



.... AT WILKERSON-GREINES  
VOLUME 10 NUMBER 12 APRIL 1999

## ☆ UPCOMING EVENTS ☆

### **APRIL ELECTIONS**

Our team's annual General Meeting and Elections will be Tuesday 27 April at 6 pm. Parents, please plan to attend. Five board positions are up for election. If you would like to help set the direction for FAST and would consider being a board member, please see *President Gordon Adcock*.

### **FAST HOSTS MEETS**

FAST is hosting the A/BB Sprints Meet Saturday April 24. Please look for a signup sheet to be posted at the pool in the near future and help your team if you can. Many assignments require no previous experience and training is free! Donations for hospitality and assistance in getting sponsors will also be appreciated. Contact *Meet Director Simone Kiel* if you have questions.

### **SPRING AWARDS BANQUET**

The annual Spring Recognition and Awards Banquet will be 6:00 – 9:00 pm, Saturday May 15 at Southwood Baptist Church on Alta Mesa Drive in Fort Worth. More details will follow. A barbecue brisket dinner will be served at a reasonable cost and families are asked to bring a homemade dessert to share. Volunteers are needed to help with decorations and cleanup. Mark your calendars now !

## ☆ OTHER FAST BUSINESS ☆

### **PRACTICE SCHEDULE CHANGES**

Parents and swimmers: please watch for a sheet coming home that will have "New Summer

Hours" for ALL groups. We are changing group hours and times during the Long Course season in the hopes that we can give all groups adequate lane space in the Long Course pool. These sheets will be handed out in the second week of April and will TAKE EFFECT MAY 1<sup>st</sup>. They will be re-posted in the May newsletter. FAST will now have "Summer Hours" from May to August and "Fall / Winter Hours" from September to April. We hope that these new times will work better for all involved.

### **MEET ENTRY CHANGES**

Parents, from April 1<sup>st</sup> on, the coaches will be filling out ALL meet entry forms, complete with USS numbers, events to be swum, etc. and then sending them home. For your child to swim in a meet, all you have to do is return the entry form with a check (no cash, please) to the pool, and put it into the new "Meet Entry Box". We are doing this in the hopes that this will encourage and help get more swimmers to meets, as our meet turnout at the B/C level has been poor.

### **MOVE-UPS**

It is that time again when we do move-ups from group to group. If your child is one of the ones changing to another group and you have questions after you and your swimmer are notified, please talk to your coach (or your new coach) immediately so we can make the transition as smooth as possible.

### **B/C MEET**

Our next B/C meet is May 1-2, hosted by the Grapevine-Colleyville Aquatics Team (GCAT). Please set that weekend aside if your swimmer is at the B/C level, as we would like to have a great

turnout for this meet. Let's try to get at least 40 swimmers to the meet.

### **TEAM MISSION STATEMENT**

"The mission of the Fort Worth Area Swim Team is to encourage participation, fitness, health and the lifelong pursuit of excellence through competitive swimming."

### **BIRTH CERTIFICATES NEEDED**

All swimmers except Masters need to provide a copy of their birth certificate to FAST if you have not already done so. The North Texas LSC is requiring these as age verification when swimmers are registered. The copy does not need to be notarized. Please contact our team's registrar, *V Adcock*, if you have questions.

### **VOLUNTEER AWARDS**

Several area employers have community relations programs to reward and recognize the volunteer efforts of their employees. In particular, *MBNA* has contributed \$500 in recognition of *Richard Mendoza's* hours spent helping our team host swim meets, etc. Parents, please consider checking to see if a similar policy exists in your workplace.

## ☆ **THE COACHES' WATCH** ☆

### **FROM HEAD COACH RON**

#### **Seniors and High School**

I hope all of you enjoyed your break. Hopefully the well-deserved rest has you ready and waiting for Long Course.

The next month will be primarily strength and endurance work to get ready to race at the longer distance. At the end of the month we have the A/BB Sprint meet that gets us back into the idea of racing.

Please, note that we will be doing a lot of dryland / weights so check your calendars to see what days you need to bring equipment.

We have an exciting season ahead, with many opportunities to improve individually and team-wise. I know that the TAGS meet in March was not quite the meet everyone was hoping for. Now we must go back to work with resolve to make the championship

season in July and August a memorable one on an individual and team basis.

Please remember that the Long Course pool is much less forgiving than yards. You must be in good shape in all aspects, and to be in that shape means you must be at practice and working hard.

### **FROM COACH TRIP**

#### **Advanced Age Group**

The short course season has ended and all of you should have had time to rest and recover the last couple of weeks. Everyone had high goals last season for themselves and for the team. Some of you accomplished your goals and some of you did not. If you accomplished your goals you need to set new goals for long course and keep your momentum going. If you are not satisfied with how you performed at your championship meets and you feel like you worked hard all season long, don't worry. Remember, you need persistence and patience to be successful. Helen Keller once said, "We can do anything we want to if we stick to it long enough." However, there is a difference between being present at practice every day and swimming with a purpose. When I say "Swimming with a purpose", I mean every day you should be working on turning your weaknesses into strengths and always work on good stroke technique and fast turns.

