

FAST Newsletter



*Setting up for practice
Swimmers in the water!*



Swimmer of the Week

This year we plan to have a "Swimmer of the Week". The coaches will look at all of our swimmers and they will pick one (1) swimmer of the week.

This is not based solely on performance at a meet, but also other qualities or actions that make them stand out from the other swimmers.

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Senior Swimmer — Kirsten Reese Graduates This Year from Cosby

For those of you who were with us last summer, you will remember three or four of our senior swimmers and their "spirit antics". If you remember at the last meet of the season, two of the girls "dressed in their 'fins'" missed warm-ups and swam their IM in their "fins costume". One of them was Kirsten Reese.

Kirsten graduates from Cosby High School this year and this will be her last season with the FAST Fins. She is the only graduating Senior on our team this year. She has been a member of the swim team for nine (9) years. And for one season she was a Coaches Helper. After she graduates she is

leaving for Penn State University.

Kirsten played cello in the Cosby High School Orchestra for four years. She is also a member of the Beta Club, the National Honor Society and the Spanish Honor Society at Cosby.

She has worked at RISE

for two (2) years and also babysits.

The Senior Swimmers and the rest of our team will miss her and her willingness to show her spirit.

Kirsten good luck and best wishes as you head out to Penn State this fall.

What to include next?

After I finally hit “send” to the Newsletter last week, I went over all the letters that I e-mailed last year to determine what to include in this Newsletter.

I believe that we need to remember most of all that this is Summer League and we, the parents, supply the volunteer labor to make this team happen. Over the next week or so, Julie will be contacting parents about volunteering their time at swim meets. The volunteer schedule will be posted on the website once it is finalized and it will be e-mailed to each family. Parents if you realize that you are unable to work a shift at a meet, either at home or away, please make arrangements with someone else to cover your position. Talk with other parents and see if they would be willing to swap a shift/meet with you. Do not forget to let Julie know that you have swapped or switched with someone else.

This way she will know that you have made arrangements to have your position covered.

Another topic —Sharpies® and bodies. If you look close enough to the picture in our last newsletter you will see writing on the arm of one of our swimmers. Yes, swimmers will write on their bodies with Sharpies®. The younger swimmers will see the older swimmers writing on their bodies with Sharpies® and yes, they too will write on their bodies with Sharpies®. The older swimmers write such things as event, heat & lane on their bodies; along with “Go Fins” “Swim FAST” and so forth. Younger swimmers do not limit themselves to what they write on their bodies or how much they cover up their picture. Parents, please talk to your children PRIOR to a swim meet about writing on their bodies with Sharpies®. If

you want to limit what they write on their body, then you need to let your child know what the limit is.

Yes, I remember those days when ink covered their bodies, whether they were on the swim team or not. I remember just last year when Steph was one of those Senior Swimmers who showed her “Fins” as she swam in the meets (Green hair?). After talking to my daughters, both who wrote on their bodies with Sharpies at swim meets and other occasions, I found that they used either suntan lotion (prior to getting wet or in the water) or bug spray to get the ink off their bodies. If they used suntan lotion and then swam during the meet, most of the ink was gone by the end of the meet. Perhaps this will help you during the swim team season this year.

—Linda Harris

How does my child compete?

Swim meets have scores and each event has points. Points are awarded in each division of an event: Gold, Silver and Bronze and the first six swimmers in each division will be awarded points. The only difference will be the relays and their points are awarded by Relay Team instead of swimmers. The team with the most points at the end of a meet wins the meet. We are competing with teams in the B Division. We will be swimming against Beulah, Birkdale, Creekwood, Founders Bridge, Summer Lake and Tarrington this season.

Not only are we competing as a team, but our swimmers are competing with themselves. We stress that our swimmers beat their time from the prior meet or their fastest time (“seed time”). You will hear the words “seed time” a lot. For our first meet, the “seed time” will be the swimmer’s fastest time from last

season or the time they swim at the Mock Meet. After our first meet, the “seed time” will change to the fastest time they swam that event since the first meet of this season. The “seed time” will determine the place your child will swim in an event. Each event has at least one heat. A heat will equal six swimmers or less, one swimmer in each lane. The number of entries in an event will determine the number of heats in an event. Our events go from faster times to slower times. The faster swimmers will be in lanes 3 and 4 with the slower swimmers in lanes 2 and 5 and 1 and 6, respectively. Note, the computer program we use automatically assigns swimmers in a heat and lane based on their time, so there could be heats that contain Gold, Silver and Bronze swimmers.

