



TIMES

FAST is a member team of USA Swimming, Inc. and United States Masters Swimming, Inc. We are sponsored by Speedo, Inc.



.... AT WILKERSON-GREINES
VOLUME 18 NUMBER 2 JULY 2006

* BY THE NUMBERS *

Total FAST Membership: 172

Marlins	11	Senior II	23
Barracudas	14	Senior I	18
Makos	7	Senior Elite	2
White	15	Masters	25
Red	12	FWISD HS	1
Blue	10	College	9
Bronze	6	Medical	-
Silver	7		
Gold	12		

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

* WELCOME TO FAST *

Please welcome our new and returning swimmers!

Marlins

Rodrigo Dehesa	Sean Williams
Crystal Schweitzer	

White Whitney Uselton

Red Josiah Meharg

Blue Forrest Meharg Ruth Meharg

Silver Alan Li

College

Cameron Allred	Yousif Delvalle
Michelle Pottenger	Guillermo Ramirez
Erica Tate	Keilah Walker

Masters

Alicia Russell

* NEW TEAM RECORDS *

Congratulations to our newest record breakers. Meredith broke her team records at the GCAT "B/C" meet in June. Madeleine Marcos had a great meet and set her new records at the COPS A/BB Summer Solstice meet in June. Her 400m Free is also a new North Texas LSC record.

Girls 8 & Under

25y Breast Meredith Schlosberg :21.59
(ties old FAST record :21.59, C.Anderson, 12/1993)

100y Breast Meredith Schlosberg 1:38.51
(old FAST record 1:41.58, R.Daniels, 01/2006)

Girls 10&U

50m Free Madeleine Marcos :31.35
(old FAST record :33.16, M.Marcos, 04/2006)

200m Free Madeleine Marcos 2:29.01
(old FAST record 2:31.16, M.Marcos, 06/2006)

400m Free Madeleine Marcos 5:02.79
(old FAST record 5:10.01, M.Marcos, 06/2006)
(old NT LSC record 5:10.01, M.Marcos, 06/2006)

50m Fly Madeleine Marcos :37.25
(old FAST record :37.83, M.Marcos, 05/2006)

100m Fly Madeleine Marcos 1:24.84
(old FAST record 1:26.28, S.Kniffen, 07/1996)

200m IM Madeleine Marcos 2:54.25
(old FAST record 2:58.45, M.Marcos, 05/2006)

* NEW CHEVRONS *

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

"B" Free

Shree Bose
Hayley Rodriguez

"B" Back

Christian Johnson
Anna Salerno

"B"	Breast	Colin Ayers
"B"	Fly	Armando Dehesa Meredith Schlosberg
"B"	Ind Medley	Liam Neville
"BB"	Back	Andrea Dewberry Santiago Teran
"BB"	Breast	Meredith Schlosberg
"A"	Free	Richelle Daniels Kristalyn McAfee Kira Schlosberg Shayda Shah-Hosseini
"A"	Back	Kristi Dena Kathryn Plamondon Melody Rodriguez Kira Schlosberg
"A"	Ind Medley	Richelle Daniels Nick Rakestraw Weston Walker
"AA"	Free	Richelle Daniels Grant Gerlach
"AA"	Back	Caleb Dena Kristi Dena
"AA"	Back	Caleb Dena Kristi Dena
"AA"	Breast	Madeleine Marcos
"AA"	Fly	Richelle Daniels
"AA"	Ind Medley	Richelle Daniels Caleb Dena Kristi Dena Kira Schlosberg Pamela Teran
"AAA"	Free	Kristi Dena Cameron Dwyer
"AAA"	Back	Caleb Dena
"AAA"	Breast	Kira Schlosberg
"AAA"	Fly	Madeleine Marcos

* TAGS QUALIFIERS *

TAGS is the state championships meet for our swimmers age 14 and under. This is one of the premier state age group meets in the country with qualifying times fast enough that on the average only 24 swimmers can participate in each event. These FAST swimmers have achieved a significant milestone in their swimming careers and we wish them luck!

Relay spots go to the fastest qualifiers who

are listed here. Depending on the results of "A" Champs we could see new some different names on the relays as other swimmers challenge for the privilege of representing FAST.

