



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 19 NUMBER 3 AUG/SEP 2007

* BY THE NUMBERS *

Total FAST Membership: 149

Marlins	9	Senior II	14
Barracudas	19	Senior I	21
Makos	11	Masters	20
White	9	College	0
Red	8	Medical	1
Blue	9		
Bronze	8		
Silver	12		
Gold	9		

Telephone FAST 817-874-5655 (mobile)

Treasurer Kay Mucher 817-800-7871 (mobile)

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 Kristin Griffin

Barracudas Lucy Lin
Teresa Lin

Masters Mary Catherine Knox
Shane Sikora

We are anticipating that FAST will add many new swimmers to our roster to start in September. Please introduce yourself when you see new faces to our team to keep swimming friendly and fun for all!

* NEW CHEVRONS *

Congratulations to our swimmers for their lifetime achievement of a higher time standard in these strokes. These include the June SWAT meet forward through the rest of the summer.

"B" Chevrons

Free	Adam Tapper	
Back	Erin Smith	Adam Tapper
Breast	Lilabeth Martchenke	
Fly	Ryan Hall	Taylor Smith
	Adam Tapper	
IM	Lilabeth Martchenke	Erin Smith
	Adam Tapper	

"BB" Chevrons

Breast	Liam Neville	Rachel Willis
Fly	Armando Dehesa	

"A" Chevrons

Free	Kyle Verdeyen	
Back	Shannon Calhoun	Alan Li
	Weston Walker	
Breast	Armando Dehesa	
Fly	Seabre Pope	
IM	Armando Dehesa	Gabriella Stanley

"AA" Chevrons

Free	Joseph Daniels	Kezhal Shah-Hosseini
Back	Joseph Daniels	Gabriella Stanley
Breast	Meredith Schlosberg	
Fly	Joseph Daniels	Seabre Pope
	Weston Walker	

"AAA" Chevrons

Free	Joseph Daniels	Melody Rodriguez
Back	Kristi Dena	
Breast	Caleb Dena	
Fly	David Funderburk	Seabre Pope
	Melody Rodriguez	
IM	Joseph Daniels	Caleb Dena
	Tim Slininger	

"AAAA" Chevrons

Free	Or Barak	Kristi Dena
	Jessica Schauwecker	Weston Walker
Back	Joseph Daniels	David Funderburk
Breast	Joseph Daniels	Richelle Daniels
Fly	Caleb Dena	

*** NEW TEAM RECORDS ***

Congratulations to our new record holders! Once again our record books have been revised with several new records. Some of these records were well over 10 years old! We've also found a few more old records that weren't recognized earlier when they were broken.

Girls 8 & Under

50m Back Anna Salerno :44.61
(old record :47.94, A.Salerno, 06/2007)
(old record :48.09, E.Valdez, 06/2001)

100m Back Anna Salerno 1:37.80
(old record 1:38.24, A.Salerno, 06/2007)
(old record 1:42.31, E.Valdez, 06/2001)

200m IM Anna Salerno 3:33.92
(old record 3:39.67, A.Salerno, 06/2007)

Girls 10 & Under

50m Back Madeleine Marcos :38.43
(ties with :38.43, S.Kniffen, 07/1996)

100m Back Richelle Daniels 1:21.14
(old record 1:22.01, M.Marcos, 07/2006)

50m Breast Richelle Daniels :41.27
(old record :42.33, R.Daniels, 06/2007)

100m Breast Richelle Daniels 1:26.88
(old record 1:28.01, R.Daniels, 07/2007)
(old record 1:29.84, R.Daniels, 06/2007)
(old record 1:34.60, N.Schauwecker, 07/2003)

50m Fly Richelle Daniels :34.92
(old record :36.04, M.Marcos, 07/2006)

100m Fly Richelle Daniels 1:18.00
(old record 1:18.06, M.Marcos, 07/2006)

200m IM Richelle Daniels 2:44.71
(old record 2:46.00, R.Daniels, 07/2007)
(old record 2:47.01, R.Daniels, 07/2007)
(old record 2:49.71, R.Daniels, 06/2007)
(old record 2:50.27, M.Marcos, 07/2006)

Girls 11-12

200m Free Madeleine Marcos 2:17.01
(old record 2:17.77, M.Marcos, 07/2007)
(old record 2:20.32, B.Ricks, 07/1990)

