



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 21 NUMBER 5 May/June 2009

* BY THE NUMBERS *

Total FAST Membership: 164

Barracudas	12	Senior II	12
Makos	14	Senior I	18
White	16	Masters	34
Red	14		
Blue	12		
Bronze	12		
Silver	10		
Gold	10		

Telephone FAST 817-874-5655 (mobile)

Treasurer Kay Mucher 817-460-5322 (Home)

treasurer@fastswimming.org

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

Team email: fastswim@fastswimming.org

* WELCOME TO FAST *

Welcome to our newest FAST team members!

Christopher Beary - Blue

Sue Ann Sol - Masters

John Lohr - Masters

Jennifer Viner - Masters

Christina Perez – White

Charles Neill – Blue

Stancey Smith - Blue

Brian Graves – Masters

Welcome to our FAST Summer Swimmers!

Leigh Ann Posey – Red

Zachary Ryan – Senior II

Taylor Symonds – Barracudas

Jerrold Ford – White

Julie Kurz – Senior II

Shree Bose – Senior II

Barbara Hampton – Senior II

* SPRING AWARDS BANQUET *

Many thanks to Scott and Michele McAfee for hosting our 2009 Spring Awards Banquet. It was a beautiful evening and fun for the team to be celebrating the accomplishments of the past year. Thank you for your hospitality. The food and outdoor setting was wonderful!

FAST would also like to thank Craig Bayless for his video presentation at the Awards Banquet. He captured our team in pictures in a great professional presentation. We really appreciate the time you volunteered for making the video. Hopefully, all that missed it will be able to see it at a later date.

Anna Womack spent many hours putting together our Banquet Program and we would also like to thank her as well as everyone that worked our signup desk. Every volunteer counts and we appreciate your time!

* MAY BANQUET PROGRAM CORRECTIONS *

We would like to make the following updates and corrections that were listed in our May Banquet Awards Program. We apologize for this oversight and congratulate these swimmers for their accomplishments!

Graduating Seniors: Pinaki Bose

BB Championships: Mary Ayers should be listed as

Kathleen Ayers

5 Year Awards: Taylor Smith is a 5 year award recipient

CHEVRONS

Congratulations to our Chevron earners:

"B" Chevrons

Free Hannah Cramer

Breast Hannah Cramer

Fly Sean Seaman

"BB" Chevrons

Back Victoria Glover

Fly April Seaman

"A" Chevrons

Free Julia Anderson

"AA" Chevrons

Free Julia Anderson

"AAA" Chevrons

Free Julia Anderson

RESPECT OUR FACILITY

Parents and Swimmers, recently an incident occurred in the men's lobby bathroom. Toilet paper was thrown over the stalls and on to the ceiling; unfortunately this activity was brought to our attention by the FWISD. The lobby bathrooms **are not** to be used by swimmers during normal practice times, the conference room is often being used by the FWISD and this type of activity reflects poorly on our team.

Swimmers are allowed in the stands prior to practice and after practice, but this area should not be used as a playground. The surfaces can easily become slick and running up and down stairs represents a safety hazard. Please help keep our facility clean and safe.

TEAM TRIP – CORPUS CHRISTI

What a great meet! We took 28 swimmers to our first team travel trip down to Corpus Christi. We had a lot of fun and had some fast swimming. For those were not able to attend, talk to your friends that did attend. Not only was there great swimming, there was beach time as well! FAST would like to encourage everyone to be aware of this meet in June in 2010 and mark the calendar for attendance. This meet is usually held on the 3rd weekend in June and judging from the overwhelming positive comments from the swimmers, parents (and coaches) who attended, this is an event that we definitely are interested in continuing and expanding.

FAST placed 2nd Overall at the meet, with Alamo Area taking 1st. We are hoping to make this an annual event and since this is an open meet, all levels can attend. Next year, we are definitely hoping to see more of our 12 and Under swimmers plan to attend the meet. If we can have a big 12 and Under turnout for next year, hopefully we can go back to Corpus and turn the tables on Alamo in the team race.

* THE COACHES WATCH *

COACH KRISTIN

Blue

We have had an outstanding start to our long course season in workout. I want to encourage all of you to try and keep good attendance even though we are getting close to summer. I have seen a lot of improvement as we have progressed through the season. I have been very impressed with how the Blue Swimmers came back from our "unexpected break" a few weeks ago. They came back ready to work hard and get faster.

The swimmer of the month for Blue Group is **Brady Neill**. Brady has very good attendance and is always at ready to work hard. He has really been challenging himself in practice and has become one of our workout leaders. Brady is ready to have an awesome long course season! Keep it up, Brady!

COACH BARRETT

Makos, Red

Summer swimming means long course. Swimming long course is tough, but it will help to make you a

better swimmer. During short course season we have plenty of opportunity to work on our walls and turns, but in long course we get to focus more on building our swimming economy between the walls. The Swimmer of the Month of May is **Lucy Xin**. Lucy has great attendance and works hard. For Red Group **Sandy Bailal**. Sandy shows great leadership and always works hard.

For the month of June the Makos Swimmer of the Month is EmmaEmma always wants to lead the lane and has shown great improvement. For Red Group the swimmer of the month is Cherise.....Cheris works incredibly hard every time she comes to practice. Congratulations to all the swimmers on the month for May/June

COACH JANET

White, Silver

Hello all, by now everyone should be back in the groove after the flu break. We are picking up the tempo and adding some yardage. If you have to miss practice please try to do some aerobic and anaerobic activities so when you get back to the pool you will be ready to train at the higher intensity.

