



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 19 NUMBER 2 JULY 2007

* BY THE NUMBERS *

Total FAST Membership: 152

Marlins	13	Senior II	16
Barracudas	14	Senior I	22
Makos	12	Masters	18
White	10	College	2
Red	7	Medical	2
Blue	9		
Bronze	8		
Silver	12		
Gold	9		

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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 Margret Edwards Miranda Edwards
Kenzie Knox Sophia Osborn
Eric Sliter

Barracudas Hannah Cramer Jack Lawrence
Elizabeth Lord Olivia Osborn
Zach Wempe

Makos Sarah Anduss

White Adele Elkind

Red Madison Wempe

Blue Justin McAfee

Senior II Mandi Crowder Chelsea Curry
Rebecca Russell Gaby Teran
Suzanne Wright

College Cameron Allred Madeline Merrill

Masters Michelle McAfee Heidi Steppe

* NEW CHEVRONS *

Congratulations to our swimmers for their lifetime achievement of a higher time standard in these strokes. These include the June Tyler meet and the Senior Circuit #2 meets.

"BB" Chevrons

Fly Anna Salerno

"A" Chevrons

Breast Christen Johnson Grace Johnson

Melody Rodriguez

Fly Maddison Mullins

"AA" Chevrons

Free Christen Johnson Melody Rodriguez

Nakita Tress

Breast Grace Johnson

IM Melody Rodriguez

"AAA" Chevrons

Free Gabriella Stanley

Back Richelle Daniels

* NEW TEAM RECORDS *

Congratulations to our new record holders! Once again our record books have been revised with several new records. We've also found a few more old records that weren't recognized earlier.

Girls 8 & Under

400m Free Anna Salerno **6:34.05**
(No old record on books)

50m Breast Anna Salerno **:54.37**
(old record :57.35, A.Salerno, 05/2007)

100m Fly Anna Salerno **1:52.76**
(old record 1:54.63, E.Valdez, 06/2001)

200m IM Anna Salerno **3:39.67**
(old record 3:41.62, M.Schlosberg, 07/2006)

Girls 10 & Under

50m Breast Richelle Daniels :42.33
(old record :42.53, R.Daniels, 05/2007)

Girls Open

200m Medley Relay 2:09.23
(J.Schauwecker, N.Schauwecker, G.Johnson, S.Pope)
(old record 2:10.68, 07/1998
(E.McGowan, E.Wehrmann, J.Kiel, J.Bedwell))

Boys 8&U

200m Free Colin Ayers 3:12.83
(No old record on books)

Boys 11-12

50m Breast Joseph Daniels :37.32
(old record :37.58, J.R.Williamson, 06/1997)

Boys Open

50m Free Camilo Becerra :23.13
(old record :23.14, C.Becerra, 11/2006)

200m Free Relay 1:39.94
(Y.Del Valle, C.Allred, R.Herberg, S.Wood)
(old record 1:43.24, 07/1999
(B.Richards, C.Adcock, J.Standerfer, C.Gilbert))

*** FAST MEET RESULTS ***

These are the meet point totals showing who won and how we did by comparison.

Meet Dates	Meet Description	Place and Points
June 1-3, 2007	MTRO "A/BB" "Rose City" Invitational	1st MTRO 2301.5 4th FAST 601.5

FAST swimmers in each meet classification:
"A" 43 "BB" 45 "B/C" 55

The Masters have not had any competitions in the past month due to the cancellation of the Wetcats meet.

*** UPCOMING EVENTS ***

ZONES CHAMPIONSHIPS

At the end of August, North Texas will select a team to swim as an all-star team at the summer Zones Championships July 31-August 5 in Houston. The team travels together and stays in a hotel to make this a great travel experience. This is an important milestone in a young swimmer's career as they get to compete with other swimmers nationally.

Swimmers MUST apply to be selected! You must be age 11-18 on the first day of the meet. Applications must be received by July 13.

<http://www.tntzones.org/>

FAST AUGUST TRAINING BREAK

Each August FAST takes a 2-week break after the swimmers have finished their championships. This allows our entire team to get in some "down time" for vacations and to prepare for the upcoming year. The FWISD facility also will schedule maintenance on the WGAC pool to hopefully be completed when we return. This year we are planning our shutdown to start mid-week August 8 through August 21.

FAST uses a simplified billing for our fixed monthly pool rent and for our coach salaries. To match that, we bill training fees as a 12-month average that is calculated to meet our costs. For our year-round swimmers we will bill this as a full month.