400m Free Madeleine Marcos 4:46.89
(old record 4:49.14, M.Marcos, 07/2007)
(old record 4:53.25, M.Marcos, 06/2007)
(old record 4:53.28, M.Marcos, 04/2007)

800m Free Madeleine Marcos 9:46.98
(old record 9:47.93-split, M.Marcos, 07/2007)
(old record 10:04.01, M.Marcos, 05/2007)

1500m Free Madeleine Marcos 18:29.39
(old record 19:12.03, M.Marcos, 05/2007)

200m Free Relay 2:07.07
(M.Mullison, K.Mucher, S.Calhoun, M.Marcos)
(old record 2:10.32, 07/2001
(M.Merrill, X.Steenberge, T.Trautmann, A.Hardy))

Girls 13-14

200m Free Relay 1:56.95
(S.Manning, N.Schawecker, L.Richey, G.Stanley)
(old record 1:57.81, 07/1998
(E.Wehrmann, L.Speer, E.McGowan, J.Bedwell))

Boys 11-12

1500m Free David Funderburk 19:13.58
(old record 19:23.14, G.Neville, 07/2006)

100m Back Caleb Dena 1:12.51
(old record 1:12.81, J.Ruggeberg, 04/1995)

200m Back David Funderburk 2:36.47
(old record 2:36.85, D.Funderburk, 06/2007)
(old record 2:44.36, O.Barak, 07/2002)

50m Breast Joseph Daniels :35.66
(old record :35.97, J.Daniels, 07/2007)
(old record :36.58, J.Daniels, 07/2007-prelims)
(old record :36.76, J.Daniels, 07/2007)
(old record :36.80, J.Daniels, 06/2007)
(old record :37.32, J.Daniels, 06/2007)

100m Breast Joseph Daniels 1:17.45
(old record 1:20.25, J.Daniels, 07/2007-prelims)
(old record 1:20.63, J.Daniels, 06/2007)
(old record 1:20.88, C.Adcock, 07/1995)

50m Fly Caleb Dena :30.87
(old record :30.94, R.Kiel, 05/1998)

100m Fly Caleb Dena 1:08.57
(old record 1:09.88, C.Dena, 07/2007-prelims)
(old record 1:13.56, R.Kiel, 05/1998)

200m Fly Caleb Dena 2:38.89
(old record 2:39.11, C.Dena, 07/2007-prelims)
(old record 2:40.76, D.Funderburk, 07/2007)
(old record 2:41.36, G.Neville, 07/2006)

200m IM David Funderburk 2:31.01
(old record 2:31.49, D.Funderburk, 07/2007-prelims)
(old record 2:33.84, D.Funderburk, 06/2007)
(old record 2:34.49, D.Mendoza, 06/1998)

400m IM David Funderburk **5:20.68**
 (old record 5:25.22, D.Funderburk, 06/2007)
 (old record 5:30.29, D.Mendoza, 06/1998)

200m Free Relay **2:00.64**
 (C.Dena, D.Funderburk, J.Daniels, C.Johnson)
 (old record 2:03.20, 07/1997,
 (J.Williamson, C.Allred, B.Schmitt, D.Mendoza))

200m Medley Relay **2:13.67**
 (D.Funderburk, J.Daniels, C.Dena, C.Johnson)
 (old record 2:17.74, 06/2007)
 (D.Funderburk, J.Daniels, C.Dena, C.Johnson)
 (old record 2:18.48, 07/1997
 (J.Williamson, C.Allred, D.Mendoza, B.Schmitt))

400m Medley Relay **4:50.99**
 (D.Funderburk, J.Daniels, C.Dena, C.Johnson)
 (old record 4:58.80, 07/2007)
 (D.Funderburk, J.Daniels, C.Dena, C.Johnson)
 (old record 5:06.27, 07/1997
 (J.Williamson, C.Allred, R.Kiel, D.Mendoza))

Boys 15-18

50m Free Francisco Nieves **:24.33**
 (old record :24.56, F.Nieves, 07/2007)

100m Free Francisco Nieves **:53.72**
 (old record :54.09, J.Donelon, 07/1994)

Boys Open

50m Free Camilo Becerra **:22.63**
 (old record :23.00, C.Becerra, 07/2007)
 (old record :23.13, C.Becerra, 06/2007)