Girls 10 & Under

Richelle Daniels	100 Free
Madeleine Marcos	50, 100, 200, 400 Free; 50, 100 Back; 50, 100 Fly; 50 Breast; 200 IM
Kira Schlosberg	50, 100 Breast
Madeleine Marcos, Richelle Daniels, Kira Schlosberg, Kasey Mucher	200 Free Relay "A"
Madeleine Marcos, Richelle Daniels, Kira Schlosberg, Kasey Mucher	400 Free Relay "A"
Kathryn Plamondon, Kira Schlosberg, Richelle Daniels, Madeleine Marcos	200 Medley Relay "A"

Girls 11-12

Pamela Teran	100 Breast
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Girls 13-14

Remy Neville	100, 200 Breast
Natalie Schauwecker	100, 200 Breast

Boys 11-12

Joe Daniels	100 Breast
David Funderburk	200 Free
Griffin Neville	50, 200, 400 Free; 200 Back; 100, 200 Breast; 200 Fly; 200 IM
Nick Rakestraw	400 Free; 50, 100 Fly
Griffin Neville, Nick Rakestraw, Caleb Dena, David Funderburk	200 Free Relay "A"
Nick Rakestraw, Griffin Neville, David Funderburk, Caleb Dena	400 Free Relay "A"
Nick Rakestraw, Joe Daniels, Caleb Dena, Griffin Neville	200 Medley Relay "A"
David Funderburk, Joe Daniels, Nick Rakestraw, Griffin Neville	400 Medley Relay "A"

* FAST MEET RESULTS *

These are the meet point totals so far this long course season. As a general rule, the better our swimmer participation, the better our results. We are

a competitive swim team and wish to do well.

Meet Dates	Meet Description	Place and Points
Apr 22-23	COPS "A/BB" 12&U	1st COPS 1329.5 4th FAST 291.5
Apr 22-23	FAST "A/BB" 13&O	1st DM 498 2nd FAST 399
May 5-7	DM "A"	1st DM 1083.5 8th FAST 127
May 12-14	KST "BB"	1st COPS 879 5th FAST 259
May 19-21	LAC "B/C" Division 1	1st LAC 24043* 3rd FAST 18048*
Jun 2-4	MTRO "A/BB"	1st COPS 2410 4th FAST 749.5
Jun 2-4	Senior Circuit #2	not scored
Jun 16-18	GCAAT "B/C"	1st COPS 933.5 4th FAST 412
Jun 23-25	COPS "A/BB"	1st COPS 2306.5 4th FAST 591
Jun 23-25	Senior Circuit #3	1st TXLA 1219 10th COPS 190 12th FAST 152.5

FAST swimmers in each meet classification:

"A" 50 "BB" 45 "B/C" 55

Team sizes based on number of registered athletes:

FAST 187
COPS 449 DM 458 LAC 286

The teams that win not only have more total swimmers, but they also have a larger percentage of their eligible swimmers participating.

* The LAC "B/C" meet was scored using IMX points and single-year age groups.

* UPCOMING EVENTS *

FORT WORTH SISTER CITIES

Do you want to put some culture back into your life and have fun at the same time? We are asking FAST families to billet children from our sister city, Reggio, Italy. Eighteen kids from the age of 14-19 will be arriving August 5th for our exchange program. While they are here the team will coordinate daily activities and short swim practices. As a host family you will be required to complete a background check and provide these fun-loving kids with a place to call home for 7 days. It would be best if your family has a swimmer in the above-mentioned

age group, thus allowing for better rapport with the visiting guests.

Please visit with our Sister Cities Coordinator **Gilley Shah-Hosseini** at the pool or via email at gilleysk@hotmail.com

AUGUST TRAINING BREAK

FAST will take our usual 2-week training break this August 7-19 to allow everyone to get some well-deserved time away from the pool. This lets us prepare to begin the school year and short course season all refreshed and eager to go.

Please plan ahead and consider our team business "closed" although we will still monitor phone and email.

Training fees will still be due in full for August. We have a simplified billing where we divide annual costs into 12 months both for our training fees but also for pool rent and coach salaries. For our year-round swimmers this all averages out. Thanks for your understanding.