*** OTHER FAST BUSINESS ***

IMPORTANT FACILITY RULES

For the past 9-11 months the FAST board and coaching staff have been facing issues of unattended swimmers in WGAC before our practices are scheduled to begin.

This is a problem because it causes a "No Man's Land" because technically swimmers dropped off 4:00 to 4:10 (school year hours) are not FAST's responsibility; they are not Fort Worth ISD's responsibility; and if the parents are leaving them without supervision the parent is also not taking responsibility. This is an issue brought up with the FWISD and they decided, for safety reasons, that no FAST swimmer will be allowed into the building before 4:15 pm.

Swimmers in groups starting later than 4:30 may NOT be on deck until 15 minutes before their practice. Unsupervised swimmers are the individual parent's responsibility and liability. FAST and the FWISD will not be responsible for swimmers who have been left unsupervised.

Parents, if you have two swimmers in FAST that are in different practice timeslots, you cannot just send one sibling down to the pool deck to kill

time (and get them out of your hair) when their group is not practicing. This may seem harmless but the kids distract the coaches (at the expense of their swimmers in the water) or they can find themselves in harm's way. The kids are active and curious and can find themselves in dangerous situations.

We've had to stop kids who were dangling from wet railings/bars over a concrete pool deck (head injury potential); running on a slick pool deck towards the bleachers (eye-level sharp corners); exploring the gym area (damaging a just-resurfaced basketball court); getting locked into the weight room when the lights were out; trash talk and mischievous behavior/theft/vandalism in the locker rooms. There are a lot of other serious issues when the kids stray.

Please take note how seriously we are treating this subject:

- 1st offense - Swimmer will sit out (not participate) that practice.
- 2nd offense - Swimmer will sit out for 3 consecutive swim practices.
- 3rd offense - Swimmer will sit out for one week and the parents must meet with the coach before the swimmer is allowed to return.

SUMMER-ONLY SWIMMERS

If you have joined FAST on a summer-only or punchcard membership, please remember that your last practice will be August 3rd. ***Kellie Schlosberg*** can answer questions in person or you can email her at akschlosberg@sbcglobal.net

SWIMMER OF THE MONTH

If you are chosen for "Swimmer of the Month" you will receive a Certificate of Achievement signed by your coach along with a coupon redeemable at the swim store for a free t-shirt. Both the certificate and coupon will be placed in your file.

*** THE COACHES WATCH ***

HEAD COACH RON

July is here like a flash. With July comes big meets. And with big meets comes fast swimming. This is the time of year that you have been training all season for. So it's time to put your best foot

forward. Here are some pointers for preparation for Championship meets that a swimmer can use as food for thought when getting into preparation mode.

1. Distraction Preparation. Swimmers must be ready to deal with distractions generated from a variety of sources at the Championship. Successful athletes and teams draw energy from the Championship excitement, while not getting too caught up in the distractions. Common distractions include such things as dealing with families and significant others; participating in and coping with all the hoopla associated with a Championship.

Successful athletes had plans to deal with the distractions and successfully implemented those plans. Often this is called "single minded focus" that helped to make appropriate decisions relative to distractions.

2. Plans and Adherence to Plans. Unsuccessful athletes more often deviated from plans and preparation routines at Championships. While making adjustments when needed, more successful athletes had clear physical and mental preparation plans going into the Championship and adhered to those plans. They also anticipated potential distractions and had plans in place to deal with such events.

3. Mental Preparation. Both successful and less successful athletes experienced stress at and leading up to the Championships. More successful athletes, however, had mentally prepared themselves to deal with unexpected events and stressors.

4. Team Cohesion and Harmony. Regardless of whether a team sport or individual, team cohesion and harmony factors are critical for Championship success. Successful teams had a single-minded focus and a belief in their ability to succeed. Athletes on such teams are confident in their own abilities and also provide peer leadership and support for their teammates.

5. Family / Friends. Family and friends were found to be either a tremendous source of support or a major distraction for an athlete. Athletes that performed more successfully at a Championship meet had educated parents and significant others as to their role at the Championship (or any meet for that matter). Mom and Dad or significant others are there to cheer, love and make sure the 'little' things are done (food, sleep, drive) and had a system for dealing with family and friends. Unsuccessful athletes more

often than not had parents or others who interfered in some way which distracted the swimmer from their focus.

ATHLETE LESSONS FOR SUCCESS:

1. Weed out and take care of external distractions. At the Championship simplify your life.
2. You dream about the Championship being the greatest moment of your life. Recognize however, that it won't be perfect. Let the non-perfect things go, keep it going, and keep up your efforts.
3. Talk to people who have been successful at a Championship. Know what you are preparing for, pay attention to your preparation and stick with it. Don't panic and change your preparation due to daily circumstances.
4. Come to the Championship prepared.
5. As the Championship gets closer, organize yourself so there are less and less distractions.
6. Realize that each Championship will be unique in many ways. Be ready to change and roll with unexpected things that will happen. Mentally deal with the unexpected and do not get locked into expectations. Set expectations aside and focus on things you can control.

