



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

TIMES



.... AT WILKERSON-GREINES
VOLUME 18 NUMBER 4 OCTOBER/NOVEMBER 2006

* BY THE NUMBERS *

Total FAST Membership: 164

Marlins	14	Senior II	15
Barracudas	17	Senior I	20
Makos	13	Senior Elite	-
White	14	Masters22	-
Red	11	Country Day	-
Blue	10	College	-
Bronze	8	Medical	1
Silver	9		
Gold	10		

Telephone FAST 817-874-5655 (mobile)

Treasurer Sheryl Bennett 817-473-9320

treasurer@fastswimming.org

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

Team email: fastswim@fastswimming.org

500y Free Madeleine Marcos 5:42.25
(old FAST record 6:00.56, M. Marcos, 03/2006)

50y Fly Madeleine Marcos :32.07
(old FAST record :32.74, N. Schauwecker, 03/2004)

100y Fly Madeleine Marcos 1:11.28
(old FAST record 1:12.24, S. Kniffen, 12/1996)

100y IM Madeleine Marcos 1:11.12
(old FAST record 1:11.29, S. Kniffen, 3/1997)

200y Free Relay 2:04.47
(M. Rodriguez, K. Mucher, R.Daniels, M.Marcos)
(old FAST record 2:09.90, 10/2006,
R. Daniels, M. Rodriguez, M. Schlosberg, M. Marcos)
(old FAST record 2:15.82, 01/2006,
K.Schlosberg, R.Daniels, K.Mucher, M. Mullins)

200y Med Relay 2:26.74
(M.Rodriguez, R.Daniels, M. Marcos, A. Salerno)
(old FAST record 2:31.95, 10/2006
(M. Rodriguez, R. Daniels, M. Marcos, A. Salerno)
(old FAST record 2:32.08, 01/2006
(K.Schlosberg, K. Plamondon, R.Daniels, K. Mucher)

Boys 11-12
200y Back David Funderburk 2:24.19
(old FAST record 2:25.36, O. Barak, 2/2002)

* WELCOME TO FAST *

Please welcome our new and returning swimmers!

Marlins	Steffen Banta	
Barracudas	Lili Banta	Darby Vilano
Blue	William Sheperd	
Senior I	Grace Johnson	
Senior II	Rebecca Spann	
Masters	Michael Banta	Natalie Ford
	Katherine Chapman	

* NEW TEAM RECORDS *

Congratulations to our newest record breakers.

Girls 10&U

50y Free Madeleine Marcos :27.80
(old FAST record :27.87, M. Marcos, 10/2006)
(old FAST record :29.14, M. Marcos, 03/2006)

100y Free Madeleine Marcos 1:00.45
(old FAST record 1:01.39, S. Kniffen, 03/1997)

200y Free Madeleine Marcos 2:10.45
(old FAST record 2:13.71, M. Marcos, 03/2006)

* NEW CHEVRONS *



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

"B" Free Shannon Calhoun Gabriella Stanley

"B" Back Shannon Calhoun Alan Li Gabriella Stanley

"B"	Breast	Shannon Calhoun Kristalyn McAfee Kaitlyn Wade	Alan Li Mikaylah Miller
"B"	Fly	Colin Ayers Liam Neville	Shannon Calhoun Gabriella Stanley
"B"	IM	Danica Brooks Andrea Dewberry Aubree McBrayer	Shannon Calhoun Christen Johnson Gabriella Stanley
"B"	Back	Shannon Calhoun Alan Li	Gabriella Stanley
"BB"	Free	Shannon Calhoun Christen Johnson Mikaylah Miller Meredith Schlosberg	Andrea Dewberry Aubree McBrayer Gabriella Stanley Rachel Willis
"BB"	Back	Alan Li	Gabriella Stanley
"BB"	Fly	Colin Ayers Aubree McBrayer Gabriella Stanley	Shannon Calhoun Mikaylah Miller Rachel Willis
"BB"	IM	Shannon Calhoun	Rachel Willis
"A"	Back	Kristalyn McAfee Richelle Daniels	Gabriella Stanley
"A"	Breast	Meredith Schlosberg	
"A"	Fly	Kezhal Shah-Hosseini	
"A"	IM	Kasey Mucher	
"AA"	Free	Rebecca Russell	
"AA"	Back	Richelle Daniels	Kasey Mucher
"AA"	Breast	Richelle Daniels	
"AAA"	IM	Richelle Daniels	
"AAAA"	Back	Madeleine Marcos	

* FAST MEET RESULTS *

These are the meet point totals through the end of October.