100m Free Camilo Becerra **:51.28**
 (old record :51.34, C.Becerra, 06/2007)
 (old record :51.98, C.Becerra, 11/2006)

400m Free Alejandro Gomez **4:00.76**
 (old record 4:04.11, A.Brazzale, 08/1991)

*** 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 9-10, 2007	SWAT B/C Invitational	1st LAC 803.5 10th FAST 164
June 22-24, 2007	NTN/ATAC A/BB Invitational	1st DM 901.5 4th FAST 447
July 5-8, 2007	NTN/ATAC A Championships	1st COPS 961.5 3rd FAST 600.5

July 12-15, 2007	Senior Circuit Champs	1st TXLA 1670.5 12th FAST 73
July 13-15, 2007	MAC/MARS BB Championships	1st COPS 899 6th FAST 274
July 18-22, 2007	TAGS Championships	1st TWST 935 14th FAST 129
July 20-22, 2007	GCAT B/C Championships	1st LAC 1481.5 11th FAST 199.5

FAST swimmers in each meet classification:

"A" 40 "BB" 41 "B/C" 50

Point totals were not available for Sectionals. Also, some of our faster swimmers did not attend the summer meets due to elite international meets.

Our North Texas team competition:

FAST 159 registered swimmers
 LAC 535
 COPS 446
 DM 441

At the "A" Champs, we had 30 swimmers. Despite being only about 1/3 of the size of the larger teams, we held our own point-wise and had enough swimmers for relays. At the "B/C" Champs, we had only 11 swimmers participate. Our point total reflects that our athletes did well, but we just did not have enough swimmers at the meet and could not field relays. The meets are much more fun with better turnout, so it will be great if we can boost attendance for the upcoming season.

*** UPCOMING EVENTS ***

PRACTICE START TIME CHANGES

Workout start and finish times are changing after Labor Day due to increased need for pool usage by the FWISD high school teams for their practices. **FAST President Steve Plamondon** has heard back from the ISD with the finalized schedule. Each of our groups will start 30 minutes later than last year on weeknights. Saturday times are unchanged.

As most of you know, we rent the Wilkerson-Greines facility from the FWISD and at all times, their priority rightfully so, is to the FWISD high school programs and their success.

Due to later athletic periods being mandated, added with bus travel time out to Wilkerson, the concern has been that the FWISD high schools have not been getting adequate training time with FAST starting our practice times at 4:30.

Marlins	5-5:30	Bronze	5-6:15
Barracudas	5-5:45	Silver	6:45-8:15
Makos	5-6	Gold	6-8
White	5:30-6:30	Senior II	5-6:45
Red	6:15-7:30	Senior I	5-7:30
Blue	6:30-8	Masters	6:30-8

PARENT MEETING SEPTEMBER 19

Our annual fall parent meeting is planning to be on Wednesday September 19 at 5:45 pm. We will try to finish up by 6:45 pm. There will be normal practice for our swimmers. Parents, please plan to attend. For our "old hands", please attend as there is always something new that we will cover. We are also planning smaller meetings for each coach to cover business specific to their groups in the following days. These are important to understand the expectations for you and your swimmer.

FAST "BLACK VS BLUE" MEET

On Saturday morning September 29 we will host our annual "Black vs Blue" intersquad meet. This is a fun meet for our entire team, Marlins to Senior I to Masters, with special emphasis on preparing swimmers who have never attended a meet before. We will run the meet at a relaxed pace, there are no DQs, and the swimmers will be in familiar surroundings with their own swim friends. There is no cost but we do need to have the swimmers sign up in advance so the coaches can evenly split the team into "Black" and "Blue" squads for a little friendly competition on the team scores. The times will not "count" as official times, but the coaches will get to see how the swimmers look in a meet situation.

We encourage ALL our swimmers to attend. There will be a sign up sheet on the bulletin board at the pool a week or so in advance. Swimmers should ideally swim every stroke. The youngest ones will swim 25's and the older ones will do 50's.

Warmups will begin at 7:30 am, the meet will start at 8:30, and we will finish up by noon.

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. We would like

to get several people started. Please see either FAST's 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.