THOUGHTS TO REMEMBER:

- Always behave like a duck - Keep calm and unruffled on the surface but paddle like the devil underneath.
- Few of us get dizzy from doing too many good turns.
- Learn from the mistakes of others. You can't live long enough to make them all yourself.
- Only one person in the world can defeat you - THAT IS YOURSELF!
- People are like postage stamps. We may get Licked, Depressed, Stuck in a Corner and sent Post to Post, but we WILL ALWAYS succeed and arrive in the right place if only WE WILL STICK TO IT.
- Remember that TRIUMPH is just a little "umph" added to "TRY"!

We have several swimmers who have qualified and are taking part in various National and International level competitions this month. Congratulations to both *Camilo Becerra* and *Alejandro Gomez* who will be competing in Rio De

Janiero at the 2007 Pan-American Games. The Pan-American Games takes place once every 4 years and is the second largest sporting event in the world behind the Olympic Games. For the second consecutive time, FAST has qualified two swimmers to take part in these Games. Also, "good luck" to *Francisco Nieves* who has qualified for the Junior Nationals to be held in Indianapolis in early August. I would like to challenge all you Senior swimmers to race for a spot at Juniors as well either in a relay or an individual cut to join Francisco in Indy.

I would also like to remind all swimmers that if you are interested, please look into applying for the North Texas Southern Zone Championship Team. "Zones" is a great meet for up and coming swimmers who get to go and compete against some of the top swimmers from around the Southern United States. It is usually a swimmer's first taste of national level competition. Almost every FAST swimmer who has gone on to represent FAST at the National level at some time or another over the past decade and a half has competed at Zones. I strongly encourage all eligible swimmers to apply for the meet.

And finally, I would like to remind all FAST team members to make sure that they have FAST attire for championship meets. Not just the caps and swim suits that we require, but also wearing shirts, sweats or other team attire. Being a team means acting like one. Wearing team gear should be a no-brainer. Looking like a rag-tag group of individuals is not the team message that I would like conveyed at meets. Parents, you can help to drive this by making sure that FAST wear is in the swim bag only when the kids leave for the pool.

Marlins

It is great to see so many new swimmers in the Marlins group. Welcome to FAST! I am looking forward to having a great summer with you and working with you toward becoming better swimmers! If you are a new parent to Marlins and have any questions about the team or how things work, please feel free to email me and I will be happy to answer any questions. With having new swimmers join mid-season, sometimes it's a little difficult to find your way around the team and how things happen at FAST. But if you have a question please don't hesitate to ask.

The enthusiasm I am seeing each day at practice is awesome. You are all working very hard. One area that I would like everyone to work on for July is our Breaststroke kick. It seems that for many of you, this is something that is proving problematic. It is very important to work on this now, when you are young as it is crucial to being a good swimmer when you get older. Sometimes other swim teams (outside FAST) do not put much emphasis on correct technique. We are going to work on it until we all get it right for everyone's long-term success.

I think that you will all be very successful with a little hard work.

The "Swimmer of the Month" for Marlins is **Joao Filipe Campos**. Joao has been working very hard the last few months on all aspects of his swimming and is really starting to get flip turns and dives down well. He has excellent attendance to workouts and listens very well. Way to go Joao!!

Senior I, Senior II

The Senior I "Swimmer of the Month" is **Jessica Schauwecker**. Jessica is quietly one of the hardest workers in the group. She keeps a very positive outlook and even when I challenge the group with tough workouts, I never hear her grumble or complain and she just gets to work and tries to get the most out of each set and always seems to have a smile on her face. Adding a 3rd workout to her summer schedule each day shows me that she is very dedicated and committed to swimming excellence. Way to go Jessica, you are definitely heading on the right track to be an Aggie next year!

Reagan Ewing is the Senior II "Swimmer of the Month". Reagan has picked up her training this summer and is not only making more workouts, but is challenging herself to make interval times in workout. She has made great goals for herself, and is now working hard to accomplish these goals. She has been very consistent with being up at the front of training lanes and pushing herself harder. Higher attendance and harder work at those practices is the best way to accomplish a goal. Keep up the great work Reagan!