Heat ribbons are given out to the fastest swimmer in that heat, no matter if

the swimmer is disqualified or not. No matter how many heats there are in an event, there will always be one winner per heat. Heat ribbons will also be given out if there is only one swimmer in the heat.

Results for each event are posted during the meet after they are verified by the workers at the Results Table. At the end of the meet, the workers at the Results Table continue verifying the results until all entries have been verified and then the results are printed out for each team. The results are also downloaded by the home team to the CAL website.

The results are also given to the Coaches at the end of the meet, along with the Disqualification Cards (DOs). The next day, we post the results of the meet at the pool.

Meet Entries

After seeing your child swim at practices, Patrick and the other coaches will determine what events to enter your child in.

Mite Parents — if your child is entered in an event, please encourage your child to swim. I have worked the Results Table for the past few years and yes, I have seen 2 minute freestyle times in the Mite and Youth events. It takes courage for a young swimmer to get in the water for the first time and “swim” 25 yards to the end of the pool. Talk to a parent with an older swimmer and their child’s first time in the pool, it’s usually not pretty. Eventually your child begins to gain confidence in their stroke and technique and can’t wait to “dive into the pool”. One thing I ask is that you do not

criticize or question the Coaches decision about an entry during a swim meet.

Back to meet entries — if you feel strongly about what events your child will be entered in, send an e-mail to Patrick or Aileen and, if necessary, schedule a time with them to discuss your feelings before the entries are made for a meet. This needs to be done at least three to four days BEFORE a meet, not the day before a meet. Again remember, Patrick, Aileen and Kate have seen your child practice and they are in the best position to determine what events your child should be entered in.

Once our entries have been entered into a meet, changes can only be made upon agreement of both team’s coaches

and Parent Representatives prior to the start of the meet. Once a meet has begun, the only changes that can be made are to Relays. Please do not leave a meet early without checking with Patrick to determine if your child will need to swim in a Relay.

Relays — Although the coaches create the relays prior to a meet, changes to Relays can be made up until the event is called to the Clerk of Course. For this reason, we ask parents and swimmers not to leave a meet early without checking with the Coach first. If one swimmer in a Relay is a “no show” then that Relay will not be able to compete.

Ribbons !!!

With the exception of our meet on Saturday, June 13th, ribbons will be given out by the Coaches on Saturday morning between 9:00 am and 9:15 am. On Saturday, June 20th, we will be handing out ribbons for two meets — the one on June 13th against Tarrington and the one on June 18th against Beulah. We will assemble on the right side steps of

the Clubhouse, spreading out to the landing opposite of the steps.

We will also recognize those swimmers who improved their times and/or moved from Bronze to Silver to Gold in an event. These will also be recognized in the newsletter and posted at the pool.

We will also recognize our “Swimmer of the Week” on Saturdays.

Parents please plan to arrive shortly before 9:00 am so that we can be ready to start when the first morning practice has ended. It’s BYOC (Bring your own coffee) or whatever.

Mite Ready Area — Swimmers Eight and Under Only !

For swimmers, AGES EIGHT (8) AND UNDER ONLY, this is where they will stay until they are called for their event. For home meets this will be in the baby pool area. There are Mite Parents signed up to work the first shift of each meet and it is their responsibility to make sure that all Mite and Youth swimmers get to the Clerk of Course and blocks for their event. The Mite Parents ARE NOT responsible for tracking down your child and getting them to the Mite Ready Area. If you take your child from the Mite Ready Area, and we discourage you from doing so, you will be responsible for

returning your child to the Mite Ready Area. If your child is not in the Mite Ready Area when they need to leave to go to the Clerk of Course, your child will not be able to swim in that event.

Please remember, the Mite Ready Area is not a babysitting service, only those kids swimming in an event are allowed in the Mite Ready Area. Parents of Mite/Youth swimmers may remain in the Mite Ready Area at the discretion of the Mite Parents.