- Sep 15 New Stroke & Turn Officials
9 am at Mansfield ISD Natatorium
- Sep 22 Swim Meet Computer Operations
12:30 pm at LISD Aquatic Center, The Colony
- Sep 29 Timing System [tentative]
9 am at Loos Natatorium

SWIM-A-THON 2007

This fall, FAST will be holding our 2007 Swim-A-Thon fundraiser. This is the largest fundraiser event we plan and it is done to maintain our balanced budget.

We plan to make this a fun event for all our kids and parents. Although we are still in the early planning stages, it is time to start thinking about soliciting sponsors for this year's event and for parents to volunteer with the planning of the event. We will need parents to count laps for the swimmers. The swimmer's goal will be to swim 200 lengths in the 25 yard pool for pledges per length. Pledges can also be flat amount donations. There is a two hour time limit to complete the entire 5000 yards. However there it is no problem if the swimmers can't complete the entire distance in the two hour time allotment to help keep this a 'pressure free' event for all swimmers involved.

Our Swim-A-Thon is a very important part of our fiscal budget and each year we like to see a whole team effort to make it a success and thereby ensuring the financial stability of the team for all swimmers. We feel that FAST offers a tremendous amount to all the swimmers and families that are a part of the team through friends, fitness, fun and competition just to name a few. We have tentatively scheduled this year's Swim-A-Thon for mid-October so it's not too soon to go out and try to attract sponsors now.

Our Swim-A-Thon last year was tremendously successful and we would like to keep that momentum rolling for this year. Keep an eye out for more details coming soon!

*** OTHER FAST BUSINESS ***

RON'S PROGRAM DIRECTOR REPORT

Well, the end of another Long Course season has gone by and we are back from break and looking now toward a new Short Course season. I would like to start by recapping some great accomplishments from this summer's long course season.

First off, the most major of accomplishments is of course that FAST will once again be represented in a second consecutive Olympic Games. Our first swimmer was of course Olympic Gold Medallist and World Record Holder **Dana Vollmer**. This time it will be in Beijing, China as **Camilo Becerra** will represent Colombia. Camilo qualified thanks to his performances this summer at the Pan-American Games in Rio de Janeiro. He was a finalist in the 50 Meter Freestyle and his time is in the Top 35 in the World this year. Not many teams anywhere send swimmers to two consecutive Olympiads and it will be an exciting year. We hope everyone at FAST will again catch the Olympic spirit as we head to Beijing. Camilo was not the only one competing at the Pan-American Games as FAST teammate **Alejandro Gomez** represented Venezuela. Alex is also hoping to qualify for the Olympics. This is also the second time that FAST has sent two swimmers to a single Pan-American Games, as Dana Vollmer and **Ron Cowen** both attended in 2003.

Back stateside, there was still some very fast swimming being done. **Francisco Nieves** was our lone swimmer at the Junior National Championships held in Indianapolis. Juniors is the stepping stone meet for the nation's elite 18 and under swimmers on the way to becoming national championship caliber athletes. Francisco had a great meet with 3 best times and in the 50 Freestyle, he was only 6/100ths of a second away from making finals.

At both Sectionals and TAGS, we also had some excellent results. **Weston Walker**, **Grace Johnson**, **Kristi Dena** and **Jessica Schauwecker** have all seen great results this season and showed by making finals at Sectionals that they are leading the team and heading toward a more elite level. This Sectionals meet saw FAST have more qualifiers for the meet than ever before and this is a good sign of things to come.

At TAGS, there were many fine swims with

Madeleine Marcos once again leading the way with her TAGS winning swims and once again being a threat to win in just about each race she swam. There were also great swims turned in by **Richelle** and **Joe Daniels**, **Caleb Dena** and **Griffin Neville** just to name a few (there were lots of great swims all around) on the way to FAST's 14th place finish as a team at the TAGS state meet. And a great sign of the future and things to come is that we continue to have the number of qualifiers rise for TAGS. Next, **Joe Daniels** and **David Funderburk** continued at the Southern Zones Championships, again improving on their season times and setting new team records. These are definitely steps in the right direction and the more people that we can get to the larger meets, the more fun it seems to keep getting. I challenge anyone who almost made a TAGS cut but came up just a bit shy to keep plugging and train hard this season and then you will have a great chance to be at the spring meet.

