



... AT WILKERSON-GREINES
VOLUME 10 NUMBER 11 MARCH 1999

☆ CHEVRONS AND RECORDS ☆

New first time chevrons were earned for the following FAST swimmers:

"B" *Danielle Bonifas* *John Dear*
Michael Happel *Danielle Mauer*
Megan McBurnett *Susan Norton*
Bailey Owens *Emily Owens*

"BB" *Danielle Bonifas* *Amy Browning*
Courtney Foreman *Danielle Mauer*
Jamie Nelson *Susan Norton*

"A" *Greg Bliss* *Stephanie Bliss*
Amy Browning *Getth Nelson*
Michael Verdeyen

"AA" *Greg Bliss* *Stephanie Bliss*
Amy Browning *Michael Verdeyen*
Courtney Wright

"AAA" *Greg Bliss* *Carl Gilbert*
Michael Verdeyen *Courtney Wright*

☆ UPCOMING EVENTS ☆

APRIL ELECTIONS

FAST has 5 executive board positions with terms expiring this year in April. Without the help of our volunteers, we would not be able to have a team. Many officers' duties can be delegated or shared with a committee or a partner to keep the workload reasonable. If you would be interested in being on the FAST board, please see any board member.

FAST HOSTS MEETS

FAST will be hosting a meet April 24-25 and another meet May 7-9. Parents, we know your calendars are busy but please reserve at least part of these weekends to help your team.

☆ OTHER FAST BUSINESS ☆

VOLUNTEERS NEEDED

A volunteer is still needed to help plan this year's Spring Recognition and Awards Banquet. The banquet will be held in April or May. Facilities need to be reserved early, so the team needs to start making arrangements now to avoid scrambling at the last minute. If you would be able to help out, please contact any board member.

WEBSITE UPDATES

Bookmark and visit the FAST website at <http://www.flash.net/~fastswim>. Webpages include calendars, newsletters, maps, and more. "Swimming Quotes" may provide inspiration when you need it. The "FAST Members Only" section includes minutes from board meetings and other team business.

You will also want to bookmark the North Texas LSC webpages <http://www.ntswim.org> as a favorite source of Meet Information and Results, records, time standards, and more.

SWIM STORE SCHEDULE

Wednesday	March 3	5:30 – 7:00 pm
Monday	March 8	5:30 – 7:00 pm
Wednesday	March 24	5:30 – 7:00 pm
Monday	March 29	5:30 – 7:00 pm

☆ **THE COACHES' WATCH** ☆

FROM HEAD COACH RON

Seniors

As we roll into March, we cap off the Short Course season with TAGS in Midland. As I am writing this we are one week away from our team's Championship meet. By the time most people get this newsletter, TAGS will be over, and I hope that everyone had a highly successful meet!!

Hopefully for some of you, your season is not quite finished yet and we will be making plans for St.Louis.

I want to let all the Seniors know that I was very pleased overall with this season. I think you all saw from the first week or so that workouts were harder this year and you all responded well to the challenges that were put in front of you. I hope you carry this dedication over to the long course season.

Of course this month, aside from Championship meets, also means a well-deserved rest, with our week off during spring break. I urge you all to go out and have some FUN away from the pool. This break believe it or not is also important to your swimming. Your bodies need the break from the constant pounding and this week is like a refresher for them. Believe it or not, studies have been done that point out that for some athletes, more growth spurts take place during these off times than during the whole rest of the year. So enjoy it, because once you get back it will be time to go back to work!

High School

For the High School group, March brings a month to relax, get a break from the pool and get ready for that dreaded long course season. I am again going to remind you of the importance of training over the spring and summer months. Some of you came such a long way this season, it would be a shame to have to start all over again in September just to achieve the same results next year.

If you are one of the High School swimmers reading this at home who has not been to practice in a couple of weeks, that's O.K., but it is time to get motivated again and get back to practice to begin to prepare for the coming season.

I would also like to have all High School group members committed to swimming at least 3 MEETS this spring/summer. I would like to see you do this in order to keep in racing shape. This way you can come back in good conditioning shape in the fall and not have it take you 2 or 3 dual meets to remember what it is like to race again.

So let's get MOTIVATED and get back to the pool! Also, if you have a teammate on your team that is looking to keep in shape for the fall, try to get them to come out. It can only help your school come fall.