Parents remind your child that they need to listen to what the Mite Parents

are telling them. They are also required to behave. If the Mite Parents give your child two warnings regarding their inappropriate behavior in the Mite Ready Area, you will be notified by the Mite Parents about what action needs to be taken to correct this behavior.

Parents if you are scheduled to work while your child is in the Mite Ready Area, please let the Mite Parent know and if there is another adult that you would like the Mite Parent contact regarding your child, should it become necessary, please let them know.

Swimmers To Do List—Improved Swimming

—Mat Luebbbers, Tuesday, January 11, 2005 [taken from CAL website]

There are many things that you can do to swim better. This to do list of 10 ways to swim better could help any swimmer improve in the water.

1. DO SWIM FREQUENTLY.

If you don't average about three swims a week you will lose your feel for the water and your technique will begin to deteriorate. No feel, no technique, no speed. If the option is between one or two long workouts or three or four shorter workouts, swimmers seem to do better when they swim more frequently as opposed to only doing a few longer workouts each week.

2. DO SWIM WITH GOOD TECHNIQUE.

Maintain the best possible technique at all speeds during a workout. If you try to go fast with bad technique, you are wasting energy. If you can teach yourself to go fast WHILE USING good technique, you will make bigger gains.

3. DO DRILLS AS PART OF EVERY SWIMMING WORKOUT.

Early in your workout, in the middle of your workout, or at the end of your workout (or any combination of the three!) do some specific technique work to reinforce good swimming skills. There are many drills you can do to stay tuned up, or to help you develop better technique.

4. DO CHALLENGING WORKOUTS

One or two times a week (depending upon how frequently you swim) do part of your workout with oomph — push the effort, go hard,

whatever you want to call it. If all of your workouts are focused on technique, your technique will improve. But what will happen when you try to go faster? You will get tired, your technique will deteriorate, and you might as well call it a day. If you are doing either some hard or challenging workouts mixed in with technique work, as different workouts or as part of the same workout, you will learn how to hold good technique while going faster.

5. DO EASY WORKOUTS

Depending on your swimming goals, there may be no reason to do more than one or two tough workout sets a week, as long as you do one or two easier workouts, too. Work hard on the hard things, and easy on the easy things, and each kind of work will give better results.

6. DO STREAMLINES

It might be a start, a push-off, or a turn, but you should always do things the same way — streamline, then into the transition between the streamline and swimming. But first, always a streamline.

7. DO LEAVE THE WALL THE SAME WAY EVERY TIME

Always push off the walls the way you would if you were coming out of a turn. When you starting a set, you should push off the wall exactly the same way that you would be pushing off the wall if you were coming out of a turn. Most races have more turns than starts, and getting some extra practice with any part of a turn is a bonus.

8. DO WEAR A SWIMSUIT MADE FOR COMPETITIVE SWIMMING

This doesn't mean spend \$300 on the latest and greatest high-tech slicker than skin piece of swim wear. It means don't wear baggy beach shorts if you are trying to improve your technique or go learn how to hold technique when going faster. There are times to wear a swimsuit that gives you some extra drag, but not before you have mastered good technique.

9. DO ASK SOMEONE TO WATCH YOU SWIM

Better yet, get someone to video you. Getting some eyes to watch what you do (or using your own via a video review) while you are moving through the pool can yield soe great feedback on your swimming technique that you may have not realized.

10. DO USE FLIPPERS OCCASIONALLY

Among other benefits, swim fins or flippers can help you achieve (artificially) a better body position and you will learn what that position feels like while moving. Then, when the flippers are off, you can try to recreate that position by feel, since you will already have a better idea what it will feel like when you get there.

Get this to do list done, and Swim On!

(Mathew Luebbbers is a professional coach, working with all ages of competitive swimmers, fitness swimmers, and triathletes.)

Meet Basics — What should my child eat during a meet?

Swimmers are encouraged throughout the season to pay careful attention to their diet. Nutrition has a direct impact on a swimmer's performance. All swimmers are encouraged to each a low fat, low sugar

diet. Drink plenty of water and fruit juices and try to stay away from soda. Baked potatoes, pasta, fruits and vegetables are recommended. Try to limit the intake of cookies, candy, chips and salt.