All in all, we had great performances team-wide, from all levels and swimmers performed well no matter if it was at Zones, A Champs, at TAGS or at Sectionals or even internationally at Pan-Ams.

So as we look to the short course season, we are entering an exciting time. This will be an Olympic year with players at the table, and more and more swimmers continuing to climb up the elite ladder. In a year like this, I am excited to see just what sort of results we can produce as a team.

Who will reach the pinnacle of the sport (we have to potential to have multiple Olympians this year)? Who will stake a claim as the next level of elite swimmer on the team up and coming and who will have breakthrough performances and step into the spotlight? How can you do this if you want to be one of these people?

Here are two thoughts that may help you to figure out how to accomplish this. Both were passed along to me by coaches of elite swimmers. The first thought is from one of the coaches at Michigan. It seems in preparation for China, Michael Phelps and Eric Vendt have made a pact with each other to train 7 days a week and not to miss practice until then. Their goal is to train at such a level that no one else in the world can hope to catch them. Apparently even if you are the greatest swimmer of all time, the idea of hard work and maximum preparation is still the driving force. The second point backs up the first. In

speaking with Olympic coach Eddie Reese this summer, he stated his view of swimming very simply. "Swimming is still a blue collar sport". Meaning at the end of the day, the people who are doing the best, are still the ones that are rolling up their sleeves, putting the hard, long hours and work into it to get the best results back. You can watch all the stroke videos you want, but at the end of the day, you will only achieve best results if you are working harder than the person you are racing (because that perfect stroke will break down pretty quickly if you are not fit enough to hold it). And I think considering the swimmers that we all know who swim at both these places (Phelps, Hansen, Crocker et. all) it should be words and actions we should all heed to keep up with the pace that swimming is going these days.

So good luck in the upcoming short course season and let's see how FAST the Fort Worth Area Swim Team can actually be!!

-- *Program Director Ron Forrest*

SWIM MEET ATTIRE/UNIFORMS

Parents and swimmers, we want FAST to LOOK like a team when we go to swim meets. Both the FAST Coaching Staff and Board of Directors have agreed to more strict guidelines in what our swimmers need to wear to swim meets. For too long, we feel that we have allowed our swimmers to wear just about anything they like when they are on deck at a meet. Some swimmers are very good about wearing team apparel at meets, but many are not. This is not an age-specific problem. We have younger and older swimmers who are not 'dressing out' in team outfits.

FAST is one of the best swim teams in the state of Texas. But part of having the privilege of being on the Fort Worth Area Swim team also means representing it proudly when we attend competitions. For example, we are not team "Abercrombie & Fitch", nor are we your high school swim team or Sponge Bob Square Pants. As a team, we require you to show up wearing team attire and not shirts like above.

We are working with *Swim Store Director Chris Ellis* to try to improve the number of options we can offer for members for team attire that may be used for meets (such as multiple T-Shirt ideas). Our goal is to ensure that we have options so that there is

no reason for a swimmer not to be wearing FAST clothing regardless of the meet, time of year, or level.

Here is a mandatory list of items that your swimmer will need to have to participate at a swim meet FAST attends:

- FAST Team Suit - please see website for exact example of what our team suits look like.
- FAST Swim Cap. For Fall 2007, the approved cap is the black cap with the blue/white logo. The only exceptions are for FAST TAGS qualifiers and National Team members who have received performance caps. Any of the former "superhero" caps will not be allowed for competition nor the white summer caps.
- FAST T-Shirt or Sweat top. These can be purchased through the Swim Store and will be required when on deck at all FAST attended swim meets this season.
- Extras. Both FAST Sweats/Warm ups and Parkas can be ordered through the swim store. If you are going to wear something more than just a T-Shirt or Sweat top, these need to be ordered. All swimmers that attend elite level meets (Sectionals and above) should consider ordering the Speedo Warm Ups (FAST colors/embroidered) if there is a possibility you will be at a meet on an awards podium where FAST clothing is required when receiving awards.

Please see our *Swim Store Director Christin Ellis* 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. We have a team sponsorship agreement with Speedo, so our swimmers must wear that brand in meets.

About "FASTSKIN" type performance swimwear: The only exceptions to this rule are for the swimmers in *Head Coach Ron's* groups 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.