UPCOMING PRACTICE CANCELS

Tue, July 4	No AM practice for Masters, Senior II at RPA
Tue, July 4	No PM practice all groups
Sat, July 15	No practice all groups due to YMCA City Meet
Fri, July 28	No PM practice all groups due to FAST "IMX" meet
Sat, July 29	No practice all groups due to FAST "IMX" meet
Mon, August 7 thru Sun, August 20	No practice all groups. FAST annual end-of-summer training break
Sat, August 26	No practice all groups

OFFICIALS CLINICS

In September there will be several no-cost clinics conducted by North Texas Swimming to train Stroke and Turn officials, Timing System operators, Swim Meet Computer Operators, and Meet Directors. Some of these are required every year or every other year for certification or recertification. The exact dates haven't been set yet, but we would like to get several people started particularly in the Timing System Operator and Stroke & Turn Official training.

Please see either FAST's Meet Director and Officials Coordinator **Steve Plamondon** or **Nancy French** if you are interested. Each year we lose officials and trained computer/timing system operators and need to get new parents ready to take over.

Also, if you are interested in learning either the timing system operations or how to run the swim meet management software, we will be training apprentices during our FAST "IMX" meet July 28-29. There's room on the timing platform for one apprentice at each duty each day. Please check with **Meet Director Steve Plamondon** if you're interested.

* **OTHER FAST BUSINESS** *

PRACTICE SCHEDULES

When coaches plan swim training, they divide the season up into several phases. Towards the end of the season the workload is tailored with a focus on preparing the swimmers for their championships. That means that they may reduce the total yardage but increase the intensity to "sharpen" the swimmers and also work on their racing skills. They will get enough yardage to keep from losing their aerobic conditioning and will get enough race pace and sprinting work to improve their speed without getting too tired to perform well at their meet. This is called "tapering". For the older swimmers who have a lot of muscle mass and have been training very hard, the taper will last much longer than for the younger swimmers who are lightly-muscled and have more technique-oriented practices. Some youngsters may be rested and ready to go with a day or so of light workouts where older swimmers may need a week or more.

Parents, please continue to bring your swimmer to practice rather than keeping them home to rest them for their big meet. The coaches take this all into account when designing practices. They also will provide instruction that the swimmer will need to do well at their championships.

It also follows that some nights the groups may finish early. There may also be some practice cancels if the majority of a group will be at a meet. Please be prepared to pick up your swimmers early as the big meets approach.

GROUP PARENT REPS

The FAST board wishes to have a parent in each training group designated as a group representative to work with our **Pool Parent Director Ruth Funderburk** and the other families in the group. Please check with Ruth to see who the representative is for your group and consider volunteering if nobody's stepped up yet.

The group reps have an important role to help with our team communications and to orient new families into our swim culture. When a new FAST swimmer is ready to attend their first meet, the parents will usually have a lot of questions and can benefit from the wisdom of the "old pros". We don't expect the group reps to be "experts" on everything -- just how to point people in the right direction and provide a personal touch.

COMPETITION ATTIRE POLICY

Our FAST policy is that our swimmers will wear a FAST team suit to compete and a FAST team cap if they wear a cap. The only exceptions to this rule are for the swimmers in **Head Coach Ron's** swimmers with Junior National cuts who have prior permission -- not on deck at a meet. Specifically, the coaches do not allow "FASTSKIN" type performance swimwear from any manufacturer without approval. These technical suits are very expensive, fragile and only appropriate for elite swimmers in important competitions, not for developing swimmers who need to focus on fundamentals. However, the "Aquablade" suits are OK for those swimmers who prefer them.

Our team is sponsored by Speedo and part of their sponsorship agreement is that our swimmers will wear Speedo brand suits.

Please see our **Swim Store Director Suzanne Dwyer** as much in advance as possible if your swimmer needs a new team suit. We do not carry them in stock so some time is needed to get them from our supplier. If your swimmer is too small for the team suits, she can suggest an acceptable alternative. The team suits that we've used in previous years are also acceptable.

FUN AND GAMES

Our swimmers work hard and are constantly being challenged to improve their skills and physical conditioning. Sometimes they do this without even realizing it when their coach has them play some fun

games and drills during practice.

