



.... AT WILKERSON-GREINES
VOLUME 11 NUMBER 2 JUNE 1999

☆ UPCOMING EVENTS ☆

G-CAT DUAL MEET

FAST will be having a dual meet with G-CAT on Saturday June 12th. This meet is for all B/C level swimmers and should be a fun session between the two teams. In order to hope to do well, we need as many FAST swimmers to sign up as possible. The meet info should be here and going out the first week of June so look for it. The coaches especially would like to see ALL Minnows, Novice 1, Novice 2 and Age Group swimmers take part in this meet. If there is enough interest, we will consider having a group lunch after the meet at a place to be determined later. Hope to see everyone come out.

TAGS-Q MEET CHANGES

The TAGS "Q" meet has been split to two venues and rescheduled. The 12 & Under meet will be held Thursday-Friday, July 8-9 and the 13 & Over meet will be hosted by MARS at the UTA outdoor pool Thursday July 8 through Sunday, July 11.

☆ OTHER FAST BUSINESS ☆

PARENTS SOCIAL

Thanks to all those who helped make our recent Parents Social such a success. We served 164 hot dogs, about 33 pounds of shrimp, and everyone seemed to enjoy it. To all of you who helped arrange, set up, cook, and clean up, many thanks and my appreciation.

-- *FAST President Gordon Adcock*

FROM OUR MEET DIRECTOR

A big "Thank-You" goes to all of our volunteers who donated food items for hospitality and/or their valuable time to work our May Mother's Day meet. Once again, FAST conducted an outstanding event.

The next meet FAST will host is a BB/B/C meet in October. I'm sure you will all give our new meet director *Rhonda Bliss* the same terrific support you have shown me during my term.

-- *Simone Kiel*

BIRTH CERTIFICATES NEEDED NOW

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.

SWIM STORE NEWS

Hi, my name is *Nancy Browning*, your new Swim Store mom. If you have any questions or swim store needs, please let me know. A list of store items and prices is posted on the bulletin board.

The Swim Store Schedule for June, 1999 is Monday, June 14 & 28, from 5:30 to 7:20 p.m.

☆ **THE COACHES' WATCH** ☆

FROM HEAD COACH RON

Seniors

The month of June brings us to the midway point in our summer season. For some of you, the training has been going very well and I am looking forward to seeing some fast swims in the upcoming month as we get to some of the larger meets of the summer.

However, some of you have not put in the work that needs to be done in order to swim fast when mid- to late-July rolls around. This needs to change immediately! Please remember that this group is not here for social purposes. You should be coming to workout every day with the intent of doing your best to improve yourself in the pool, so that when the time comes to step up on the blocks and perform, you can be confident in your mind that you are ready to do so. If you are showing up to workout just because it is the only place you go every day between 4 and 7 p.m. then you need to re-focus on your swimming goals and remember why you are here. FAST is a competitive swim club and I want us to be the best. We can not be the best without a serious commitment from this team's leaders, that being the Senior group.

It is the beginning of June. I insist upon a more focused and serious Senior team over the next month in order to have you prepared for the month of July. We have started morning workouts and the general attendance level is atrocious. To be a Senior level swimmer, mornings are not an optional issue. I expect to see all swimmers at morning workouts this month.

I know it is summer and there are many opportunities to do things and miss a practice here and there. Remember, if you are going to spend so much time in your life swimming and training to get better, years in and years out, don't you think you should do it to the absolute best of your ability? That ought to give you something to think about.

High School

I want to start off by saying that I hope the new schedule fits everyone's needs. I know that from a coaching standpoint I am finding it beneficial to be able to focus solely on the group alone.

Please remember: I would like to see as many of you swimming meets this month as possible. Our next meet is the 15 & Over Midnight Madness meet in Lewisville on the 17-19th. This is an evening-only meet.

As the summer rolls around, please be sure to let me know of any vacations or trips you are going on so that I know when you are not at practice for an extended period of time why.

We have started morning workouts at Forest Park. I encourage as many swimmers as possible to take advantage of the extra pool time and maybe even get a double workout in. I will have maps at the pool if you need directions.

FROM COACH TRIP

Advanced Age Group

The Advanced Age Group has had a super month of training. The attitude during the weight circuits and pool sets has been mostly positive. I have seen a look of focus and determination on a lot of faces. Continue to stay persistent and patient in your training and your long course season will be a success.

