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FAST Newsletter

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First Meet of Season —June 13th, 8:00 am

If you follow the Meet Procedures —Home Meets, you will see that two (2) hours prior to the meet you will starting setting up for the meet. Does this mean 6:00 am?!? Depending on what can be set up after the pool closes on Friday night it will be up to each area to decide how early they want to be at the pool.

THE SWIMMERS WILL NEED TO BE AT THE POOL AT 7:00 AM WITH WARM-UPS AT 7:15 AM.

Swimmers will have to check in with the coaches when they arrive.

The Coaches will have the list of events that the swimmers are entered in and they can also check the Heat Sheets to find their heat and lane.

The Swimmers will also get any last minute instructions from the coaches at this time.

Mite Parents don’t forget to make sure that your child gets to the Mite Ready Area by the baby pool after they warm up. Remember their Relay is the first event of the meet!

GO FINSI SWIM FAST!

Kate Gibbs —Assistant Coach

I first saw Kate Gibbs when Stephanie was swimming for SwimQuest. What impressed me the most about Kate was her enthusiasm for swimming. When I was up at the pool last week, I saw that Kate was the “Kate Gibbs” that is one of our Assistant Coaches. I spoke to Kate and I asked her to send me some information about herself; because, although I knew of some of her accomplishments, I wanted to make sure that I had the correct information.

Kate was a member of Poseidon Swimming for three (3) years and SwimQuest for five (5) years. Both Poseidon and SwimQuest are year-round swim teams. She was also a member of the Woodlake Swim & Dive team for thirteen (13) years.

Now for the interesting part, Kate was a

—Member of the 2006 Paralympic World Championship Team (representing the US) and she finaled in the 200M Butterfly

—Member of the 2007 ParaPan-American Games Team (representing the US) and she was a two time silver medalist and a three time bronze medalist

—She is the Pan-American Record Holder in the S9 Division for 200M Butterfly and 50M Butterfly

—She is the National Record Holder in the S9 Division for 50M Breaststroke, 100M Breaststroke, 100M Butterfly, 200M IM and 400M IM

—Her first year at Washington & Lee on the women’s swimming Scoring Team, she finished 8th in 100 Butterfly and 13th in 400 IM

I found this on the W&L website about Kate

W&L vs. Centre and DePauw, Louisville, KY

“...But, it was first-year Kate Gibbs (Midlothian, Va/Clover Hill) who provided the real highlight for the women’s team. Gibbs set a new Adapted American Swimming Record in the S9 classification of the 200 fly for a single-arm amputee as she notched a time of 2:31.29.....”

With the experience in coaching that Patrick brings, Aileen’s experience with our team and now with Kate also joining our team, I am REALLY looking forward to a GREAT SEASON for our swim team this year!!!!

Parents on the Swim Team Forever

Okay, here's the fourth newsletter and I'm hoping that most of you are reading the Newsletter. Judging by the comments of those of you who have e-mailed me back, people are pleased with what's in the Newsletter and some actually look forward to receiving it. I hope I can keep you interested in reading the Newsletter for the remainder of the season.

Last month I decided that I would start making some headway into some of the boxes that I have saved and decide if any of it can be thrown away. My husband, Randy, tells me that I save everything. *Who knows? One of the girls might need those papers from elementary school someday.* Anyway I came across the "Foxcroft FAST Fins

Member Directory 1999". As I looked through the Directory, I noticed these families still have kids swimming and are still living in the neighborhood: Aird, Cooksey, Harris. For these three families, this is the eleventh year (at least, and possibly longer) that we have had kids on the swim team. This proves to some of you that I, and others, HAVE BEEN parents on the swim team "FOREVER". The first meet I remember was at Willow Oaks Country Club off of Forest Hill Ave —no, I don't remember the year, probably prior to 1999. Steph was on the blocks and when the Starter began her heat. she wouldn't go in. She stayed on the blocks and no amount of assistance from the coaches would get her to budge. The coaches tried to get me to go to the

blocks to get her to jump in the water. [I knew better due to our Kindergarten experience.] Emily, on the other hand, jumped right in, no —it wasn't a dive, it was more of a jump or perhaps an embrace. Emily probably stopped swimming in 2003 and, although she loves the beach —the pool is a different matter. In fact, John Skiles has told me to relay to Em that if she goes to the pool she HAS TO CALL JOHN so he can come up to see it with his own eyes. [*No, you don't want to know the name the girls have given to John.*] Steph, on the other hand, will be at the pool every chance she gets. Although with her schedule it's going to be interesting, now that she's not a lifeguard at the pool.

