

FAST Newsletter

Meet Our Coaches

PATRICK STOCKTON is our **HEAD COACH** this year. Patrick received a scholarship to continue swimming with James Madison University's swim team and was name co-captain of the JMU men's swim team in 2003 and was their assistant coach in 2004. He was the Head Coach for the Woodlake Hurricanes last year and prior to that he was the Head Coach for the

Midlothian YMCA summer league team for 2005-2007. Please welcome Patrick to our team.

AILEEN FOLEY returns as our **FIRST ASSISTANT COACH** this year. Many of you will recognize Aileen from last year. She is pleased to once again be part of our swim team.

KATE GIBB is our **SECOND ASSISTANT COACH** and is new to our team this year. She has lots of enthusiasm and is looking forward to working with our team this season. Please welcome Kate to our team.

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Last summer, Timers get swimmers time.



Swimmers pose for a picture while waiting for their event

Practice Begins

Out comes the swim suits, beach towels, swim caps, along with other assorted gear necessary for swimming on the swim team. After school, Monday—Thursday, kids will meet at our pool to start practicing for the 2009 summer swim team season. On Saturday

mornings, they will continue with their practice.

There will be no practice on Fridays or Sundays. Once school is over, practice times will change. We will keep you posted.

The weather, unpredictable — The water,

cold if you're talking to the swimmers who venture into the pool — The parents, anxious that swim season has started and the weather doesn't cooperate. — The coaches, excited about a new season of swimming.

Monday-Thursday

4:30—5:30 pm	13 & Older
5:30—6:15 pm	8 & Under
6:15 —7:15 pm	9-12

Saturday

8:00—9:00 am	9 & Older
9:15 — 10:15 am	8 & Under

Something New

As I was thinking back over all of the years since my girls were a part of the swim, what did I like the best, the least. The least had to be those first years when I did not know anything about a swim team, much less what was my part in making this a success for my girls. Other than making sure that the girls attended all practices, much to their dismay I made them attend both morning and afternoon practices, I was at a loss. Randy swam in high school and was also a lifeguard, so basically I let him handle it. Other than watching my girls swim I think what I enjoyed the most was the

notices that were in our assigned boxes about the swim team. This only lasted a year or so, so there are only a few of us that probably remember those days. I was probably one of the few that actually looked forward to seeing that information.

This year I am going to try something different. I am going to be sending out a weekly newsletter, instead of those letters that I sent out last year. Some of the information will be old news to those of you who have been with us for a year or longer, but for those new folks, I hope that this information will be

of help to you and that we have a great season. As one of the Officers at the CAL Clinic stated "We have FUN!"

I want this to be a FUN season for the FAST Fins. With the changes that the Pool Committee has done with our pool, I think this is the perfect opportunity for us to begin our new season to work together as a team for the benefit of our kids.

If you have questions or suggestions, as always please do not hesitate to contact me.

Linda Harris, Parent Representative

Our 2009 Officers

This year marks a change in our leadership, **RITA ELLIS** has stepped into the **PRESIDENT/DIRECTOR** position of FAST. She will be the leading force behind our team this year. She will represent our team at CAL meetings, along with our Parent Representative, and be the "go to" person for our swim team.

RENEE GILMAN is again our **TREASURER** this year. Many of you saw her at Registration as you turned in your forms and money.

CHRISTIE JENKINS is once again our **CONCESSION CHAIRPERSON**. She is the one that makes sure that we have something to eat "For A Price" at the swim meets. She organizes getting all the food and supplies for the Concessions for our home meets.

JULIE HIGGINS, is our **VOLUNTEER COORDINATOR**. Each family will become more familiar with Julie as the season progresses. Julie makes sure that each family fills their spot so we can participate in the CAL swim meets. Julie will be the first person you will contact when you arrive at a swim meet to get your assignment and check in for the meet.

DAROTA KAWAKA has stepped up to be our **MEET DIRECTOR/REFEREE/TECHNICAL REVIEW** person. She will be the person who makes sure the meets start on time and that all CAL & USA rules for running a meet are followed. Any questions regarding rule infringements are to be brought to her attention. She also reviews the Disqualifications Cards (DOs) that are marked by the Strokes & Turns Judges. If there are any issues between teams that are unresolved and brought before the CAL Technical Review, she will represent FAST on the Technical Review Board.

CHRIS GROGAN has stepped up to be our **EQUIPMENT CHAIRPERSON**. He is responsible for ensuring that all equipment necessary to run the meet is working properly.

NICOLE BURROWS has stepped up and is responsible for all our **SPIRITWEAR**. Frank Jenkins designed the logo, last year, that we are currently using and Nicole has spent numerous hours in finding quality spiritwear for our team. Thanks Nicole for allowing us to "Show Our FAST Spirit."