Meet Dates	Meet Description	Place and Points
Oct 10-11	COPS 10 and U "Little Splashers"	1st MTRO 779 8th FAST 174
Oct 10-11	COPS "A" 11 and Over Invitational	1st COPS 825 13th FAST 40
Oct 20-22	MARS BB/B/C Div 3 Invitational	1st MARS 1502.5 4th FAST 969
Oct 27-29	GCAT A Invitational	1st COPS 1497 4th FAST 525

FAST swimmers in each meet classification today:
"A" 36 "BB" 42 "B/C" 71

* UPCOMING EVENTS *

UPCOMING PRACTICE CANCELS

FAST will have several practice cancels in the upcoming months due to holidays and meets. Please check our calendars carefully as we will not be able to accommodate swimmers who want to swim when their group does not practice. Also, there may be changes so please be sure that you are checking our emailed "FAST News" and website announcements in case of late-breaking changes. Fort Worth ISD must approve our holiday practice schedules and sometimes we do not get them okayed sufficiently in advance to communicate them via the newsletter.

Here are the group cancellations for the next month:

Nov. 16: White, Blue, Bronze, Silver, Masters

Dec. 7: Senior 1, Senior 2, Gold

Dec. 9: All groups start at 7 am with a 9 am finish

2007 REGISTRATION RENEWALS

Our swimmers must maintain their USA Swimming registration in a current status in order to participate with FAST. Our Masters are required to be in good standing with US Masters Swimming. For those swimmers who joined the team before our August break, your 2006 registration expires on December 31, 2006.

All swimmers who joined on or after August 21 are being registered for the 2007 registration year, which covers them from now until December 31, 2007.

FAST will begin renewing swimmers now. This is a substantial task for our volunteers to ensure that our team is 100% renewed and paperwork processed by the LSC and National offices before the deadline. This is something that we take very seriously as it is a precondition of our pool use agreement and also provides our team's insurance. Complicating matters is that the deadline falls during the holidays when there are mail delays and volunteers and families on holiday and unavailable to do the work. For that reason, we have a team policy allowing us to suspend swimmers from all FAST activities if they have not renewed by mid-November.

To renew, check with our Pool Parent Kellie Schlosberg when she is at the pool. She will have you review a special pre-printed renewal form, make corrections, and review your medical / insurance / emergency contact information at the same time. We must collect the \$53 registration fee up front as we are also required to pay the fee to USA Swimming up front and cannot wait for the billing cycle to complete before processing your paperwork.

The paperwork must be completed at the pool and requires an original signature (no fax or email). We require a parent signature for minors.

Masters renewal 2007 forms are now available with Kellie Schlosberg. The fee is \$32 and ALL our Masters who joined before October need to renew now.

Thanks for your support with this.

FAST NOVEMBER MEET

All hands on deck! We will host our third and final swim meet of the year November 10th-12th. It is the 2006 FAST BB/B/C Short Course Invitational. Regardless of whether or not you have a swimmer in the meet, this is our chance to show other teams how well we can run a meet. Volunteer sign-ups are on the bulletin board at the pool. If you can't make it to the pool to sign-up, please contact our swim meet volunteer coordinator Laurie Rodriguez at lmaniotis@aol.com to find out how you can help.

-- ***Steve Plamondon, FAST President***

HOLIDAY PARTY, SILENT AUCTION

The FAST Holiday Banquet and Silent Auction will be on Monday, December 4th at the Woodhaven Country Club (Off I-30 just west of 820) from 6:00 pm to 8:30 pm. The evening includes a Dinner/Social, a Silent Auction and a Raffle. The cost of the dinner will be \$16 per adult, \$13 per child 12 or under. We are seeking individual and business items (services, event tickets, craft items, gift certificates) to auction and raffle. We will begin collecting items and selling raffle tickets on November 13th. In addition to individual donations, the groups are making some fun baskets to auction – see the bulletin board for more details. Please sign up for dinner at the pool and have your auction or raffle items to Teri Willis by November 27th. (teriwillis5309@sbcglobal.net)

**** OTHER FAST BUSINESS ****

SWIM-A-THON SUCCESS!

