



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 5 NOV 2007

* BY THE NUMBERS *

Total FAST Membership: 151

Marlins	9	Senior II	13
Barracudas	13	Senior I	23
Makos	14	Masters	21
White	9	College	0
Red	7	Medical	2
Blue	9		
Bronze	9		
Silver	14		
Gold	10		

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* WELCOME TO FAST *

Please welcome our new and returning swimmers.

Marlins	Jacob Roller	Ky Schlosberg
Barracudas	Trinity Sparks	
Makos	Charlene Banaag	Kaylee Brawner
	Blake Patterson	Becca Sherman
Senior II	Spencer Patterson	Rebecca Steele
Masters	Kellie Schlosberg	
	Bradley Warmann	

* NEW CHEVRONS *

When a swimmer makes a lifetime achievement of a time standard in a new stroke, we recognize them with a "Chevron" patch as well as a star signifying the number of best times that they achieved at a meet. Our older swimmers will just get newsletter recognition. Congratulations for these achievements at the COPS, MARS and DM meets in October, 2007.

"B" Chevrons

Free	Mallory Kleinman	April Seaman
Breast	Mallory Kleinman	
Fly	Mallory Kleinman	

"BB" Chevrons

Free	Alan Li	Mallory Kleinman
Breast	Alan Li	Mallory Kleinman
Fly	Mallory Kleinman	
IM	Alan Li	

"A" Chevrons

Free	Maria Alvarez	Mallory Kleinman
	Daniel Naherny	
Breast	Mallory Kleinman	
Fly	Ralph Herberg	Mallory Kleinman
	Daniel Naherny	Devin Ross
IM	Ethan Goldfarb	Kristalyn McAfee
	Maddison Mullins	Kyle Verdeyen
	Steven Wood	

"AA" Chevrons

Free	Maria Alvarez	Daniel Naherny
Back	Shannon Calhoun	
Fly	Shannon Calhoun	Ralph Herberg
	Maddison Mullins	Daniel Naherny
IM	Maddison Mullins	

"AAA" Chevrons

Free	Maria Alvarez	Ralph Herberg
Fly	Daniel Naherny	

"AAAA" Chevrons

Back	Caleb Dena	Melody Rodriguez
IM	Caleb Dena	

* UPCOMING EVENTS *

FAST HOLIDAY PARTY 3 DECEMBER

We are planning a "light" version of the FAST holiday party on Monday evening 3 December at the Wilkerson-Greines Activity Center. This will allow our families a low-key easy evening with a Silent Auction and a better timeline for families. More news will come out; we hope you will plan to join us.

*** OTHER FAST BUSINESS ***

MEET VOLUNTEERS NEEDED

Our FAST-hosted "BB/B/C" meet is coming very soon at Wilkerson-Greines on November 10-11. The signup sheets for volunteers are posted on the bulletin board at the pool and we still have many openings.

Parents -- if you have worked a few meets it may be time for you to "expand your skills" and try another position besides our basic Stopwatch Timer. We would love to teach you a new position and they can make the meet go very quickly for you as well. Thanks for your support.

PHOTOS WANTED

When our swimmers join we try to take a photo that we can use from time to time for Swimmer of the Month and other recognition. Some of our photos are 3 years old and need to be replaced. We would love to get replacement pictures (and shots of our new swimmers that we missed) either by email a digital photo to Ruth Funderburk at lrf7@msn.com or by bringing in a print to Ruth's board member folder in the top drawer of the file cabinet.

OTHER VOLUNTEERS NEEDED

FAST needs Group Rep volunteers for the following groups: Makos, White, Senior II, and Blue. This is a great way to earn your required 10-hour volunteer requirement! This position is an important way the team distributes information to all the swimmers on the team. The Group Rep works with the coaches and parents in their group, organizing social functions, assists with fundraisers, advertise meetings, and helping orient new parents to the team.

We also have several other positions open to help with our Bulletin Board, Lost and Found Coordinator and Swim Bucks Store Coordinator. If you are interested in learning how you can help the team and earn your 10-hour volunteer requirement, please contact **Mary Richey**, Pool Parent at 817-561-5670 or by email at wixtex@aol.com.

We will also be holding a "Silent Auction" in conjunction with our party on December 3. If you can help organize this please contact **Steve Plamondon**.