A number of you have vacations, camps, etc. that you attend during the summer. If you are interested in swimming while you are out of town and you would like a few workouts written out, just ask me for some. I would like to personally thank all of the parents that helped out at the team fun night. The food was great (especially the shrimp, yummm)! If diving awards were handed out, one would have gone to *Justin Broyles* for his acrobatic manuevers on the boards.

FROM COACH TED

Age Group

"The reward for having done a great job is to have done it."

-- Ralph Waldo Emerson

One of my former coaches told me that swimming was my summer job. He said the only thing I had to do was to be at practice. When I asked him how I would get paid, his response was, "later, much later." With school out of the way, he told me my focus ought to be on swimming. In retrospect, he

(Cont'd from p. 2 – From Coach Ted)

was right. The hours spent doing lap after lap, really did pay off.

Consider each practice you attend as an investment. Greater fitness, skills and friendships are your rewards. On top of it all, you will swim faster at meets and will be in better shape than all of your non-swimming friends when you get back to school.

I hope the new practice time and structure is more enjoyable for everybody. The new strength activities we do will help in the water as they are swimming specific. The entire group is doing very well. Keep up the good work and make plans to attend the dual meet in Grapevine.

Masters

In my opinion, the first month of the new schedule has been pretty good. Practices are more challenging and there is much more space available later in the evening. There is still lap swimming available before practice and there are some laminated workouts on the bulletin board.

Now that summer is in full swing, there are outdoor lanes in the A.M. at Forest Park. The water is nice and clean (so far) and it is so nice to swim with fresh air as opposed to being inside. Try a morning workout if you have the time (or the drive to get out of bed that early!!).

There is a meet at SMU on the 16th and 17th of July. By report it was a fun meet last year. The pool is nice and cool. Sign up and see how much you've improved.

FROM COACH JAKE

Novice II

Summer time is finally here!! I know everyone will be busy with making summer plans already, but there are a couple of things that I'd like for everyone to keep in mind.

Most of you have received a copy of the Novice II monthly calendar that I wrote up. If you haven't gotten one yet please let me know. Be sure you look at your calendar to know if you need to bring shoes for drylands or need to be ready to sprint for that night.

There are a few people that have been working really hard in workout, but there is still room for improvement as a group. Please keep in

mind that I've set up the calendar so that you guys will get everything that you need in order to improve as swimmers, especially for the meets. If you are missing more than two nights per week, then you are not getting the full benefit of the schedule. I've set Friday nights up as game nights, but the last few weeks there haven't been enough people attending to have a group game night. I want you guys to work hard and have fun at the same time, but you guys have to show up first!!!

☆ **SWIMMERS OF THE MONTH** ☆

Age Group's "Swimmer of the Month" honors go to **Courtney Foreman**. New to the group, Courtney has adjusted very well to the increased workload. Her attendance is superb; she listens very well and has a great attitude. Great Job, Courtney.

Advanced Age Group's "Swimmer of the Month" is **Amy Browning**. Amy has been a very dedicated worker in both the weight room and in the pool. Keep it up Amy, you're going to have a great long course season!!

Deanna Benson is the High School "Swimmer of the Month". Deanna has had an excellent attendance level and has really been working hard to improve her strokes and pace times. Good work Deanna.

The Senior's "Swimmer of the Month" is **Erin Wehrmann**. Erin has shown a tremendous amount of dedication over the last month and has worked very hard to get herself back into peak shape from her 5 month hiatus from competition. Keep up the good work, Erin.

☆ **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!

☆ **FAST THANK-YOUS** ☆

Each month, Vicki Richards and her company have donated the photocopying of our monthly newsletter. Our newsletter always comes out at a very busy time of the month for them. FAST greatly appreciates their generosity:

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A big "Thank-you" goes to **Gary Hasty** and **Albertson's** for their generous donations for our recent Parents Social.

☆ **MEET SCHEDULE** ☆

USA Swimming Meets

Jun 4-6 Senior Circuit I @ SMU
4-6 A/BB 13 & Over @ MARS-UTA
5-6 A/BB 12 & Under @ COPS-Loos
12 B/C Dual Meet @ G-CAT
17-19 A/BB 15 & Over @ LAC (nite)
18-20 A/BB 14 & Under @ TST

Jul TAGS-Q
8-9 12 & U @ COR-Loos
8-11 13 & O @ MARS-UTA
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

Jul 16-17 Baylor / Lone Star Masters
@ SMU