I wanted to express one final note of thanks to all of you who helped make our Swim-a-Thon a success. With our individual and corporate donations, opt-out donations and our bonus donation, the final tally was \$28,135.80! That is the largest Swim-a-Thon in FAST's history. The individual award winners are posted on the bulletin board at the pool. I also want to thank all of our corporate sponsors who helped us achieve our goal, including Crowley Family Dentistry, Enertrade, Gamma Engineering, J&J Pools, Luann Mancini Studio, Matlock Road Chiropractic, Tyson Foods and Walker HVAC. Way to go team!!!

-- ***Steve Plamondon, FAST President***



FAST FINANCIALS MEETING

Training Fees Increase January 1st, 2007

With the recent success of our Swim-a-Thon, you may be wondering why we need to increase training fees beginning in January, 2007. After analyzing the team's financials for 2005-06, and creating the budget for 2006-07, it is clear that both are necessary to maintain the financial health of our program. When the training groups were reorganized in April 2006, the new training fee structure was not fully implemented at that time. As a matter of fact, I believe several families actually saw their monthly training fees reduced as a result of the change.

This January 2007 "fee increase" is actually the final implementation of the fee structure that Ron Forrest communicated during the restructuring meetings in the spring of 2006. This fee change will match our monthly income to our monthly operating expenses, which at a recent USA Swimming seminar regarding Swim Club Leadership was recommended as the "preferred method" for running a non-profit swim team. The alternative is to run at a monthly deficit throughout the year and rely on a very strong fundraiser to make up the accumulated difference, which can be a viable but riskier way to run a team. The training fee increase will be approximately \$10.00 per month per swimmer for all groups. I believe it is important for the financials of our team to be transparent and understood by our members.

We will have a FAST financial overview and 2006-07 Budget meeting on November 8th at 6:00 pm. Please plan to attend if you are interested in knowing the financial details of our team. The specifics of the new fee structure will be provided at the meeting.

-- Steve Plamondon, FAST President

UPDATE ON ALAN BROWN

As many of you know, our former FAST Vice-President, Alan Brown, recently had surgery to amputate his leg just below the knee. He spent over two months in the hospital, and returned home on October 19th. Alan's son, Evan, swims in our Senior 1 group. Many FAST families have rallied together to support the Brown family during this difficult time including cooking dinners, supporting the raffle fundraiser, and calling to check in on them. I recently received a letter of thanks to the team from Alan where he expressed his "deepest appreciation

for the support that we have received from the FAST family." For all of you who have helped in any way, big or small, thanks for making a difference.

*** THE COACHES WATCH ***

PROGRAM DIRECTOR RON FORREST

I thought this month would be good to review some of the points that I brought up at the swimmer's meeting we had. Some of these points are good just to reinforce with the swimmers who were in the meeting, and some of them are good points for younger swimmers to think about as they progress through the sport. Often this sport does require foresight and long term thinking from both swimmers and parents.

Here are some of the highlights of that meeting. Hopefully they can be points of thought for many others to help.

1. Be tough in workout, then prove yourself when you race. We do a lot of "little" things in our sport with regard to technique, body alignment in the water, mental focus, and race strategy. The bottom line, however, is that if you ask almost every coach who has coached elite athletes, or watched a practice in which elite athletes are taking part, it comes down to who is working the hardest, which is almost 100% always the top swimmers who are successful. The little things are done to help aid the swimmer to get the most out of the fast, hard training to pay off to its fullest and show maximum results. Top athletes many times race to show off what they have proved to themselves in practice, that they are the best at something. But the little things will not make up for the good old-fashioned hard work that has to be the cornerstone from which everything else must be built.