Each swimmer and/or their family should adjust these suggestions to the particular needs, personality and lifestyle of the swimmer.

New Walls — They're not for climbing, setting on, walking on . . .

Yes, we all love the new look in the baby pool area, especially the new walls. The Pool Committee did a fantastic job at making this area look great!

They made it look great and kept the hill from washing away into the baby pool.

Now we need to keep from setting

on, climbing on, walking on, etc., these same walls. If you see someone doing any of these, please ask them to refrain from doing so. Yes, I remember those toddler days, preschool and elementary school days, those middle school years, the high school years and even the college era and keeping children/teens from doing what they were not allowed

to do, at times, seemed like an impossible task. But on the other hand if we all pitch in and remind everyone (young and old alike), it will make it much easier.

If you have a concern about this area and do not know anyone on the Pool Committee, let us know and we can give you a name or names to contact.

CAL Annual College Scholarship

The Chesterfield Aquatic League (CAL) will award a \$1,000 Scholarship to a graduating high school senior. The scholarship is a one time award and is not renewable each year. A check for the amount of the scholarship will be paid directly to the scholarship award winner's college or university one proof of admission and attendance to the college or university is verified by the Treasurer of CAL.

The Scholarship is intended to reward an outstanding citizen of CAL. The scholarship will be awarded to the individual that best exemplifies leadership, dedication to team, educational excellence and concern for community.

A Scholarship Selection Committee shall select the winner. The Committee shall be comprised of a minimum of five members selected by the CAL Board of Directors. Consideration will be given by the CAL Board of Directors to include committee members from large, medium

"The Scholarship is intended to reward an outstanding citizen of CAL."

and small teams. The committee shall judge the applicants as follows: (i) contributions to CAL (50%), (ii) education achievements (25%) and (iii) contributions to the community (25%). The committee shall not give consideration to the applicants

swimming ability. The committee may, at its discretion, interview the finalists to assist in determining the winner.

APPLICANT ELIGIBILITY:

The applicant must have participated in the CAL a minimum of four years and be an active participant on a CAL team in the current year.

The applicant must be a graduating senior.

The applicant must have the recommendation of a CAL Parent Representative or CAL Director.

Meet Basics — What do I bring? What should I pack for my swimmer?

It's your child's first swim meet — there are a lot of questions. Hopefully in "Meet Basics" we will answer those questions for you.

Depending on the age of your swimmer at least two beach towels. The younger swimmers may want a dry towel for each of their events.

Swim cap and/or goggles. If your swimmer uses these, please don't forget to bring them. Also a spare set of goggles also comes in handy when the one they were wearing accidentally breaks.

Sweats and a long-sleeved shirt.

After the sun goes down, so does the temperature. It may get a little chilly so it's best to come prepared.

Bug spray for those pesky bugs that may show up, uninvited of course, at the swim meets.

Folding chair/beach chair/blanket. Most pools do not have enough seats for all participants and/or spectators, it's a good idea bring your own.

Items to keep your child occupied when they are not swimming an event. Meets can last longer than three (3) hours. Card games are small & portable.

For older swimmers, remind them that they are responsible for getting to the Clerk of Course when their event is posted and/or called.

Money for the concession stand. The concession stand at our home meets raises funds for our swim team.

If you bring electronics — cell phone, i-pod, etc., please remind your child that if they put the down on the ground they will get wet. Water and electronics are not always a good mix. This is a swim meet after all and water will be everywhere.



Foxcroft Aquatic Swim Team (FAST)

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Foxcroft Aquatic Swim Team Website
www.foxcroftswim.com
Chesterfield Aquatic League Website
www.swimcal.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.

Upcoming — Mark Your Calendars

June 5th — Foxcroft Movie Night

June 6th — FAST Mock Meet

June 7th — FAST Foxcroft 12th Annual Co-ed Golf Outing

June 12th — Foxcroft “Last Day of School Party” with DJ Jason Paige

June 13th — FAST Home Swim Meet against Tarrington

June 18th — FAST Away Swim Meet at Beulah

June 19th — Foxcroft “Friday Cheers” with “Flat Elvis”

June 20th — FAST Award Ribbons