—Linda

A FAST Tradition —Calling Parents to the Blocks!

No, I do not remember what year it started, but when it started it started with a SPLASH! Someone decided to have a 200 yard relay event for Parents versus the Coaches. With few exceptions, we have done this annually at our last meet usually at the half, occasionally at the end of the meet.

WHAT WE NEED ARE PARENTS who are willing to swim either 25 or 50 yards. In the past it was only 25 yards, but last year

there were some parents who wanted to swim 50 yards. So this year we are going to give the parents a choice, 25 or 50, they choose.

Our last home meet will be June 30th against Birkdale. Parents who are willing to swim in this relay against the Coaches need to contact me and let me know how far they want to swim. If there is enough interest on Birkdale's team, we could even open it up to Birkdale parents

and coaches. I'll even try to determine if there is a way that we can time the relays and publish the "results" in the Newsletter. If there is enough interest on both teams, we could even have two heats! One for Foxcroft and one for Birkdale.

No, you won't see me swimming — but I'm sure I can put Randy down for 50. Are there any other takers?

2009 Swim Team Schedule

- June 13th — Tarrington AT FOXCROFT — 8:00 AM
- June 18th — FOXCROFT AT Bayhill Pointe — 6:30 PM
- June 23rd — Creekwood AT FOXCROFT — 6:30 PM
- June 30th — Birkdale AT FOXCROFT — 6:30 PM
- July 7th — FOXCROFT AT Summer Lake — 6:30 PM
- July 14th — FOXCROFT AT Founders Bridge —6:30 PM
- July 24th-25th — CHAMPS AT Beulah

Meet Basics —What event does my child swim in?

On the day prior to the meet, the Computer Person will e-mail the entries to all families. The "Individual Meet Entries Report" will contain the names of all swimmers entered into that meet and what events they are scheduled to swim. This will include the relay events. This will also be posted at the pool, usually one (1) day prior to the meet. Please note: Unless a swimmer has been entered that will not be swimming, we do not make changes at this point. Patrick and the other coaches have already determined which swimmers should swim what event.

Heat Sheets will be available for purchase that lists what heat and lane your swimmer will be swimming in.

Strokes and Turns Guidelines

Major Infractions Committed by Summer Swimmers

The following information comes from the 2009 CAL Handbook and I thought that some of the parents might find it helpful. For those of you unfamiliar with pool layout, there are two sets of flags, perpendicular to the lanes, running across all lanes. These flags let the swimmers know that they have only so many yards/meters left before they hit the wall.

FREESTYLE

- Pulling on the lane line to advance position
- Not touching the wall on a turn
- Walking/pushing off the bottom of the pool

BREASTROKE

Flags to the Wall —Starting Position

- Flutter, dolphin or scissor kick on the start
- Non-simultaneous arm movement (freestyle, doggy paddle)

Between the Flags

Kick

- Non-simultaneous leg movement (flutter, dolphin)
- Both feet NOT turning outward during propulsive part of the kick movement

Stroke

- Non-simultaneous arm movement (doggy paddle)
- Pulling past the hipline (Exception: Allowed during the first stroke after the start of and each turn)

Flags to the Wall —Turns & Finish

- Non-simultaneous hand touch (pitty-pat)
- One hand touch

BACKSTROKE

Between the Flags

- Pulling on the lane line to advance position
- Does not stay on his/her back

Turn

- Swimming on the breast (happens before the swimmer initiates the turn, taking two (2) or more freestyle strokes on the breast)
- On the breast but kicks towards the wall (the swimmer has turned too soon and uses kicking to advance position

—Missed touching the wall with some part of the body

—On or toward the breast when feet leave the wall

Finish

—On or toward the breast BEFORE touching the wall (Note: Swimmer may submerge immediately prior to touch, as judged when view shifts to see body part touch wall.)

BUTTERFLY

Flags to the Wall —Starting Position

- Non simultaneous leg/feet movement (flutter kick,, breaststroke kick)
- Non-simultaneous arm movement (freestyle, doggy paddle, breaststroke pull)

Between the Flags

Kick

Feet not moving up and down simultaneously (feet CANNOT alternate in relation to one another)

Stroke

- Arms are not coming out of the water (need to see elbows)
- Arm movement is not simultaneous (rotating shoulders, freestyle stroke)
- Underwater recovery (taking additional strokes under the water)

Flags to the Wall —Finish

- One hand touch
- Non-simultaneous touch (pitty-pat)
- Underwater recovery (taking additional stroke under the water prior to the touch)

INDIVIDUAL MEDLEY: *Butterfly—Back—Breaststroke —Freestyle*

- Swims the stroke cycle out of sequence

Backstroke to Breaststroke

- On or toward the breast before the touch
- Rules for individual strokes apply in swimming the individual medley

Meet Basics —I realize my child will not be able to attend a meet

This is summer league and swimmers will miss meets.