In many games, the swimmers will improve their sprinting ability as they go full blast after a ball or to catch an opposing teammate. Then, instead of stopping to rest, they will keep swimming at a slower pace that quickly builds aerobic conditioning. Many games place emphasis on a stronger kick that the swimmers might not use if they were just swimming laps. When they see how far they can jump off the starting blocks it works their leg strength as well as getting them more comfortable with going off the blocks. Some drills will be a "sneaky" way of teaching new skills. If you see the coach having the kids doing somersaults, playing "porpoise", or standing on their hands, it is all for a reason.

The coaches will often have the kids play games during some of the practices following their big meets. The swimmers look forward to this and will keep in good swimming condition while getting a mental break.

TEAMWORK AND PARENTS

Teamwork. We all know what that means for the swimmers. It means displaying a cooperative spirit where everyone supports each other and team goals take precedence over individual goals. That means giving your best on a relay swim even if you're tired from just finishing an individual event, swimming the event you don't particularly want to just because it will score points, and being upbeat and encouraging your teammates even when you may be disappointed in your own swim, not feel good, or don't even really like them.

What does it mean for our parents?

Cheering for the other kids on the team just as loud or louder than for your own kids. Not telling your child that they aren't going to the big meet "just to swim on a relay" when the team wants to focus on points. The same goes when the relay or that 1500 freestyle is the last event of the meet and you would rather be on your way home.

Did your swimmer's coach do something boneheaded, did one of our well-intentioned volunteers mess something up AGAIN, or did somebody else do something you didn't like? Either decide not to sweat the small stuff or talk to the individual (or their parent) directly. If it's important and that doesn't work, escalate it through the proper chain of command and talk to the head coach or

board president as applicable. Gossip and complaining to whoever will listen aren't how we make our team better and can cause even bigger problems. Remind others about this when they forget.

Display your FAST pride. Wear a FAST T-shirt at meets and sit with other FAST parents. Remember that whatever you do is an example for the kids and other families and reflects on our team as a whole.

Help out when FAST hosts a meet even if your swimmer won't be participating, since you know the other parents will do this in return for your swimmer. This isn't something you do as a personal favor for the meet director or the board or the coaches -- it's something you do for your team. If you haven't been to many meets, you can always run a stopwatch. If you've been to many meets, step up and take a volunteer spot that requires more experience such as head timer, clerk of course, or working the computer or timing system. Consider becoming an official.

Team players will sign up to be committee heads. If you've done something a few times, you're in a better position to lead it than somebody new.

Please take a few minutes to look over the FAST volunteer hours requirements writeup on our website and the list of eligible activities. We have a list of open spots on our website homepage and we've mentioned several others in this newsletter. There should be something listed that you would find enjoyable that would make use of your particular skills. Don't wait for a phonecall to be "drafted".

FAST is only as good as all our members -- including our team parents -- make it through our actions.

Remember that we're all here for the kids.

**** THE COACHES WATCH ****

PROGRAM DIRECTOR RON FORREST Marlins, Senior II, Senior I, Senior Elite

As July rolls in and our championship season arrives, it is time to put the finishing touches on the preparation you have been doing for the last three months.

This season has been an exciting one with the emergence of many up-and-coming swimmers and a big resurgence of swimmers either achieving their first TAGS cuts, or adding to their list of TAGS

events. Many of the swimmers on our team have also moved up in their meet classifications this season. "B/C" swimmers have been becoming "BB" swimmers; "BB"-ers have been making their first appearance as "A" swimmers and our "A" swimmers have been hard at work to achieve their TAGS cuts. Our Senior Circuit swimmers just returned from a successful trip to College Station where their in-season best times are showing great promise for the nearing taper meets. This brings exciting expectations for some of our top swimmers to make the jump from state level swimmers to the national level.

Our coaches and swimmers are working hard to improve in our new system and our team is on the cusp of really taking off to the next level. It will continue to be a team effort to build the team, but we are definitely headed in the right direction.

I would like to wish everyone the absolute best success at their upcoming championship meet. From our youngest swimmers entering their first "B/C" Champs to our swimmers who will be competing in Irvine at the Senior National and Junior National Championships, we know that you will do FAST proud.

There are a couple of meets to consider that are taking place at the end of the season. The first is our own FAST-hosted "IMX" meet. This meet will feature all of the events the swimmers will need to be able to produce an IMX score on the USA Swimming website. These scores are tabulated against every other swimmer of the same age from around the country. At the end of each season, a swimmer can log on and see where they rank versus all other swimmers of their age. This is a fun concept to promote competition not only around the LSC, but also to be able to compete with swimmers from around the country. If you are interested in producing an IMX score (or want to improve the one you have), then plan to attend this fun two-day meet.

