



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 5 DECEMBER 2006

* BY THE NUMBERS *

Total FAST Membership: 160

Marlins	11	Senior II	15
Barracudas	17	Senior I	21
Makos	13	Masters	24
White	15	Country Day	-
Red	10	Oakridge	-
Blue	7	College	-
Bronze	8	Medical	1
Silver	9		
Gold	11		

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

* WELCOME TO FAST *

Please welcome our new and returning swimmers!

Marlins	Alejandro Sandell-Gandara
Barracudas	John Bergamini
Senior I	Camillo Becerra
Senior II	Karoline Frano
Masters	George Rodriguez
	Michael Schauwecker

* NEW TEAM RECORDS *

Congratulations to our newest record breakers. These records were set at the USA Swimming Grand Prix meet and at the US Open. The US Open was conducted as Long Course Meters.

Camilo's swims broke some very old FAST records and also included some new national records for his home country of Columbia besides qualifying him to swim at the World Championships to be held in Melbourne, Australia in March 2007.

Girls 10 & Under

200y Medley Relay [correction] 2:26.74
(R.Daniels, M.Rodriguez, K.Mucher, M.Marcos)

Boys Open

50y Free Camillo Becerra :20.12
(old record :21.10, R.Cowen, 12/2006)

50m Free Camillo Becerra :23.14
(old record :24.25, D.Ellis, 07/1991)

100y Free Camillo Becerra :45.32
(old record :45.86, R.Cowen, 12/2002)

100m Free Camillo Becerra :51.98
(old record :52.09, C.Becerra, 11/2006-prelims)
(old record :52.18, Y.DelValle, 07/2006)

100y Breast Teylor Arboleda :58.02
(old record :58.24, Jason Krause, 04/1991)

100y Fly Camillo Becerra :48.59
(old record :49.99, S.Reed, 04/1991)

100m Fly Camillo Becerra :54.49
(old record :54.75, A.Lake, 04/1991)

* NEW CHEVRONS *

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

"B"	Back	Colin Ayers
		Noy Erez
		Mikaylah Miller
"B"	Breast	Danica Brooks
"B"	Fly	Christen Johnson
"B"	IM	Mikaylah Miller

"BB"	Back	Colin Ayers
"BB"	Breast	Christen Johnson
"BB"	IM	Mikaylah Miller

"A" **Breast** Kathryn Plamondon

"AA" *Breast* Joseph Daniels

*** FAST MEET RESULTS ***

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

Meet Dates	Meet Description	Place and Points
Nov 10-12	FAST "BB/B/C" Invitational	1st FAST 1446 2nd KST 1393.5

FAST swimmers in each meet classification today:

"A" 39 "BB" 47 "B/C" 64

*** UPCOMING EVENTS ***

HOLIDAY TRAINING BREAK

Our pool will be closed December 22-26 as part of the Texas public schools interscholastic league (UIL) mandated 5-day shutdown of school athletic facilities. We will not be conducting practice during this time. In addition, we may have some practice schedule changes during the holidays while school is out based on availability of WGAC staff to open the pool. Please check your email and our website for any short notice changes that we cannot plan in advance.

2007 REGISTRATION RENEWALS

All swimmers who joined FAST before August 21 are being renewed for the 2007 registration year, which covers them from now until December 31, 2007.

If you have not registered for 2007, you must do so immediately. We will be inactivating swimmers who do not complete paperwork and submit fees before the holiday break. Please consider the FAST office "closed" over the holidays. If your swimmer is inactivated from FAST, your swimmer cannot swim again in January until they process in on a Tryout night and pay the \$50 reactivation fee in addition to the registration fee and the first month's training fees.

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.

If you have question about your status, please email Nancy French at nkfrench@fastswimming.org so I can check our records.

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 also 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.

-- Nancy French, *FAST Registrations*

*** OTHER FAST BUSINESS ***

CHILDREN MUST BE SUPERVISED

Parents, we need your help! All children who are not swimming need to be supervised at all times. We've had several serious issues raised due to children in the swimming stands, the foyer and the basketball arena who weren't being supervised by an adult. This is both a safety concern, as well as a violation of our contract with Fort Worth ISD. This should be considered a no tolerance pool rule. If any of you see any child unsupervised at any time, please take control of the situation, and ensure that the child is immediately guided back to the adult responsible for supervising him or her. We all need to help each other enforce this policy.

Thanks in advance for your support.

-- Steve Plamondon, *FAST President*

MONTHLY FEE INCREASE

As a reminder, FAST will increase the monthly training fees effective 1 January 2007 as the final step in the restructuring process. A parent information meeting was held on November 8th to review our 2006-07 budget, and to describe the new training fee structure. The purpose of the fee adjustment is to better align our training fee income to our operational expenses. If you were not able to attend the budget review and want more information about our team finances, please contact me at

SPlamondon@aol.com.

Effective January 1st, 2007, the monthly training fees will be as follows:

Marlins	\$50	Silver	\$90
Barracudas	\$55	Gold	\$100
Makos	\$55	Senior I	\$120
White	\$60	Senior II	\$85
Red	\$70	Masters	\$70
Blue	\$80		
Bronze	\$80		

Since we bill training fees in advance, invoices that will mail at the end of December will reflect the new fee structure. If you wish to pay the entire year in advance, you will get a 10% discount. Please contact our treasurer, Sheryl Bennett, if you are interested in this option.

-- *Steve Plamondon, FAST President*

*** MEET SCHEDULES ***

USA Swimming Meets:

- 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 9-11 GCAT "B/C" Championships @ Keller
- Feb 16-18 DM "A" Championships @ Loos
- Feb 16-18 DM "BB" Championships @ Loos
- Feb 22-25 Sectionals @ Texas A&M

- Mar 8-11 TAGS @ Austin

Masters Meets:

- Dec 16 DAM Christmas Relays @ SMU
- Feb 23-24 DAM SCY @ SMU
- March 31-Apr 1 South Central SCY Zone Championships, Houston
- May 17-20 USMS SCY Nationals, Federal Way, WA

*** 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.