TAGS TIME STANDARDS

As a reminder to the swimmers, the TAGS qualifying time standards are determined each fall after the Texas Swimming Association meetings (TSA). This year they will be a few weeks later than usual, so the new time standards will not be available until mid-October at the earliest. For our Seniors, the time standards for the Texas Senior Circuit meets will also be set at about the same time.

WELCOME COACH ERIN

FAST would like to welcome home our newest coach, ***Erin Wehrmann***. Erin has been one of our longest term members since she began with our team in 1992. She was one of FAST's finest swimmers in the team's history and has been no less than multiple Team Record Holder in every age group FAST has (10&Under all the way through Senior levels), TAGS Champion, Sectionals Champion, Top 16 Qualifier, Junior National Qualifier, UIL High School State Champion and Record Holder and National Championship Qualifier. From FAST, Erin went on to have a stellar career swimming on scholarship for the University of Texas where she was a member of multiple Big 12 Championship teams.

Now she is returning to FAST on the other side of the deck as a coach. She brings a long swimming career of knowledge and also coaching experience, having run both summer league teams and run swimming instruction programs while in Austin.

Erin will be taking over our Marlins group and also will be aiding in coaching other groups as needed.

As a fun fact, Erin was the first swimmer Head Coach Ron was introduced to when he started with FAST back in 1994, so her knowledge of how things works goes back a while.

STROKE WORK HELP AVAILABLE

Coach Erin will be available to parents who wish to have current FAST swimmers get some extra stroke instruction. Erin will work one-on-one with any swimmers who feel there is an area that they wish to get some extra fine tuning on. Half-hour sessions for a fee can be scheduled both directly

through Erin or the swimmer's individual coach.

Please note that if extra stroke work is desired, it must be done outside of a swimmer's normally schedule practice times. One-on-one stroke instruction is meant to be done as a supplement to normal practices, not instead of them.

If you are interested in setting up a time for Erin to work with your swimmer, you can contact either ***Pool Parent Mary Richey***, or your coach.

NEW ONCE-A-WEEK INTRO GROUP

Do you have a friend that likes to swim but isn't sure about a year-round team ?

We are making an attempt to reach out to new swimmers and families that are uncertain about joining a year-round team or have time commitments. FAST will be adding a new group for this express purpose to kids aged 10-14 who have previous swimming experience, perhaps in a summer league. ***Coach Erin*** will be overseeing this new group. The new group hasn't been named yet, and we will offer just one practice a week to concentrate on stroke fundamentals and having fun. It will allow summer-only swimmers to keep in touch with the sport over the long winter. This will not be a competitive group and there will not be any attendance expectations.

We won't be moving swimmers already with FAST into the group, so if you know friends or school classmates who you think this would be a great start for, please pass this information along to them. FAST will start this group up "soon".

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 2007 registration expires on December 31, 2007.

All swimmers who joined on or after August 22 are being registered for the 2008 registration year, which covers them from now until December 31, 2008.

FAST will begin renewing swimmers soon. We are asked to provide renewals by November so paperwork and payment can clear the process in time. We will provide pre-filled-in forms by October.

Masters renewal information will be provided

to our adult swimmers after the annual USMS Convention in September. They have a slightly different renewal process and we do not have the new fees or forms yet. Their 2008 registration year begins in November.

Thanks for your support with this.

* **THE COACHES WATCH** *

HEAD COACH RON

Marlins

Welcome back Marlins! I hope that you had a nice break. When we get back to short course, you will be seeing a new face with the Marlins. I have brought on former FAST and University of Texas standout **Erin Wehrmann** to coach the Marlins. This will allow the Marlins to have their own coach exclusively with the new start times for FAST. With the new group start times, it would not be possible to allow Coach Ron to be able to coach both the Marlins and the Senior groups and I was worried that with my attention having to be split, this would result in poorer attention for all. This way, I know the Marlins are getting a quality coach and they will get some great instruction and Erin will be a lot of fun for our youngest swimmers. However expect to see Coach Ron still hanging around. For September, I will still be co-coaching with Erin to get her situated and getting to know all the Marlins and how we do things. I am excited to have Erin coaching you and hopefully you will really enjoy swimming for her.

Good luck this season.

The Marlins "Swimmer of the Month" is **Matthew Aufiero**. Matt has been working very hard and is always excited to be at practice. He loves to race and always asking to do more. His hard work has earned him a spot moving up to Barracudas in September and I am sure he will do great in his new group. Way to go Matthew!!