MICKY BOWLES is our **WEB COORDINATOR**. He is responsible for our website, www.foxcroftswim.com. Although our website is currently under renovation, but it is up so you can see our current practice schedule.

RICH AIRD, although he has stepped down from being our President/Director, he is still responsible for our Annual **GOLF OUTING**. This is a major fund-raiser for our team and helps us raise additional funds for our team.

LINDA HARRIS remains our **PARENT REPRESENTATIVE**. She represents our team at CAL meetings, along with our President/Director, and works to resolve issues to keep our swim team running smoothly at meets.

Our **THANKS** go to our Officers whose work allows us to have a Swim Team that participates in the Chesterfield Aquatic League (CAL). You will see the people working up front and personal as well as behind the scenes to make our team a success.

Mock Meet — June 6TH — 8:30 am

The purpose of the Mock Meet is three-fold: acquaint swimmers with how the meet is run; allow parents the opportunity to work a volunteer position and allow coaches to get “times” for swimmers that have “no times” going into the first meet of the season.

CAL Rules & Regulations state that “All attempts must be made to enter a documented time” for each event a swimmer is entered in. CAL states that a documented time includes a certified time in a time trial (coach’s time), mock

meet, or other official swim event (i.e., year-round swimming such as Swim-Quest).

Swimmers are scheduled to swim in all events: Individual Medley (IM); Free-style (Free); Backstroke (Back); Butterfly (Fly) and Breaststroke (Breast). This year we will also have two (2) relay events so swimmers can get acquainted with how the relays are set up.

Even though your child may not swim all of these events this season, if you child is entered into any of these

events, then we will have a time for them.

We encourage all swimmers and parents to participate in our Mock Meet.

Questions? Contact Rita Ellis or Linda Harris.

Dolphin System — New this year for Starters and Timers

The timing system that we will be using this year will be new for our team, both old timers and new folks. It is the Dolphin System and it is a wireless system. CAL has used this system for the past two (2) years in the C and B Divisions and beginning this year even the A Division will be using it at some of their meets.

FAST will no longer use a Colorado CTS-6 timing system. Those volunteer positions are now history. The Starter,

Head Timer and Timers will be using the wireless Dolphin System. It is much easier to use, although there are some idiosyncracies that accompany this system.

We will be using this system at our Mock Meet. It is important if you have signed up as a Starter and/or Timer for any of our meets to come to the Mock Meet and get “Hands on” experience in using this wireless timing system.

Even the Head Table has to learn

something new.

This system has allowed the meets to run even faster.

Generally ...

Over the next two-three weeks, there will be articles pertaining to Meet Entries, Volunteers, Disqualification Cards (DOs), Results, Postponement of Meets, Ribbons, Mite Ready Area, etc. By having this information over a period of time will allow all of us time to read and ask questions, if necessary, prior to having the season begin. Please take the time to read over this information, even if you have had swimmers on our team in previous years.

If you have an issue that you would like to have discussed in this newsletter, please let me know so that we can address that topic.

Also don’t forget to put the Foxcroft Pool events on your calendar also. These events are open to all members of Foxcroft and it is a great way to talk with other parents, away from a swim meet setting.

Reminder — Parents, please do not ask coaches questions during practice

that could be answered by e-mail or over the phone. If you have a concern over the way that practice is run, send an e-mail to Rita Ellis or Linda Harris addressing your concern. They will look into the issue and respond to your concern.

Parents—if you have children at the pool who are not participating in swim practice, it is your responsibility to monitor their actions and behavior. This applies to whether the pool is open or not.



Foxcroft Aquatic Swim Team (FAST)

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www.foxcroftswim.org

The Foxcroft Aquatic Swim Team (FAST) has been organized to serve the recreational needs and develop the potential of children and teens interested in a swim team experience. Through the recreational design of the program, it is intended that all children who participate will enhance their physical and mental fitness.

It is hoped that participants in the FAST program will have a positive experience, and develop positive attitudes and self-esteem from their accomplishments, as well as learn good sportsmanship and teamwork. It is also hoped that participants will learn the rules of the sport, correct stroke techniques, and realize their potential through self-discipline and hard work.

**FOXCROFT 12TH ANNUAL
CO-ED GOLF OUTING**

HUNTING HAWK CLUB — JUNE 7, 2009 — 12:00 NOON

\$80.00/PERSON

(INCLUDES GOLF, LUNCH AND REFRESHMENTS)

**FUND RAISER FOR
FOXCROFT AQUATIC SWIM TEAM (FAST)**

ALL LEVELS OF PLAYERS ARE ENCOURAGED TO PARTICIPATE

FOR MORE INFORMATION AND TO SIGN UP — CONTACT

RICH AIRD @ 639-5406

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