 'wants one'. Be strong; allow your swimmer to EARN the right to wear it rather than just throwing money at something because you can.

Part of all this is that marketing of these suits is very strong. They make you believe that your swimmer, even at 6 years old "must have" this suit to make them a great swimmer. They do not. In fact Coach Ron has been privy to most of the top technology studies involved with these suits through the USA National Team. They are best used by elite swimmers. Their effectiveness lessens when used by younger, and technically less proficient and slower swimmers.

Swimmers should spend the formative years of their swimming improving through hard work,

attention to detail, and pure effort. Allow them to be rewarded for this, but not through buying gimmicks. In the long run they will respect you more for it, their peers will respect them more for the achievement and our program will be a stronger one.

GROUP STRUCTURE CHANGES

This is to let our membership know that I have been working with our Board, Coaching Staff and members of Program Development at USA Swimming. We have decided to re-structure the practice groups within FAST based on information we have looked at from some of the most successful programs in the state and country. Our plans are not finalized yet. We feel by doing this, we will be able to have better progression through the program, and will be able to provide better instruction to the swimmers.

This will require careful attention from our parents, as there will be a shifting of swimmers around as they are placed into new groups best suited to them. This could involve a coaching change, or a change of workout times so it will be important in August to look for all the information that will be coming out.

It is very important that parents do not look at any changes as 'move ups' or 'move downs'. The groups that we have previously used will no longer exist so there really will be none of that. They simply will be adjustments to get everyone where they need to be for the best results for both individual and the program.

Please note! We will be going as far as changing the names for our groups as well. Our goal is as of September 1 to have a whole new set of group names in place. So don't look for the old names, they won't exist.

We will be sending out information about new setups to each swimmer in the first few weeks of August and there will be new information regarding this in the August newsletter. It will be an important newsletter to read. So please keep your attention to any correspondence so that we can make these changes as smoothly and as efficiently as possible.

-- *FAST Program Director Ron Forrest*

ATHLETE REPS NEEDED

North Texas Swimming only exists to serve

swimmers but it's difficult without communication from the athletes into decision processes. In the absence of athlete input, a lot of big decisions are made by team administrators and officials who are hardworking and have good organizational skills but limited understanding of what it's like for the swimmers.

Each team has an athlete representative to attend LSC meetings and there are Junior and Senior Athlete Representatives for all of North Texas. Usually these reps are sophomores in high school or older. *April Hall* is FAST's current athlete rep. If you have opinions about how the meets are scheduled and run, when the LSC Awards Banquet should be held, how the All*Star and Zones teams are selected, what kind of special events North Texas should offer, she is your voice to North Texas LSC. Let her know.

GROUP PARENT REPS WANTED

We are still in need of a parent group representative for Minnows and for High School. Please see *Pool Parent Ruth Funderburk* if you can help. These parents help with team communications and welcome new families in addition to other duties. Also, when we restructure our groups we will possibly need to redo our parent reps. Please consider helping out if your new group has an available slot.

FAST WEBSITE UPDATES

Updates are underway. The goal is an easier to use site for new members, better organization, and an updated "look". Websites are generally "works in progress" including fastswimming.org.

Email Nancy at nkfrench@fastswimming.org to let her know if you can't find something or if there are broken links.

SWIM STORE NEWS

Swim Store hours are Tuesday and Thursday 5:30-7:30 pm. Please feel free to call or email me anytime. 817-821-5547 sushimamaof5@comcast.net

-- *Swim Store Director Suzanne Dwyer*

*** SWIM PARENT ARTICLES ***

These articles are reprinted from ASCA (American Swim Coaches Association). We hope you

find these enlightening and a help to understand our sport.

"That's Not It"

Last week, we had a mom come to us and "inform us" that her 13-year-old daughter would be gone for two weeks vacation in late June, maybe another week after that.

Her daughter was not much of an age-group swimmer, but she has some endurance capacity and comes regularly to the workout at 5:30 am and again at 5:30 pm daily. She works hard, demonstrates little talent, but lots of determination.

Her mother is not athletic and clearly does not value athletics. We expressed our dismay that she'd be missing for 2-3 weeks in the middle of the most important training of the summer. Her mother's response?

"Who cares, she'll never be an Olympic swimmer, so what does it really matter?"

This is a dagger in the heart to any swimming coach, and it is to me.

If we only cared about and worked hard with those 52 people who will eventually, once every four years, go off to the Olympic Games, it would be a small, empty, and meaningless sport.

My response was, "That's really not it."

What is it?

It is the fact that young people need to learn to dedicate themselves to something that is difficult, something that requires perseverance, guts and the daily determination to get your butt out of bed and go out and push your body 'til it can't go anymore.