*** THE COACHES WATCH ***

COACH DAVE

Barracudas, Gold

Jack Lawrence is the Barracudas "Swimmer of the Month" and **Lauren Richey** is the Gold group's "Swimmer of the Month". Congratulations to both swimmers for a great month of training.

COACH JANET

White, Silver

We are well into short Course Season, working on the small things that make a big difference while swimming. Please be sure to fill out your goal sheets and turn them in, so I can be aware of your goals. We are again doing daily goals, so please be a few minutes early to fill these out before warm up begins.

Silver group's "Swimmer of the Month" is **Shannon Calhoun**. Shannon has great goals and is putting the effort into achieving them. Thank you Shannon for your hard work.

Jarrah Schlosberg is White group's "Swimmer of the Month". Jarrah is swimming strong at practice and trying new events at meets with great success. Thank you Jarrah for your courage.

COACH CATHY

Bronze, Blue

It has been a very busy month as most of you are getting back into the swing of short course and have attended your first meets of the season. Things are about to get even busier as November holds our Swim-a-Thon, our own FAST-hosted meet and then the holidays are upon us already. Remember that your attendance and effort once there are key to achieving improved technique and faster times. Plus you are missed when you're not there!

Even though the weather is beginning to cool down, it is important to remember water and/or Gatorade at every practice. Also please bring sneakers for dryland to all practices as sometimes our schedule changes unexpectedly.

Goal sheets are overdue! It's difficult to know what direction you are headed without any goals guiding you. Bravo to **Anna Salerno** and **Meredith Schlosberg** for their timely returned goal paperwork. Daily visualization of your goals helps pave the way

to their actualization!

"Swimmers of the Month" go to two of our newer members of the groups. The Bronze award goes to **Mallory Kleinman**. In her very first meet for FAST she swam her way to three A times! Way to go, Mallory! It will be fun to see how the rest of your first season progresses

The Blue Group "Swimmer of the Month" award for this month goes to **Santiago Teran**. His incredibly positive attitude is a joy to all. He works extremely hard and always with a smile. He helps us remember that we can change our lives simply by adjusting our attitude and seeing the cup as half full rather than half empty. Thanks, Santiago!

COACH CASEY

Makos, Red

I would first off like to thank all the swimmers that showed up at the first "BB/B/C" swim meet. It was great to see some of our new swimmers get in the water and show us what you can do! I really like to see all of our FAST swimmers cheering at the end of the pool during our swims. Congratulations on your fantastic swims.

We now are starting to prepare for the upcoming FAST meet. In the next two weeks we will really plan to work our streamline, starts, and turns. This is an area in which we all can improve our swims and drop times. My groups have been working extremely hard and I can't thank you guys enough. It is great to see all the new swimmers in the group adapting to all our swimmers and coaches. Remember to swim strong and swim fast as we approach our next meet!! See you at the pool!

"Swimmers of the Month" are **Kathleen Ayers** for the Red Group and **John Peter Campos** for Makos. Congratulations!

THE MASTERS LANE

The Masters group has begun to grow again. It is always fun to have new "faces" in the water. I want to revisit (for the first time for those of you who haven't heard this lecture) the need for proper technique.

Any one can jump in the water (or dive if it is deep) and flail away. Call it what you want but the definition of swimming is getting into and out of deep water by yourself without drowning. For the "fitness" group the above definition does the trick: ie,

gets the heart rate up. For the "lose weight" group the above definition does the trick: ie, burns more calories than you take in (especially if you stay at it a long time and the water is freezing). For the "triathletes" trudging up and down the pool can build confidence and endurance.

But what about "FAST SWIMMING"? Improving your time for any specific stroke or distance?

Proper technique COMBINED WITH regular (on time) attendance, good effort and adequate time at it will make a bigger difference in your improvement and enjoyment. Even Olympians need (and want) improvements to their technique.

Swimming can be a life long sport. At Nationals there are swimmers into their 90's who train and challenge themselves to "improve" their strokes.

A good coach will encourage attendance, challenge you to work and offer ideas for stroke modification. Your job is to show up, do the challenge of the day and THINK ABOUT YOUR TECHNIQUE while you propel yourself up and down the pool. Swim FAST(er)!