The second meet of note is the USA Southern Zone Age Group Championships. This year it will be held at Georgia Tech University in Atlanta. This meet will be selected after the "A" Championships and an All-Star team from North Texas will travel to compete against other teams from across the Southern Zone. There will be swimmers from North Carolina to Florida to North Texas to the Gulf Coast. I would highly recommend this meet. It is a great

jumping-off point for our top swimmers to go and experience generally what is their first "national" level competition. Almost every elite level swimmer who has come through our program and gone on to compete at the Junior and Senior National level started and competed at an age group level at the Southern Zone Championships. It is an experience that is invaluable to the up-and-coming swimmer.

The Senior I "Swimmer of the Month" is a co-winner. Generally I do not give out doubles, but this month both **Erica Hall** and **Grace Johnson** have really been doing a great job of training hard. Their work has shown with some very nice meet results in June. Keep up the great work girls!

"Swimmer of the Month" for Senior II is **Ryan Ellis**. Ryan has been working very hard to improve his strokes and endurance and has been a very competitive member of all the workouts. Good job Ryan, keep it up!

Sean Seaman is the Marlins "Swimmer of the Month". Sean is working hard to improve his strokes (even breaststroke) and is a leader in his lane all the time. He is always enthusiastic and ready on time for workout. Great job Sean, keep it up!

COACH DAVE **Barracudas, Gold**

Championships are coming soon and the swimmers are getting ready. The "A" Champs meet is the last chance to qualify for TAGS and several swimmers have a shot at making the cuts. Everyone can be in the best position to swim fast at your championships meets by staying focused on swimming, getting plenty of sleep, and avoiding getting dehydrated or too much sun. It will be fun to see how everyone does.

The Barracudas "Swimmer of the Month" is **Jess Ford**. Congratulations!

"Swimmer of the Month" for Gold group is **Kristi Dena**. Way to go!

COACH CATHY **Blue, Bronze**

Our long course championship meets are approaching very quickly! June has flown past and many of you have been off traveling to swim camps and taking family vacations, enjoying the freedoms of summer. Now it is time to focus on this season's goals and prepare to swim fast at the upcoming

meets. One cannot simply sit back and hope for miracles; you must create them through hard work. Are you willing to put in the time and effort necessary to always leave practice better than when you came in? Excellence is only achieved with commitment and self-discipline. Are you doing all you can do to get better, stronger and faster?

My choice for July "Swimmer of the Month" in the Bronze group can answer "yes" to the questions above. She pushes herself in practice each and every day on every lap of the pool. She sets goals and has a burning desire to succeed. Congratulations to **Kira Schlosberg** whose determination has propelled her swimming to new heights - five "A" times, two of which qualify her for TAGS. Persistence and hard work really do pay off!

The "Swimmer of the Month" for the Blue group is **Kelsey Funderburk**. She has great attendance and is pushing hard at practice. Her new attitude is evident and will bring rewards.

Don't forget that Blue and Bronze have Friday morning practice (6:30-8:30 am) rather than Saturday morning for the summer. And yes, we still have Friday afternoon as well. Remember to come prepared for dryland exercise on Thursdays.

Will you be the next swimmer to suddenly explode to a new level? It's up to you!

COACH JANET

White, Silver

White and Silver swimmers had some awesome meets in June with many new best times. Remember what we talk about in practice for improving your technique. That will build the foundation for you to keep getting faster.

The summer has been zipping along. It's hard to believe that the championships are almost here. I hope everyone can attend their championships meet and swim FAST. We are a team so remember to cheer for your teammates and encourage each other.

Rachel Willis and **Alan Li** are the "Swimmer of the Month" for White and Silver. Congratulations!

COACH MICHAEL

Makos, Red

Things are looking pretty good for the Makos group. Your technique is improving, but you need to continue to work on it every day and not just swim through practice. Your speed will come when you

technique is good and therefore using a lot less energy. Please remember to arrive on time to practice and get your equipment before you get in the water.