COACH CATHY

Blue, Bronze

It's hard to believe but championship meets are already here. The long course season flies by so

quickly. I am looking forward to seeing many of your swims and I know your hard work is about to pay off. Stay focused as we begin to rest and fine tune for your big meet. Remember you must believe and visualize your success. Confidence is key!

Be sure you are eating healthy foods throughout the day, drinking lots of fluid, and getting plenty of sleep so that your body can recover and be ready to swim your best at the meets.

Another key to fast swimming is your attendance. If you are not here swimming and perfecting your technique daily then it is improbable to expect to swim best times at the seasons end. Those swimmers with superb attendance will benefit from their time in the pool, listening to their coaches and applying instruction.

Remember to always keep swimming fun and appreciate the healthy body that allows you to enjoy this sport. It is a lifelong skill that will continue to bring enjoyment your entire life.

For the "Swimmers of the Month", I would like to backtrack in order to recognize several swimmers I had chosen for the month of April when we did not publish a newsletter. It is important that they receive the recognition they deserved even though they have since moved on to the next level. So in Bronze I'd like to recognize my two lane leaders -- **Kasey Mucher** and **Kira Schlosberg**. These two girls work very hard and set an excellent example for the group to follow. Because of their leadership and hard work, they are now transitioning into the next level, Silver. Thank you, girls!

The Blue group "Swimmer of the Month" is **Kay Frano**. She has rededicated herself to swimming and to reaching her potential. Kay is kind and easy to coach and also sets a good example for fellow teammates. She has been working diligently to earn a spot in Senior 2 and she did it! Super job, Kay!

COACH JANET

White, Silver

As we come closer to our championship meets please try to have good attendance and pay close attention to your technique.

White "Swimmer of the Month" is **Erin Smith**. Erin is at every practice working hard. Thank you Erin for this extra effort.

"Swimmer of the Month" for Silver is **Maddison Mullins**. Maddison is working hard at fast

swimming. Thank you Maddison for your diligence.

These "Swimmers of the Month" were named for April but not recognized in the newsletter earlier. **Ryan Hall** gets the vote for the White group; **Kaitlyn Wade** was named for the Silver group.

THE MASTERS LANE

The FAST Masters have worked hard the last month. Several members are training to go to Long Course Nationals at The Woodlands in August. We hope to have both men's and mixed relays at Nationals for the first time since I have been coaching FAST.

I want to just mention training habits briefly. Not everyone who swims in practice will swim in a competition meet. But swimming is by nature "competitive". Most humans are competitive.

Some swimmers have said to me "I do not have a competitive bone in my body" or "I just do not like to race". To that I usually reply "humph". There is tremendous gratification in being aware of improvement. Call it what you want, but when you can swim a 2000-meter workout now when you could not swim 50 m without stopping when you started ... you are competitive. You cannot help feeling pride and accomplishment as a result of your efforts.

Success breed success. For every milestone accomplished the next one awaits.

Thanks Masters for being in the water making yourself more fit and more efficient.

This month's "Swimmer of the Month" is **Richard Hollis**. Richard has come to most practices and has stepped up his leadership in the advanced lane. He frequently leads his teammates off in the lane and puts in a good effort every practice. He even brings his brother Keith when Keith is in town visiting from England. Now if "we" can get the breathe-every-3 consistently habituated he will be very hard to beat.

-- Masters Coach Ric Nesbit

*** MEET SCHEDULES ***

USA Swimming Meets:

Jul 5-8	NTN/ATAC "A" champs at Southlake
Jul 12-15	Senior Circuit Champs at Austin
Jul 13-15	MAC/MARS "BB" champs at Mansfield
Jul 19-22	TAGS champs at Austin
Jul 20-22	GCAT "B/C" champs at Grapevine
Jul 25-28	Sectionals champs at San Antonio

Jul 31-Aug 4	National champs at Indianapolis
Jul 31-Aug 5	Southern Zone champs at Houston
Aug 6-10	Junior National champs at Indianapolis

Masters Meets:

Jul 20-21	DAM Masters Meet at SMU
Aug 8-13	USMS LC Nationals at The Woodlands

*** 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 released to the treasurers of another North Texas USA Swimming member team and to the officers of the North Texas LSC.

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

*** DID YOU KNOW ***

- Research shows that chocolate milk is actually a great way to replace glycogen (muscle sugar) for swimmers who train hard twice a day.
- USA Swimming officials are experienced, certified volunteers. Even at the National Championships the highest levels of officials are not paid -- except with the satisfaction of performing a much-needed duty with great professionalism.
- USA Swimming has required all coaches to complete a background screening, new this year.
- Are you too old to swim? Masters Swimming has had competitors over 100 years old!