Why do they need to learn this?

Because their lives are too easy, too soft, too catered-to. Too many people carry them, make excuses for them, never allowing them to try to be "heroic." Is it heroic to get your butt out of bed and go swim at 5 am? Is it if you haven't ever done it before. Is it heroic to "make" 10 x 200 fly on 4:00? It is if you haven't done it before. Is it heroic to finish your swim and turn around and cheer for the swimmer who is even further behind than you are, and is struggling to make the set? Need I say it? It is if you've never done it before.

And that is what "it" is about. About doing what you haven't done before. And learning that sometimes you succeed. Sometimes you fail. If you fail, you go again until you learn to succeed.

It's not about being an Olympian.

It's about being Olympian. Learning to be a hero.

And what it takes to learn that.

Or, you can be comfortable and teach your child that it's more important to be comfortable.

So, if that's your choice, I have only one question?

What will happen to your child on the day when they are made "uncomfortable" by life?

Reply by George Block, Alamo Area Aquatics Association, ASCA Level 5 Senior Coach:

Your article really struck home as it reminded me of Robert Reyes -- arguably the worst swimmer to go

through our program -- rescuing four of his buddies from choppy, night seas -- a hero. Robert Reyes swam on our high school team and he was always the slowest guy in the race, but he would swim ANY race and go all out, all the way.

He was the same way in water polo. We have seven high schools sharing the same pool, so we don't have any weekday games. Every Saturday they play 3 or 4 games, 3 or 4 hours of wrestling up and down the pool. Robert Reyes was always the slowest guy, but he would never quit. Even then the real reason he was swimming was to help him when he went in to the Navy. He had his goal way back then and was preparing back "in Taft High School" for when his moment came. I told our kids that the famous Olympians actually have it easy. They know exactly when their moment is going to come. They can prepare precisely for that moment and they have a lot of help getting there. For the rest of us it's a lot different.

Your phrase to the mother, "being Olympian" hit it perfectly. All of us will have our "Olympics", when the very best we can bring is called from us. We have to constantly prepare. We may have no one to help us. No one may ever know.

It may come like it did for Robert, as a physical test on a dark night, in choppy seas, with the flaming wreckage of a helicopter still floating in the water. It more often than not won't be a physical test, but a moral one -- that integrity thing. I tried to explain to my team that the reason they have to prepare every day is because they have to be prepared every day. "Being Olympian." That is "it."

Man Rescues Navy Pals

By Amy Dorsett - Express-News Staff Writer [June 2001]

A San Antonio sailor saves four crewmembers after a helicopter crashes into the Mediterranean Sea.

A San Antonio Navy man came to the aid of four comrades in the choppy waters of the Mediterranean Sea last month, rescuing them after their helicopter crashed into the sea. Petty Officer 2nd class Robert Reyes, assigned to a helicopter combat support squadron aboard the USS Kearsarge, made the rescue June 22 when a helicopter flying a routine search-and-rescue mission crashed into the water. Reyes, 21, whose boyhood love of helicopters propelled him to enlist in the Navy three years ago, quickly suited for what was to be his first rescue mission. Already feeling the rush of adrenaline, Reyes' emotions were running even higher because the crewmembers were like family. "Just the day before, we flew together." Reyes said. "While I was dressing out, I was trying to calm myself down."

Within minutes, Reyes' helicopter was hovering in the nighttime sky above the downed chopper. Reyes, a trained rescue swimmer, jumped from his helicopter. "I started swimming up to them, seeing if they were alert." Reyes said. One by one, Reyes helped each crewmember swim to the pickup point, where they were hoisted into the waiting helicopter. Navy officials say the four who were rescued are quick to call Reyes a hero, a title he brushes off. "When they say that, I just think I'm happy they're there." Reyes said, adding some of his water skills were acquired while on Taft High School swimming team. * * *

A year before joining the high school team, Robert Reyes did not even know how to swim, but he wanted to learn so he could join the Navy. He was an aviation structural mechanic! Reyes was alone in the water when

he took off his fins and used his water polo egg-beater kick that his Navy officers had never seen, allowing him to move among the flaming debris. He never quit.

What Does It Mean to Be Part Of A Team?

Written by: John Leonard

To become a part of a team is a privilege. Few people ever get the wonderful opportunity to experience the support of teammates and friends in the crucible of the competitive arena. A team lifts and elevates the performance of an individual to heights never before achieved. Each Individual must also recognize their responsibility to the team.

A team is a collection of individuals who have chosen to pursue one or more common goals. One of these goals, by tacit agreement of all concerned, is the improvement of each individual, which can result in improvement of the team performance. This is true in swimming. We compete individually, but preparation for competition is best accomplished in a team environment. No individual can create this environment for excellence on their own. It takes a team.