FROM COACH TRIP

Advanced Age Group

Most of the Advanced Age Group focused on either BB/B/C Champs or TAGS this past month. As I write this BB/B/C champs is underway and TAGS is only five days away. The swimmers at Northlake, as of Saturday are swimming very well, and the swimmers preparing for TAGS look like they are ready to swim fast. The short course season is not quite over yet, but I want to congratulate everyone for qualifying for TAGS, achieving 'A' times and for staying dedicated to your individual and team goals. I am anticipating great swims at TAGS, and I am also looking forward to a super long course season. If any of you have not accomplished everything you wanted to this season, no need to fear, long course is near!! I feel confident that this long course season is going to be full of breakthroughs for many of you.

FROM COACH TED

Age Group

By now we will have completed the BB/B/C championship meets and now we are on our way to the long course season. Long course is the best way to improve your swimming. This is because you can take more time to concentrate on your strokes without having to bother with so many turns. Don't think that this means you can be lazy on your walls.

Every time you approach a turn you have a chance to improve. So be aggressive on your turns during long course and keep up the great work. As a group

(Coach Ted's Age Group – continued)

I feel we are faster than we were at the beginning of the fall.

Many best times were accomplished. Let's strive to do even better over the new long course season. Challenge yourself to doing best times in practice and you will see amazing progress in your best times at swim meets. As I have said before, you will experience the pains and strains of doing hard work, but the rewards will come when you see the improvement in your swimming times and your overall fitness.

Masters

We are drawing ever closer to the zone championship meet in Austin. I am looking forward to a great weekend of fast swims and most surely 100% best times from all participating. Practices will be more speed oriented in the hopes of speedy times in Austin. I hope we have a large group going so we can have relays and people to cheer for.

Long course season is up right after Zones -- my favorite time of the swimming season. Practices will take some time to get used to -- less walls and longer distances to swim. Enjoy the freedom and joy of long course. If I had it my way, long course (50-meter pool) would be the only way to go. Let's have a great season!!

FROM COACH KELLY

Minnows and Novice I

The month of February has flown by and we're all getting ready for spring break! I feel like I've been gone for most of the month of February, and I appreciate all your support and good wishes to my new husband, Nathan and myself. I want to thank all the swimmers for working so hard for Ted and Walter while I was gone, and I know that they had a good time coaching you guys!

Congratulations to all the swimmers who participated in the Cupid's Derby and the B/BB/C Championships during this month! You all have worked very hard and have learned a lot about swimming and being good sports this season, and I hope you had a good time and enjoyed coming to practice!

I will be taking a few more days off in the next week or two in order to get my post-wedding

and school business taken care of, so Walter and Ted will be working with some of you again on some days. I appreciate your patience with me! This week will be the last week of official practices, next week will be games week, where we wind down the season, and the week after that will be spring break!

★ **NEWS FEATURES** ★

For kids on the go, don't forget the H₂O

"Kids can become dehydrated very quickly in the sweltering heat," said Dr. Robert Shulman at the USDA/ARS Children's Nutrition Research Center in Houston. "The best thing to do is to fill kids up with plenty of water before they go outside."

In addition to water, sports drinks and fruit juices are also good to give children in moderation. It is best to stay away from drinks that contain high levels of caffeine. Caffeine is known to increase the flow of urine, so instead of replenishing the body, it can contribute to dehydration.

"Dehydration can cause a child to become dizzy or drowsy, develop headaches and a dry mouth, and in severe cases become unconscious," said Shulman, a professor of pediatrics at Baylor College of Medicine and director of the nutritional support team at Texas Children's Hospital.

Many times older kids are so pre-occupied with what they are doing outside that they will play to the point of heat exhaustion. The amount of liquid children need depends on the heat, degree of activity, and how long they play outside. "Parents need to step in and make sure children have plenty to drink before and during play time," said Shulman. "The extra effort will make it a safer summer for active children."

* * *

Even swimmers training in a cool pool need extra fluids. Most of the effort expended in a hard workout goes towards heat production, not propulsion, and swimmers can perspire heavily without realizing it or becoming thirsty. Proper hydration can delay fatigue both in training and in meets.

(News Articles – continued)

The Finicky Eater

Q: My son has become a finicky eater. He has narrowed his food choices to about 20 items (peanut butter, cheese, vegetable soup, apples, oranges, and bread) just to name a few. I am concerned about his growth and how he will do when school starts. What should I do?

A: It is not uncommon for kids to go on food jags. Fortunately, many of your son's choices are healthy ones and represent all of the food groups. If you expect your son to try new foods, make sure you set a good example and eat a variety of foods. Help him by offering small portions of new delicacies at each meal. Be patient, but consistent.