I am pleased to see that the amount of work being put into our Red group practices is increasing. Keep in mind the kind of sets that we have been doing lately are designed to test your toughness, both physically and mentally. All of you are capable of making them; it is just a matter of getting over a mental hump. You are capable of going a lot faster for longer distance than you think. Do not be afraid of going after long sets at the beginning of practice. It is not going to do you any good to save up until the end. Also, do not give up when you get tired or you think a set is hard. You'll be surprised how much more you can push yourself.

This is the time to get that final push of hard work in before your championship meet. It is also the time to perfect your technique, starts, and turns. Keep that in mind every day in practice.

The "Swimmer of the Month" for Makos is **Jennifer Talavera**. Congratulations!

Sydney Taylor is the Red group's "Swimmer of the Month". Sydney always wants to work hard in every practice. Way to go!

COACH RIC

Masters

The FAST Masters group continues to improve. Isn't it interesting that you get better when you come to practice?

We have such a diverse group. Previous experience is about as varied as swimmers can be. From former champions and collegiate swimmers to new swimmers who have barely swum 50 meters without stopping (at least with a legal stroke).

We also enjoy great variety in your professional endeavors. I think we have doctors, lawyers and an Indian chief. (Or maybe that is Indian Chef). Anyway we all mix together quite well and mutually enjoy the benefits of better health and conditioning.

Since our last newsletter we have 5 new swimmers coming regularly. Welcome to **Reagan Browning**, **Scott McAfee**, **Dorothy Gilstrap**, **Kent Hurst** and **Alicia Russell**.

We also have 2 of our "serious" swimmers going to the FINA World Masters Championships at Stanford University in August. Good luck to

Schuyler Smith and Richard Neville.
 -- *Masters Coach Ric Nesbit*

*** SWIM PARENT ARTICLES ***

This is excerpted from USA Swimming's website resources for parents with swimmers of any age or ability. <http://www.usaswimming.org>

Q: My child shows some natural ability in swimming and I want to encourage him to develop these abilities. What is the best way to push my child to excel in swimming?

A: While your child may show some talent in swimming, early talent is not necessarily indicative of later success or that he will continue to have an interest in swimming. What is most important at this age is for your child to have fun with swimming and to focus on the development of basic swimming skills. One of the primary reasons kids swim is because it is fun and one reason kids quit swimming is because it is no longer fun. Therefore, coaches and parents need to try to keep the fun in swimming. So, in your role as a parent, point out the progress he is making and how much fun he is having, and avoid placing any expectations about "how good he could be." Instead of approaching the situation as how best to push your child to excel, approach it as how best to help your child have fun and learn swimming skills. View the early years as "foundation building" and time to develop a love for the sport that will be a basis for a successful career.

Q: I thought swimming was an individual sport. Why is there so much emphasis on a team atmosphere?

A: The reason the "team" concept is emphasized is that it is important for children to learn to work together with their teammates. Relays and dual meets are both great examples of how our sport has a "team" aspect to it. Children learn to rely on their teammates while working together to achieve a common goal. The camaraderie formed through your child's participation on a "team" is an experience few children realize. Additionally, the team atmosphere of swimming is considered fun. Your child will reap the benefits of learning to function within a team for the rest of his life. The friendships and relationships he forms will have an impact on him forever.

*** MEET SCHEDULES ***

USA Swimming Meets:

Jul 6-9	A Champs at CISD-Southlake
Jul 13-16	Senior Circuit Champs at U.Texas
Jul 14-16	BB Champs at Oak Point-Plano
Jul 19-23	TAGS Champs at The Woodlands
Jul 21-23	B/C Champs at GCISD-Grapevine
Jul 26-29	Sectional Champs at UH-Houston
Jul 28-29	IMX Unclassified at FAST-WGAC

Aug 1-5	Senior Nationals at Irvine, California
Aug 1-6	Southern Age Group Champs
Aug 8-12	Junior Nationals at Irvine, California

Masters Meets:

Jul 14-15	Long Course meet at DAM-SMU
Jul 28, 30	2K/5K/10K pool swim at DAM-SMU
Aug 4-10	World Masters Champs at Palo Alto, CA

*** 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 turned over to the treasurers of all North Texas USA Swimming member teams and to the officers of the North Texas LSC.

You may email our treasurer **Laurie Seidel** at treasurer@fastswimming.org or leave a note in the "Treasurer" folder in the file cabinets at the pool.

