



TIMES

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.... AT WILKERSON-GREINES
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* TEAM RESTRUCTURE *

SPECIAL NEWSLETTER EDITION

At the last FAST Board Meeting we debated extensively about the start date for our team restructuring. The issue of the end of the school year came up as a possible problem for scheduling. Both the board and the coaching staff were present and an excellent discussion ensued with options to go ahead with April 15th or waiting until after Memorial Day to start. In the end, both the board and coaching staff decided a compromise date of May 1st, which would give parents more time to arrange school-end activities and swim practices in conjunction with each other, was the best direction to take.

-- Program Director Ron Forrest

MONDAY MAY 1ST IS THE START DATE.

All swimmers should be ready to report to their new group on that day. The coaches will spend most of those first few practice days reviewing the new structure with the kids and letting them know what the expectations of their new group will be and what to expect. It will also give the kids a chance to get to know who will be in their group with them.

GROUP COACH ASSIGNMENTS

Group	Coach	Contact Info
Marlins	Ron Forrest	817-874-5655 coachron@charter.net
Barracudas	Dave Gabriel	817-692-3631 davegabriel@charter.net
Makos	New Coach	
White	Janet Steenberge	817-326-2805 jswim@hotmail.com
Red	New Coach	
Blue	Cathy Vollmer	817-326-5429 catherinevollmer@yahoo.com
Bronze	Cathy Vollmer	817-326-5429 catherinevollmer@yahoo.com
Silver	Janet Steenberge	817-326-2805 jswim@hotmail.com
Gold	Dave Gabriel	817-692-3631 davegabriel@charter.net
Senior I	Ron Forrest	817-874-5655 coachron@charter.net
Senior II	Ron Forrest	817-874-5655 coachron@charter.net
Masters	Ric Nesbit	817-429-4928 ric.n@sbcglobal.net

SWIMMER GROUP PLACEMENTS

Which group will my swimmer be in? That of course is the big question for all parents. And how will we find out? The answer to this is that we will be mailing a short letter out to every swimmer's parents on the team beginning April 9th. It will let all parents know which group their swimmer will be in. It will also let you know who your swimmer will have for a coach and the new practice times and days that your swimmer will have.

We also will have all the information available at the annual Team General Meeting on Wednesday April 12th.

GROUP PRACTICE SCHEDULES

Marlins	Tu, W	4:30-5:00 pm
Barracudas	Tu, W, F	4:30-5:15 pm
Makos	M, W, F	4:30-5:30 pm
White	M, Tu, W, Th	5:00-6:00 pm
Red	M, W, F Sa	5:45-7:00 pm 8:45-10:00 am
Blue	Tu, W, Th, F	6:00-7:30 pm
Bronze	Tu, W, Th, F	4:30-5:45 pm
Silver	M, Tu, W, Th Sa	6:15-7:45 pm 8:00-10:00 am
Gold	M, Tu, W, Th, F Sa	5:30-7:30 pm 8:00-10:00 am
Senior II	M, W, Th, F Tu	4:30-6:15 pm 5:15-7:00 pm
Senior I	M, W, Th Tu Sa	4:30-7:00 pm 5:15-7:45 pm 7:00-10:00 am
Masters	M, Tu, W, Th Sa	6:00-7:30 pm 8:00-9:30 am

TRAINING FEES

These fees will go into effect for May 1st with the current discounts of \$10 and \$15 for second and additional family members, with a family maximum training fee of \$210.

Group	Monthly
Marlins	\$40
Barracudas	\$45
Makos	\$45
White	\$50
Red	\$60
Blue	\$70

Group	Monthly
Bronze	\$70
Silver	\$85
Gold	\$95
Senior II	\$75
Senior I	\$110
Masters	\$60

FREQUENTLY-ASKED QUESTIONS

We are sure that there will be many questions about the new groups including these. Additional team-wise concerns will be addressed at the parent meeting on Wednesday April 12. The coaching staff

will also be scheduling parent meetings for their group in the days following the team general meeting. For questions specifically regarding your swimmer, you can contact their new coach for private discussion.

1. Why are the coaches restructuring the groups?

- Ability to grow as a team
- More flexibility to develop athletes at the pace that is correct for them.

2. What is the restructure based on?

FAST has patterned the new groups on "Progressions for Athlete Development" devised by USA Swimming as a template for swim clubs across the country. It is modeled from teams that historically are the best-achieving teams in the United States.

3. What do we hope to accomplish as a team?

Our goal is to have an infrastructure in place and operating by 2008 which will provide our swimmers the optimum training situation for athlete development, performance (team and individual) and team size to become one of, if not the premiere, swim clubs in North Texas and beyond by 2010.

4. Will this affect my swimmer?

Immediately? Impact will be very individual. Some swimmers may find that their practice times and days will be very similar to what they are doing now. For some it will require a little larger adjustment. However a large concern for us was to try and keep schedules as close in times to the old system.

5. Will my practice times change?

Possibly, but with time for all parents to be notified of the new scheduling and hours so they can make sure their schedules are arranged around the new times. Parents will need to be ready for earlier and later possibilities. One of our goals is utilize our pool hours much more economically.

6. Will my fees be affected?

Possibly. Depending on your swimmer's group placement they actually could go lower for a while since our number of groups have increased and we tried to stay reasonable to the current team median.

7. How will my swimmer be able to move up?

Each group will have their own set of progressions to achieve same as now -- the higher the swimmer rises, the faster and more requirements will be necessary. For performance track, the requirements will be stricter to ensure maximum results and performance. And unlike the past, shifts down to appropriate group placements will be an option. This will not be done as punishment, but because we need to keep group continuities much more in line than they are now. Each group will also have test set requirements for move ups based off ability needs of the higher group. Some groups will have time standards to achieve and age categories.

8. Why two tracks?

Simply because we need to, to accommodate all team members. By example, there can be two very different 12-year-old girl types on this team, both physically and mentally. One may need a faster track to elite training while the other needs more development and more of a peer group to be included in. Also, the goals of similar ability swimmers will affect where a swimmer should be. One 15-year-old may have very high performance-oriented goals while another may feel that they swim for more social reasons. Both are valid. The current structure we have makes this more difficult because of its linear nature. It allows for kids getting "stuck" and does not allow for kids with these two different progression rates. Kids who progress a little slower may still "get there", but not if they are no longer in the sport.

9. Will my swimmer still have the same coach?

This depends. We will be doing move-ups and adjustments in the coming months, and we have moved some coaches around to place them where we think their strengths lie and which will give the athletes a chance to have different coaches from group to group. At present swimmers may see the same coach for several groups in a row, which could have them with the same coach for several years.

10. Do you consider this well thought out?

Yes. This has been something Coach Ron and the staff have been considering for the last two years. Coach Ron has been speaking with coaches from some of the top swim clubs in the country since the 2004 Olympic Trials in Long Beach. It became evident that in order to take a "next step" in this club's development, several changes needed to be made. This time has been spent discussing, planning and re-adjusting this new idea with people at USA Swimming and colleagues for thoughts and this model is based off a program that has over 400 swimmers on it, with all ranges of athlete.

11. Where do I come in as a parent?

Parents can actively help us promote the program. In actuality, this system does not succeed very well if we don't get more kids on the team. Groups will be too small in some cases. If we have more team members it will be fun for everyone. Promote our Swim Lesson Program - it is the future of the team! By promoting lessons, your swimmer's team has an enduring tradition. Most parents of kids that have moved on after Seniors still come to our website to see what's going on with the team. Also, if you know of potential swimmers of your own swimmer's age, try to convince them to come and give our team a try. This will make it more fun for all.