Senior I, Senior II

The Senior I "Swimmer of the Month" is **Kristi Dena**. This was a hard choice as many swimmers had great July's. However, Kristi really showed how much she wants to be a great swimmer by her dedication and hard work during long course. Kristi started the season racing to catch up to other girls in the group. By the end of the season, she was a team leader in both practices and meets. Way to go,

Kristi!

Grace Palmer is the Senior II "Swimmer of the Month". Grace really showed a desire to earn a position into the Senior I group for this fall. Way to go, Grace!

COACH DAVE

Barracudas, Gold

The "Swimmer of the Month" for Barracudas is **Michael Mueller**. Way to go, Michael!

Gold group's "Swimmer of the Month" is **Caleb Dena**. Caleb had a strong summer culminating with the TAGS championships. He was a key part in record-breaking relays scoring a lot of team points; his butterfly events broke some very old team records including an outstanding swim in the 100 meter fly.

COACH CATHY

Bronze, Blue

Rachel Willis is the Bronze group's "Swimmer of the Month". Keep up the good work!

Blue group's "Swimmer of the Month" is **Pinaki Bose**. Pinaki has come a long way and it's great to see him eager to improve.

COACH CASEY

Makos, Red

The "Swimmer of the Month" for Makos is **Kyndal Wade**. We are proud of you!

Red group's "Swimmer of the Month" is **Lilabeth Martchenke**. Congratulations!

THE MASTERS LANE

I hope you have enjoyed your training break and are ready to start back this season in the short pool.

First, I want to give a recap of our outstanding meet results at Masters Nationals at The Woodlands in August. Every FAST swimmer had at least one lifetime best swim (except the coach). Out of 24 individual events (not counting the coach) we had 17 lifetime bests. Not bad! In all we brought home 11 individual medals and one relay medal. Each of our participating swimmers scored points and earned a medal. FAST as a team was 54th place out of 147 teams.

Lisa Smith, Nic Webster, Marty Baumann and **Kent Hurst** swam personal best times every time they competed.

Nic Webster is the 2007 USMS National Champion in the Men's 18-24 1500 meter free. First place!

Our next highest finish was *Lisa Smith* with a 4th place in the 800 meter free. *Richard Hollis* was 5th in the 200 IM and *Richard Neville* was 5th in the 50 breast.

Our men's 160+ 200 freestyle relay was 9th place in the nation and medaled.

Full results are online at www.usms.org.

Nic Webster was Masters "Swimmer of the Month" in July for his efforts in some of the harder events. He swam fly in practice regularly to improve his stroke and dropped a huge chunk of time at Masters Nationals in the 50 fly. Also he went by himself to SMU to swim the 1500 free for the first time on Friday, and then swam five more events the next day when the rest of the team joined him.

For August, *Lisa Smith* was "Swimmer of the Month" for Masters. She swam her first meet ever at SMU (July) and went to Masters Nationals and swam personal bests in both her events dropping 4 seconds in the 50 free and 14 seconds in the 800 meter free.

-- *Masters Coach Ric Nesbit*

* MEET SCHEDULES *

USA Swimming Meets:

Sep 29	"Black vs Blue" FAST Intersquad
Oct 6-7	Meets at COPS-Loos: 10&Under "Little Splashers" meet 11&Over "A" meet
Oct 19-21	"BB/B/C" meet at MARS-Trinity HS
Oct 27-28	"A" meet at GCAT-Grapevine
Nov 9-10	TSA LSC All*Star Challenge
Nov 10-11	"BB/B/C" meet at FAST-WGAC
Nov 29-Dec 1	National Short Course Champs at Georgia
Dec 1-2	"A" Winter Classic at COR-Loos
Dec 8-9	"BB/B/C" meet at NTN-Southlake
Dec 13-16	Chesapeake Elite Meet at Oklahoma

The 2008 meet calendar will be determined in November.

USMS Swimming Meets:

Sep 29	"Black vs Blue" FAST Intersquad
Nov TBA	Short-Course Meters at Tom Landry
Dec TBA	Holiday Relays at SMU-Dallas

* 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.



Coach Dave with the TAGS 11-12 Boys Relay Team