-- *Masters Coach Ric Nesbit*

*** MEET SCHEDULES ***

USA Swimming Meets:

Nov 10-11 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
 Nov 30-Dec 2 "A" Winter Classic at COR-Loos

Dec 7-9 "BB/B/C" meet at NTN-Southlake
 Dec 13-16 Chesapeake Elite Meet at Oklahoma

Jan 11-13 "A" meet at ATAC/NTN-Southlake
 Jan 18-20 "BB" meet at MARS/MAC-Mansfield
 Jan 25-27 "B/C" meet at GCAT-GCISD Swim Center

Feb 1-3 "A" Greater Southwest at COPS-Loos
 Feb 15-17 "A" and "BB" Champs at DM-Loos
 Feb 29-Mar 2 "B/C" Champs at LAC

Mar 6-9 TAGS Champs at NT-Loos

USMS Swimming Meets:

Nov 16-17 Short-Course Meters at Tom Landry
 Dec 15 Holiday Relays at SMU-Dallas
 Mar 28-30 Short Course Zones at San Antonio
 May 1-4 USMS Short Course Nationals at Austin

* **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.

* **PARENT ARTICLES** *

Team Building and Team Spirit

The concept of team: why is this important? Many independent folks would prefer to "just do their own thing," but most of them miss out on an invaluable experience: being a part of a team and identifying with the group. Football teams and basketball teams are required to wear a common uniform and depend on each other for their group's final result in a competition. Swimming is a bit different, in that each participant performs as an individual although relays require a group effort and team scoring fosters team identity. Swimming is constantly searching for ways to bring more kids into the sport and to retain them once we get them. Recruitment and retention can be fostered through the concept of team.

Who builds the team? How is the team built?

The making of a team starts with the coach. What he or she does to make swimmers feel like a part of the group makes all the difference in the world. Not every swimmer can win the gold medal, but all can contribute positively to the team effort. Some do this through hard work, by challenging themselves and their teammates to improve. Others are great leaders, enthusiastic cheerleaders and "good sports." The more the coach can do to acknowledge and appreciate all positive contributors, the stronger they all identify with the team,

even if they're not the ones scoring all the points!

Many coaches hate giving up water time for other activities, but team building is very important, even if it may occasionally cut into training time. Having meetings to discuss what makes the swimmers proud to be a part of the group is a great way to begin. Capitalize on these areas of strength and pride. Coaches should teach swimmers the history of the sport, the history of the team and how the current swimmers' contributions are making a difference for the future of the team and the sport. Understanding their involvement also gives the swimmers a greater sense of identity in the sport.

Team uniforming such as suits, caps, t-shirts, sweats, parkas, bags, towels, backpacks and even water bottles, helps build the concept of team. When the swimmers feel a part of the group, they are proud to wear the apparel. This also helps a club positively promote itself in the community. The more swimmers are out there showing off their team gear and representing themselves and the team positively, the more recognition the club gets!

How does a team build spirit / loyalty / enthusiasm?

Sometimes the coach has to lead, while other times outgoing swimmers take charge themselves. Team cheers, posters, big brothers/sisters, team parties, good luck cards and combined workouts are just a few of the ways the group works together to build team spirit. Some swimmers have to be instructed to pay attention to how their teammates are doing, while others seem to get all of this intuitively. Some kids are the enthusiastic rah-rah types, while others are more introverted. All need to be taught the importance of a positive attitude, and what a tremendous impact it can have on other swimmers. And, the coach also needs to realize that his or her mood and attitude strongly affect the swimmers!

Loyalty comes from all of the above. When swimmers feel their participation is valued, they want to continue to participate. The stronger the team concept, the more swimmers want to remain a part of it. Coaches must teach the swimmers to be ambassadors for the sport and role models to the younger swimmers. "Giving back" is a concept that is somewhat lost in today's society. Our attitude has become "what can swimming do for me?" rather than, "What can I do for swimming?" When a high school aged swimmer realizes how much the younger swimmers want to be like him or her, and starts to mentor the younger ones, it's a beautiful thing to watch. Whether by talking to the younger swimmers before races, or working with them on starts and turns at a practice, the older swimmer learns the value of giving back. The younger one, in turn, aspires to grow up to do the same, and the cycle continues.