After a 21<sup>st</sup> place finish at TAGS, I feel like everyone should be fired up to do better this summer. I am confident that this long course season is going to be a good one for FAST. Stay determined and good things will happen.

### **FROM COACH TED**

#### **Age Group**

Finally we have the chance to swim long course. I trust all of you had an enjoyable break as did I. I hope you were able to enjoy playing water polo during the down time after TAGS.

Now we will be able to get to work and focus on making the TAGS cuts. I know that each of you can make time standards for TAGS. It will not be easy to do but it will be a worthwhile pursuit. If you really want to excel at swimming, it will take a lot of work. Be prepared to be tired and sore throughout the season. If you persevere, you will no doubt make time drops at meets. By the time TAGS-Q come

along, I hope to have you ready to qualify for TAGS. Let's have a great long course season. We will be having different practice time. You will be notified when we finalize the schedule. Try to make as many practices as possible and when you do make, put your best effort into the practice.

### **Masters**

As I write this, we are just one day out of the zone champs in Austin. I expect all those who are able to compete will post best times. We had a good short course season and I hope we will be able to improve on the long course season. To do this, we are going to change the practice schedule so I can do a better job of coaching. I will notify you of the schedule once we finalize it. The reason for the schedule change is to allow me to do a better job with my groups. With my groups at different times, I will be able to give undivided attention the task at hand as opposed to running around deck and just checking in on groups to give sets. I hope this meets approval of the groups and makes for better swimming for all concerned. We will also try to have uncoached lane swimming where you can swim at your leisure. I am excited about the long course season and I hope that you are too.

### **FROM COACH JAKE**

#### **Novice II**

Hey guys! Well you guys were awesome this short course season! You guys took everything that I threw at you and kept on smiling. But now it's time for long course season, and workouts will again be getting just a little harder so you will be ready to swim fast at meets. The new workout times for this summer will be from 5:15 to 6:15 in the evenings. This will be done to accommodate everyone with the limited long course lane space we will have.

IMPORTANT!!! I would like to remind everyone that swim meets are very fun! Meets are where you guys get to see how all that hard work is paying off and get to know everyone else on the team a little better. A list of meets we will be going to, along with a copy of the new workout times, will be handed out to all of you as soon as they are ready. Hope to see all of you at workouts AND MEETS!

### **FROM COACH KELLY**

#### **Minnows and Novice I**

I hope everyone had a nice, relaxing spring break! Now that you're all rested, it's back to practice! I understand that a lot of you have baseball, soccer, softball, and a lot of other activities, and I'm glad that you have chosen to swim also. I know that you're tired and sometimes may not feel like coming to practice, but it's important that you come with a positive attitude and ready to work. We only have 45 minutes to get a lot of work done, and all 45 minutes need to be used for swimming. Please bring a good attitude, a smile, and your swim stuff-haha- to practice! We will have time to relax and have fun at practice, but before we can do that we need to work on swimming! With all the activities going on, I also understand if you may be late or not be able to make a practice, but please try to come whenever you can and as soon as you can.

Congratulations to *Sarah Barnes*, *Robert Stettler*, and *Samantha Bonifas* as they moved from Novice 1 to Novice 2, and to *Debra Pashby* and *Remy Neville* for moving from Minnows to Novice 1! Great work, guys!

Everyone in Minnows and Novice 1 needs to strive to do their very best, work hard, and aim as high as you can! You have all improved a great deal since the beginning of the year and I am proud of ALL of you!!

### ☆ **SWIMMERS OF THE MONTH** ☆

The "Swimmer of the Month" for Novice II is *Taylor Foreman*. We were without Taylor's presence for a month after she broke her wrist on the team travel trip, but she has come back and worked hard. Her improvements are really showing. Great job Taylor!

Age Group has two "Swimmers of the Month" this time: *Tierney Peterson* and *Garrison Taylor*. They both competed in the BB/B champs last month and posted best times. Keep up the good work, Tierney and Garrison.

Advanced Age Group's "Swimmer of the Month" is *Searcy Kniffen*. Searcy swam the 100 Free at TAGS in :56.45! She also broke a FAST team record in the 500 Free. Awesome job, Searcy!

★ **BY THE NUMBERS** ★

**Total FAST Membership: 155**

Minnows	14	High School	17
Novice I	18	High School (am) -	
Novice II	23	Nolan	-
Age Group	16	Associates	1
AAG	24	College	-
Seniors	17	Masters	20
		Medical	5

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

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