There is no such thing as a free lunch. If an individual wishes to benefit from the team, they must give to the team. Successful teams nurture the individual, and expect the individual to respond by also nurturing the team. Individual sacrifices on behalf of the team are just as much a part of the team environment as team accommodation of the individual.

The most successful teams have some characteristics in common in terms of accommodating the needs of individuals:

- They demand adherence to the core values of the team. Outside these core values, they allow freedom of individual expression. But the core values are absolute, and not to be modified or bent for the individual.
- They recognize that not every individuals every need can be met, but they bend over backwards to accommodate the MOST IMPORTANT needs of each individual.
- They react positively to the idea in action that each individual first takes care of their own responsibilities, then assists others in their needs.

Individuals on successful teams also have some common characteristics:

- They give back. If they want to be cheered for, they cheer for teammates. If they need special attention, they provide special attention to others.
- They recognize that the fastest swimmer and the slowest swimmer on any team have unique responsibilities. The team will go no higher than the fastest, and will be limited by the efforts of the slowest. The individuals put special effort into assisting each to maximize their potential.
- They know that Rules do not make teams, but traditions based on what it takes to achieve group goals do make a team. The individual recognizes the power of peer pressure when the object is right behavior.

- Individuals recognize that a rising tide lifts all the boats, and that it is better to make the pie bigger than to fight for their small piece of the pie.

TEAM has been described as "Together Everyone Achieves More". Anyone who has been on a good team will agree with that acronym.

If you are on a good team, be thankful. If you are not, what are you doing to CREATE a good team from the one you are on today?"

"The Team Takes Care of Me, and I Take Care of The Team"

"Each member of a team has a responsibility to be better today, than they were yesterday, as an athlete, and as a person. That's how teams get better"

"On our team, the fastest guys help the slower guys every day. Then when the meet comes around the slower guys do better, but they also cheer so hard for the fast guys that they'd bust a gut."

"Team means together. We do a lot of things outside the pool together. When you know your teammates as people, it makes it a lot easier to support them when it counts."

"A team is knowing other people care about you."

"We all commit easier to group goals than we do to our own. We want to not let anyone else down....why else do we swim faster on relays than in individual events?"

"I love my team, because they give me so much. I get to follow five other fast women in practice each day, and that makes me faster. I get to spend time with five other fine women outside of practice, and that shows me how to solve problems and be a better person than I could ever manage on my own. What's not to love? I gotta give it back, and repay my debts."

"It's funner on a team"

"Teams double the pleasure and half the pain."

"I know people who think swimming is an individual sport. They've never tried practicing alone."

"Swim teams are like families. It ain't always pretty, but it's much more rewarding to be in one."

*** THE COACHES WATCH ***

PROGRAM DIRECTOR RON FORREST Seniors, HS

We enter the month of July with a great rebound from May during June. After having tightened things up, I have been very pleasantly surprised with the results I have seen and how much some people decided to take their training to heart. For some people, I have seen greater improvement in the last 4 weeks than some made throughout the entire short course season. Even though some of you are doing more and training harder (which of course has made you sore and tired), the group has handled the workload very well and has really started to push

each other. This is good to see and should pay off nicely at the end of the season.

Now that we have made this shift in thinking, let's stick with it. Only good things will come from where we are headed from this past month. Keep giving yourselves the opportunities to make yourselves better swimmers.

We have several big meets coming up this month. The first is Senior Circuit Champs, then Sectionals or TAGS for our 14 and Under members of the group. I would like however to remind anyone interested to apply to attend the U.S. Southern Zone Age Group Championships. North Texas selects an All-Star team to compete against other elite swimmers from LSC's of the southern United States. This trip is a fantastic opportunity if you are selected and over the years, some of FAST's best swimmers have started their national level journey by competing at Zones. It is a national level competition and is very achievable with some dedication.

It will be interesting to see if everyone can move up one level in this coming month. Many of you have done the work to do so. No matter if it is achieving your first Sectional cut, or if you are already at Sectionals and trying for your Senior Circuit cuts. If you are already at Senior Circuit then you should be looking to try for several other cuts that are within reach. A FAST National Team cut, your Junior or U.S. Open cuts or looking toward making a National Championship cut. On that note, if you are a parent with a swimmer who may be on a relay that could qualify for Nationals, please contact me as we are expecting to take any and all qualifiers to Irvine, California this summer. The earlier that we can start the planning options for travel, accommodation etc the easier it makes things as we get to mid to late July. We do have a realistic chance of sending individuals and relays. Needless to say that representing your team at the highest level of competition is an opportunity. Hopefully all will look at this way and feel the "need" to be a part of this.