2. Train for the event you want to swim. Don't bother swimming an event and distance you don't train for. This is a point that some swimmers need to really think about. I will continue the example we used of a butterfly. There are probably many butterflyers even on this team who are very good flyers and who like to swim the fly events; however, struggle with events once they get older because they are not prepared to swim that event. For some reason, swimming fly is seen as a punishment many times. Even though technically it is the second easiest stroke to train in practice behind

Freestyle, most swimmers will do anything not to have to train it. To me (and many other coaches) if you want to swim fly events, when best stroke comes up in practice, the swimmer wants to do backstroke. This makes no sense. You should be training the stroke you want to race. Same with distances of strokes.

3. If you want to be a 200 Breaststroker, then you need to train for the event you wish to excel at. That means if you want to reach a sub 2:25 for a 200 Breast, then in training you should be holding certain pace times and achieving certain times in timed parts of practice to condition your body to be able to race at the desired speed. Doing an interval at 45 seconds for example will never allow your body to be in proper conditioning to come close to a 2:25 since you have not trained for the event you want to swim.

4. Swim events off your strengths and weaknesses. This can come down to a very simple breakdown. At the National team level, the physiology department has been sending us out very interesting data with regard to post race recovery rates for two types of swimmers. We classify these two groups as 'fast twitch' and 'slow twitch' muscle swimmers. And this is based off the fact that people generally fall into these two categories. Fast twitch swimmers are in a way hardwired to sprinting and slow twitch to more distance oriented events. And while we can train both types to adapt somewhat to the other type, for the most part we are dialed into what how our bodies are set up. As coaches, we try to steer swimmers toward what we see every day in training and what an athlete has as strengths and what their weaknesses are. So in general terms, we want swimmers to move to their strengths. For example, a swimmer with slower twitch muscles, little plyometric ability, (they jump off the floor and maybe get some daylight under their shoes) these swimmers probably are not going to have the 50 Free as their best event and should not be doing primary training for it. But they may have the ability to hold paces, recover faster and keep muscles working more optimally at a distance swimmers zone, so they should honestly look at distance events as an area where they can excel. The problem with this point is that many, many swimmers all want to be the 50 Free champion, or the sprint anchor on the relay, and the distance events are less glamorous or require more training. This is the way we look at things in

swimming in a general way. The problem is that some swimmers will miss opportunities because they don't look at their strengths and embrace them. Consider this. Do you want to continue on struggling by trying to perform in a weak area where success may be minimal or pick up a strength and excel. There are many, many swimmers out there who went through their sport thinking they were 100 Freestylers who swam only through high school because there were no opportunities further, when they may actually have been 1000 Freestylers and if they had prepared and been open to the idea, could be having successful collegiate swimming careers. The same situation goes for younger swimmers who are successful at a young age at one stroke and then stick with that stroke despite the fact is that most swimmers at the end of their career are swimming a different stroke (and usually with more success) than when they were young. Sometimes our strengths change. This is what is so interesting and challenging about our sport is the complexity and challenges it offers through the years.

The next thing we discussed was the question about college swimming. Many swimmers want or wish to swim in college (and parents hope for them to). The simple fact is that there is a place to swim in college for ALL swimmers who leave our team. There are 4 divisions of collegiate swimming in the U.S. Each level offers something different to swimmers. Most pre-conceived notions about college swimming is based off the highest profile level of swimming, which is the Division I system. This, however, is also the most competitive and challenging level at which to swim as well as allowing the smallest percentage of students who actually swim collegiately. This level is based primarily on performance in the competition pool, and coaches at this level are very strict about the level of swimmer they want on their team.

HOWEVER, there are still 3 more levels out there. And these have programs in which many, many people are given opportunities to enjoy a 4-year collegiate swimming experience, regardless of swimming level.

The key thing is that knowledge is needed to make an educated decision about collegiate swimming. Parents MUST be involved in this. I have always held a "College Night" which is done to

help parents get more information about this opportunity for their swimmer. Most years, I get a handful of Senior I parents (who by the way usually find it extremely helpful) and no one else. As an interesting bit of information, USA Swimming has now also started a College Information Packet. The interesting thing about their packet is that their timeline involves a **4-year preparation** period. I have always considered it crucial for parents of high school sophomores and juniors to attend (and even the juniors are coming in late), but now there is validation that parents of any swimmers in 8th grade should consider attending this meeting.