I have been passing out small notebooks to log your daily and long term goals. These notebooks are to be kept in your swim bag for easy access. I would like to see you writing in them before and after practice. Please let me know if you have not received a notebook so I can give you one. I have also passed out a flyer on what to eat before workout. Let me know if you have not seen this article and I will give you a copy.

White Swimmer of the Month is **Paulina Valenzuela**. Paulina quietly goes about working hard and being a great example in the pool. Paulina thank you for your quiet strength.

Swimmer of the Month for Silver is **Colin Ayers**. Colin has been working on his technique and his speed. Thank you Colin for investing your workouts with your attention and your efforts.

COACH DAVE

Barracudas, Gold

Barracudas

I want to encourage everyone to attend the BC Champs Meet at the end of July. It is a short course meet and it would be a great experience for all of those swimmers that have not attended a meet and a good end of the season meet for those swimmers who have been going to meets this season. We have been making good progress this season and we only have a couple of weeks of long course season left.

Barracudas Swimmers of the Month: **Camellia Daniels** and **Ian Neville**

Gold

It seems like the season just got started but here we are with less than a month until our championship meets. Keep coming to practice and working hard. The work you put in now will not only pay off at the end of the season but will carry over into next season. I had a great time in Corpus Christi and there were a lot of good swims. I expect more of the same at our Championship Meets.

Gold Swimmers of the Month: **Caleb Dena** and **Kristalyn McAfee**

HEAD COACH RON

Senior I/II

We have arrived at the point in the season where what happens in our training over the next 3 to 4 weeks has a great impact on what happens at the big meets in July and August.

June is a crucial month for training and so far most of you have been really getting after practices and for most of you attendance has been quite good.

I would like to remind you of the one area I think we need to remember during the Texas summer months and that is hydration. It's the little things that help your systems to cope with the hot Texas summers. Plan to carry a water bottle everywhere you go. On a typical summer day after morning workout, your body may already be dehydrated due to the effort put out. You need to put those fluids back into your body to ensure that the body recovers as fully as possible. If it is a typical day here in Texas, and the temperature is around 90 something, your body will have to work extra hard to cool itself and be using more fluids than it does in the fall,

winter and spring. If you have not replenished your body after the morning, you are starting in the hole and it is more difficult for the body to keep up as the day goes on. Even then, you must stay hydrated to ensure you have the proper amount of fluids available when you return to afternoon workout. This also involves eating a good and balanced diet as your bodies are working a little bit more at this time of year both in and out of the water and might need some extra vitamins, minerals and plain old calories to run on. All of this is especially important at and around swim meets, and it is tremendously important if it is outdoors.

Also important (as always) but for this time of the year is to continue to remember your attention to detail even while at a point where we are training our hardest. Hard training pays off. SMART, hard training is what makes champions. Technique and race strategy points that are rehearsed in practice will help come race time. If you are unsure of small things during a race, they can end up playing a larger part of the outcome of a championship race not going as planned. If you make sure that you continue to do “the little things” right even when you are a little more tired and broken down during heavy training, when big meet time comes and you rest and feel good, these little things will be much easier not only to execute, but also to do extremely well and these could be the “little” things that make a BIG difference for an outstanding performance.

The Senior I Swimmer of the Month for May was **Joe Daniels**. Joe stepped up to Senior I and made an immediate impact. Joe learned very quickly that the workouts were harder than what he had done before, but he jumped right in and within weeks he was leading lanes and winning practices. Keep up the great work Joe!

The Senior II Swimmer of the Month for May was **Shayda Shah-Hosseini**. Shayda has been working extremely hard and is always a lane leader and pushing herself to make as many of the Senior I sets and pace times as possible. She is a great racer and has been improving quickly. Way to go Shayda!

The Senior I Swimmer of the Month for June is **Julia Anderson**. Julia has been working extremely hard this past month turning in some great workouts and not missing a practice. This paid off in Austin last weekend when Julia qualified for her first Junior

National cut in the 200 Free with a 2:04.9. Great job Julia, keep it up!

The Senior II Swimmer of the Month for June is **Reagan Ewing**. Reagan has been training very hard this past month and really been getting into much better long course shape. Good work Reagan...keep it up!

THE MASTERS LANE

Well long course is upon us. Except for being on the wall in a skinny lane most have adjusted. Now that the flu epidemic (pandemic) has settled down and pool repairs are properly scheduled we are looking at getting down to business. Good attendance and good effort and good concentration and no whining make for improved conditioning, weight loss (except for the already thin) and faster times for those who wish to compare (by stopwatch) last season to this season. Swimmer of the month is **M.C. Knox**.

M.C. is on time to practice, hard working, encouraging to her lane mates, never complains and keeps up with the sets for herself and others (who have difficulty counting to 4 or 6). She even asks for pointers on her strokes to be more efficient in practice. She attends meets and says funny stuff. And we all know how important it is to laugh. (ref: Bernie Siegel)

-- Masters Coach Ric Nesbit

*** MEET SCHEDULES ***

USA Swimming Meets:

- Jul. 10-12 "A Champs" -- MAC(Mansfield)
- Jul 15-19 Sectionals – University of Houston
- Jul. 17-19 "BB Champs" -- ATAC (The Colony)
- Jul. 24-26 "B/C Champs" -- GCAT (Grapevine)
- Jul.29-Aug 2 TAGS – Texas A+M
- Aug. 10-14 Junior Nationals – Seattle, WA.