Parents, please take pause to think about this if you are considering that going to Nationals is not that big a deal and 'maybe next time'. The number of swimmers who ever get to a National Championship regardless of if it is a relay or in an individual event is extremely small compared to the number that try.

Some that make it who decide not to go, may never get the chance again. That is sports. Carpe Diem, so to speak. Please think about that when making this decision. And this can be said for many elite meets which swimmers earn the right for them to attend (TAGS, Sectionals, etc). Let's find ways to get kids to big meets, not keep them home.

On a different note, I would like everyone to make a point of having snorkels as soon as they can. I would like to use these more as a training tool in a variety of ways, however it is very difficult to do so if a large part of the group does not yet have this equipment. Please put this on a 'need' list for the future.

The Seniors "Swimmer of the Month" is **Carlos Avila**. Although the group has had excellent attendance of late, he has had above even that and has been tired, sore but making strides every day in workout on the way to becoming a very high level swimmer. He has been eager to learn and hungry to be excellent. Keep up the great work Carlos!

"Swimmer of the Month" for High School is **Christina Jones**. Christina is a fairly new member of the group, but she has really worked hard right off the start to improve herself and is eager to learn more. She attends all the time and has a good attitude towards practices and hard work. Keep up the good work Christina!

COACH DAVE

Advanced Age Group

Hopefully you are not too tired and sore to read this. If you have time to read this, isn't there something you could be doing besides sitting around and reading? I want to encourage everyone to continue in the hard work that you have started. I have seen good results in everyone that has been training hard. Some of you can see the results in your swimming, some of you will have to wait a few more weeks and get some rest to see the same results. Keep on training. Everyone should be able to see a difference in their bodies and how much stronger you feel. The hard work does pay off.

I look forward to seeing you swim well and accomplish your goals this season that should include BB Champs, A Champs, TAGS and maybe a Sectional or Senior Circuit cut. The Zones Meet is in Houston this year and if anyone is interested in

extending his or her season, please go online and apply. It could be a lot of fun and since it is close, this may be a great opportunity to go.

"Swimmer of the Month" for AAG is **Kristie Dena**. Keep up the good work.

COACH KRISTIE

Novice II, Age Group

Novice II and Age Group have championship meets in July. I would like for all of my swimmers to attend these meets. It's a great time to build team spirit and togetherness. The more swimmers we have, the more points we score.

"Swimmer of the Month" for Novice II is **Brooklyn Karbo**. For Age Group, **Nick Rakestraw** is "Swimmer of the Month". Congratulations and keep up the good work!

COACH JANET

Nemos, Minnows, Novice I

Swimmers, July 22-24 "B/C" Champs is the last of the long course season meets. Please try to attend this meet to represent FAST at the championships. In August we will have a two-week break. Lets take the time to adjust to school and come back to FAST ready to train and have fun. For the rest of long course season lets think "long" strokes.

Nemos "Swimmer of the Month" is **Anna Salerno**. Anna has been focusing on her strokes and swimming strong. Thank-you Anna for your willingness to work hard.

"Swimmer of the Month" for Minnows is **Angela Beam**. Angela has a great attitude and a try-hard ethic. Thank-you Angela.

Taylor Smith is Novice 1 "Swimmer of the Month". Taylor has been trying to be a leader and a good listener. Thank-you Taylor for your leadership and listening skills.

COACH RIC

Masters

We have two outdoor morning workouts each week for a short while for those of you who like to swim outside (like I do). Please come if you can. It is very refreshing to start the day with a good swim.

Some of our FAST Masters are entering the Long Course Zone Championships at The Woodlands (north of Houston) in the middle of July. For those of

you contemplating going to a meet they are a lot of fun. Please join us if you can. The signup deadline is rapidly approaching (July 2).

Our Masters "Swimmer of the Month" is **Marty Baumann**. Marty not only make most evening workouts he has given the morning group a try. Good work, Marty!

-- **Masters Coach Ric Nesbit**

*** MEET SCHEDULES ***

USA Swimming Meets:

Jul 7-10	"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:

Jul 16-17	LC Zone Championships, The Woodlands
Jul 29 & 31	2K/5K/10K LC Invitational at DAM-SMU

*** ALUMNI NEWS ***

"FAST will never be out of our lives, due to the time and all the memories we have there. Jake and Tracy had their baby last night. Hayden Jude Allred was born on June 21st at 11:12 p.m. He weighed 9 lb. 3 oz. and was 20 inches long. Mom, baby and DAD are doing absolutely wonderful."

-- **Mary Jane Allred**