Involve your son in meal planning, grocery shopping, and other food planning tasks. He will be more likely to eat foods he helped prepare. Let him help pack his own school lunch. Include a few of his favorites and throw in a couple of new items each time. If he eats at the school cafeteria, peer pressure will sometimes push a child to try new foods. You should have your child's growth monitored by your pediatrician. He or she will let you know if there are any problems.

Parents Can Find Healthy Fare Going Through The "Drive-Thru"

Taking the kids out for a quick bite at your favorite fast food restaurant doesn't mean you have to give up on eating healthy. Dr. Corinne Montandon, A CNRC nutritionist and assistant professor of pediatrics at Baylor College of Medicine in Houston, has these tips that will help the next time you take the kids out for a quick bite:

Try a grilled chicken sandwich or broiled lean meat hamburger instead of cheeseburgers and French fries. Add lettuce and tomato to sandwiches. Stay away from high-fat toppings such as bacon, mayonnaise, or other special sauces. For dessert, low-fat yogurt or animal crackers are healthier than fried pastries.

Thin-crust pizza topped with ground beef or mushrooms, green peppers, or other vegetables is healthier than thick crust topped with pepperoni or sausage.

Be wary of "kid's meals". Foods such as corn dogs, fish sticks, French fries, and chicken nuggets are loaded with fat. Montandon urges parents to keep their overall eating habits at fast food restaurants.

☆ **SWIMMERS OF THE MONTH** ☆

Minnows' **Alexandria Wilson** and **Jake Norman** are both "Swimmers of the Month". Alexandria participated in both meets and has been working very hard in practice. Jake is always willing to stay for an extra practice and always has a positive attitude!

Novice I's "Swimmers of the Month" are **Britt Brandon** for his improvement over the month both in practice and in meets; and **Samantha Bonifas** and **Sarah Barnes**, who always bring a great attitudes and good work ethics to practice! Congratulations to all the swimmers for a great season!

Age Group has two "Swimmers of the Month". **Michael Happel** is nominated for his great attitude towards practice and his desire to improve. Always wanting to work on his technique and his starts and turns, Michael is sure to have a great summer of swimming. Michael is a threat to all opponents when he steps on the block because he is committed to improving and loves to swim as fast as he can. **Garrison Taylor** is the other swimmer of the month. Garrison is quick becoming a dangerous swimmer himself. I see a successful summer for Garrison at the A meets and hopefully at TAGS in July with a finals performance in the 100 butterfly. This is only a prediction though, Garrison, the end result is up to you. Keep up the great works guys and congrats. Give yourselves a nice deserving pat on the back.

Advanced Age Group's "Swimmer of the Month" is Megan Coleridge. Megan picked up three 'A' times this last month. Great job Megan!!

☆ **BY THE NUMBERS** ☆

Total FAST Membership: 200

Minnows	14	High School	19
Novice I	21	High School (am)	14
Novice II	27	Nolan	2
Age Group	28	Associates	1
AAG	25	College	-
Seniors	18	Masters	27
		Medical	4

Telephone FAST at (817) 536-0788

Visit our website at:

<http://www.flash.net/~fastswim>

☆ **FUND-RAISING** ☆

Our on-going fundraising projects help us keep your monthly training fees low while providing a quality program for our members.

Please remember to use your Albertson's Community Partners card when you shop. The card may be scanned at any time until you pay for your purchases. If you would like another card, please contact Simone **Kiel**.

FAST has joined the Tom Thumb "Good Neighbor" program. Our organization number is **7048**. You can link our account to your Reward Card by asking the checker the next time you shop at Tom Thumb. If you do not have a Reward Card, applications are available at Tom Thumb and can be turned in to their Cash Office.

Clean empty aluminum cans can be turned in at the pool any weeknight for recycling. Thanks for helping!

☆ **MEET SCHEDULE** ☆

USS Meets

- Mar 4-7 TAGS @ Midland**
16-20 Junior Nationals @ St. Louis, MO
- Apr 10-11 B/C Meet @ DUST**
24-25 A Sprint @ FAST
- May 1-2 B/C Meet @ GCAT**
7-9 A/BB 15 & Over @ FAST
- Jun 4-6 Senior Circuit**
4-6 A/BB 13 & Over @ MARS-UTA
5-6 A/BB 12 & Under @ COPS-Loos
17-20 A/BB 15 & Over @ LAC
18-20 A/BB 14 & Under @ TST
- Jul 9-11 TAGS-Q @ COR-Loos**
B/C Champs
17 10 & U @ DUST
17-18 11 & O @ GCAT
22-25 TAGS @ UT-Austin
27-31 Junior Nationals @ Orlando, FL

Masters Meets

- Mar 26-28 SCY Zones Champs @ UT-Austin**