I encourage ANY parent on the team to attend. And as I like to point out in the meeting, these days it can be a hundred thousand dollar decision for your family (hopefully by picking the right school and not the bad money decision by picking the wrong school and having it cost money). Please, when the date for this is re-scheduled, mark your calendar and plan to attend.

Marlins, Senior II, Senior I

The Marlins “Swimmer of the Month” is **Ethan Martchenke**. Ethan is a very good listener in practice and works on his strokes when asked. Ethan also did a great job at the Black and Blue meet trying out his first swim meet. Way to go Ethan. Keep up the great work!!

The Senior II “Swimmer of the Month” is **Nicole Newcomb**. Nicole has been training very well and has dedicated herself to training toward the next level. Her attendance has been excellent and she is daily pushing herself. Good job, Nicole, keep it up!!

The Senior I “Swimmer of the Month” is **Weston Walker**. Since moving up, Weston has wasted no time in committing himself to training at the top of the group and out racing and out training many in the group. He is very determined to move toward the top. Great work, Weston, keep it up!!

COACH DAVE

Barracudas, Gold

Everything is going great, Barracudas. I look forward to seeing you at the upcoming meets. Keep coming to practice and working hard.

Each swimmer was given Dave's "GOLD"-en Rules for swim meets. Please make sure you review these rules and abide by them. They are there

so that you get the best results at the meets. I want to give special thanks to the parents, especially the Marcos family, for all their help with the dryland part of our practice. The kids are running distances of about 3.6 miles and also working on sprints. Keep up the good work and look forward to changing it up as it gets colder and we are forced inside.

Remember to stay hydrated and nourished.

Thanks for your support during the Swim-A-Thon. I hope everyone had fun and enjoyed the Haunted House.

Congratulations to **Madeleine Marcos** for her latest North Texas Record!

The Barracuda “Swimmer of the Month” is **Claudia Sandell-Gandara**.

The “Swimmer of the Month” for the Gold group is **Kezhal Shah-Hosseini**.



COACH CATHY

Blue, Bronze

The first meets of this new short course season have been very exciting. The swimmers have all improved significantly and it is thrilling as a coach to watch your success. We need to continue to focus on technique (at all times) and speed, combined with a positive, focused mental attitude. Attendance and hard work are crucial to your continued growth as an athlete. Any dryland you can fit into your scheduled off time is beneficial, especially those abs!

I would like to welcome our newest swimmers to Blue group: **Caroline, Drew** and **Lindsey**. And in the Bronze group we are happy to now include **Meredith** and **Anna**.

“Swimmer of the Month” for September for the Blue group for is **Reagan Ewing**. She has been driven, focused and pushing herself to be the best she

can be. Her hard work will aid her in reaching her goals when the meets begin. Keep it up, Reagan!

For the Bronze group, “Swimmer of the Month” is **Armando Dehesa** for September. He quietly works to be the fastest in his lane and I believe he will do some awesome swimming this season. Go Armando!

“Swimmers of the Month” for October are **Catie Newcomb** and **Melody Rodriguez**. Both have awesome attendance records and push themselves in practice. Catie has been my leader in Blue as she completes all sets and has a great attitude! Melody is a diligent swimmer always striving toward new levels and pushing herself to be the best. She listens well and then applies what she has been told. Congratulations girls—keep it up!

COACH JANET

White, Silver

Thank you to the parents who took time out of their day to come to the parent meeting. I enjoyed meeting the new parents and touching base with parents I have the pleasure to know. Please be looking for a goal sheet to come home with your child. I would like the swimmer to fill these out and bring them back to practice, as this will give me an idea of what their swim goals are. At the end of the season I will be sending a questionnaire home to find out from the parents how they felt the season went. Thank you for keeping up a good attitude and working hard despite the pool schedule changes.

Silver group’s “Swimmer of the Month” is **Richelle Daniels**. Richelle comes to practice with energy to spend. Thank you for the enthusiasm you bring to the group!

“Swimmer of the Month” for White group is **Noy Erez**. Noy is putting extra effort into her technique. Thank you Noy for the work ethic you bring to White.



COACH MICHAEL

Makos, Red

It’s good to see everyone working hard in practice. If you haven’t noticed, the practices are slowly getting more and more difficult as you build your strength, endurance, and speed. Just remember to stay focused, never give up, and keep your technique even when you are tired.

Please arrive on time to practice so that the other swimmers don’t get distracted and you can get your full warm-up in. To the Makos: many of you have wanted to use fins a lot. If that is the case, please get them out of the bins before practice starts so that time is not wasted. For Red, many of you have been concerned that we don’t do enough drylands. This is because with limited time to practice, we need to get as much water time as possible. There will still be occasional drylands, so still bring your equipment.

The “Swimmer of the Month” for Makos is **Satyajit Balial**. Red group’s “Swimmer of the Month” is **Aubree McBrayer**.

COACH RIC

Masters

There is a rumor floating around that core muscle strength is helpful to swimming. So, I thought I’d assist in your efforts to confirm the rumor. We will be incorporating dryland exercises into our Tuesday and Saturday workouts. You are, of course, free to do some on your own. Simple calisthenics like crunches, sit ups, leg raises, and flutter kicking off the ground while on your back or side for 30,60 or 90 seconds at a time are all great exercises for your core.

Lunges, push-ups and dips are also very good for strengthening muscles needed for swimming effectively.

Stretching is also very useful for warming muscles and preventing injury as well as dramatically improving flexibility. Sitting on your ankles for 60 to 120 seconds per day is great stretching for flutter/dolphin kicking.

Now for the most important thing: Technique. As you know I was a swimmer. I have traveled many hundreds of miles up and down a swimming pool. I cannot coach myself, and neither can you. Correct stroke mechanics are most important to enjoyable and efficient swimming.

If you condition yourself while swimming incorrectly or inefficiently you will “pattern” your

brain and develop bad habits that “feel normal”. I encourage you to “practice” CORRECTLY. Make every stroke count. Refuse to swim sloppy. As you improve and grow as a swimmer be wary of reverting to old bad habits. Always seek to refine and improve your technique. The conditioning is easy. Keeping your focus is the hard part.

Entries are due very soon for the meet being held November 17-18 at the Baylor/Tom Landry center in Dallas. There will also be a very fun Christmas Relays meet at SMU on December 16. Entry forms are online at www.ntmasters.org . See Coach Ric if you plan to go.

The “Swimmer of the Month” this month is a newcomer to our team, *Nic Webster*. Nic attended more workouts this month than anyone. He is on time and eager to improve (asks questions). And he is not afraid to work hard in practice (I haven’t heard him gripe about a set yet). Congratulations Nic!

* MEET SCHEDULES *

USA Swimming Meets:

Nov 10-12	FAST “BB/B/C” @ WGAC
Nov 10-12	Grand Prix @ San Antonio
Nov 11-12	TSA All*Star Challenge @ Midland
Nov 29-Dec 2	US Open @ Purdue, IN
Dec 1-3	COR "A" Winter Classic @ Loos
Dec 8-10	SWAT "BB/B/C" @ Duncanville HS
Dec 14-17	KMSC Elite Meet @ OK City
Jan 12-14	MARS "A" @ Mansfield
Jan 19-21	SWAT "BB/B/C" @ Duncanville HS
Jan 26-28	COPS "A" Greater Southwest @ Loos
Feb 16-18	DM "A" Championships @ Loos
Feb 16-18	DM "BB" Championships @ Loos
Feb 16-18	GCAT/KST "B/C" Championships @ Keller
Feb 22-25	Sectionals @ Texas A&M
Mar 8-11	TAGS @ Austin

Masters Meets:

Nov 17-18	DAM SCM @ Baylor/Tom Landry, Dallas
Dec 16	DAM Christmas Relays
Feb TBA	DAM SCY @ SMU
March 31	South Central SCY Championships, Houston

* 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 *Sheryl Bennett* at treasurer@fastswimming.org or leave a note in the “Treasurer” folder in the file cabinets at the pool.