We have published the swim team schedule, if you have not had a chance to look at your summer schedule and the swim team schedule, please take some time and review them. The Coaches have posted sheets at the pool, in hallway leading to bathrooms, for the meets. If you know that you will not be able to make a meet, please sign your child's name up on the sheet for that meet. If

you have more than one (1) child that will miss the same meet, sign up all children that will miss the meet. Do not make the assumption that the coaches "will know" that Johnny & Jane Smith will miss a meet if only Jane Smith is listed on the sheet.

Please give the Coaches as much lead time as possible when your child will not be able to attend a meet. You can always e-mail Patrick with the information. When e-mailing, please

include the date of the meet that your child will miss.

Coaches will be working on entering swimmers in a meet several days in advance of the meet. Please do not wait until a day or two before the meet to let them know your child will not be there. At that point, they may have already turned in the meet entries to the other team.

Meet Basics —I'm a Volunteer for a meet, but I realize that I am unable to go to a swim meet

The Volunteer Schedule will go out sometime this week and it will also be posted on the website.

You are responsible for obtaining someone to work your shift. Find out if you could switch jobs with someone who is working in that area. If you are unable to find someone in that area, ask

other parents if they would be willing to switch with you. Once you have obtained someone to work your shift, contact Julie Higgins, Volunteer Coordinator, and let her know that you will not be there and who will be taking your place. If you have switched positions, let her know that also.

Please do not wait until the last minute to find someone to fill your slot. It takes a lot of work to make the meet run smoothly and Julie should not have to fill your slot at the meet because you forgot to make arrangements for your position to be filled.

Meet Basics —How do I know what time my child swam?

Okay, your child has just swum their first event. How fast did they swim?

The easiest and fastest way, is for your child to ask the timer what their time was after they get out of the pool and before the next swimmer gets on the block. This is their unofficial time. Once the results, along with DQ cards, go to the Results Table and are verified

by Volunteer workers the times are unofficial. Once the times have been verified, they are official and will be posted at the pool

For Home Meets, the Results will be posted outside the walls leading to the restroom area. These are usually in event order. Occasionally they will be out of order, due to an event taking longer to verify. At away meets, ask another parent

where the results for that meet are posted.

As events are verified, the Announcer will announce the top swimmers in the Gold, Silver and Bronze categories. We also post results at the pool the next day. A day or two after the meet is over, the CAL website usually has the results posted there also. We will attempt to post the results on our website also.

Meet Basics —What should I do until I swim my next event?

Swimmers should stay warm, calm and keep track of the estimated time until their next event. The swimmers should not be on playgrounds or running around outside the pool area during a meet.

They should get in the habit of

checking the board for events numbers that are being called to the Clerk of Course. They should listen to the Announcer when events are called to the Clerk of Course.

Mite Parents, your child(ren) will remain in the Mite Ready Area until they

have swum all their events.

Spectators and participants are required to dispose of their trash in the appropriate receptacles during the meet. Please remember to "police" your area and place all trash in the receptacles.

CAL Champs T-Shirt Contest

For those of you who have been to Champs, you have seen those “Champs T-shirts” and some of you may have even wondered, how do they come up with the design. “Inquiring minds want to know...”

CAL holds a “Champs T-shirt Contest”. This is open for all swimmers in CAL.

Entries must be submitted electronically in a PDF file to menageries@verizon.net and must be received no later than Friday, June 26th. If you have any question, please contact

Diane Gillert at menageries@verizon.net.

Size — 8½ x 11

Black and White or Four (4) Color

Designs can be:

Full Front Only

Pocket Front with Full Back

Full Back Only

Full Front with Full Back

Please note which design you are using.

Only one (1) entry per swimmer.

Each entry must include Swimmer’s Name, Team, Age, e-mail address and phone number.

You cannot use any copyrighted symbols or words.

Voting will take place June 29th through July 6th.

Winner will receive \$25.00, free T-shirt and parking pass for CHAMPS.

For more information, see CAL website — www.swimcal.org.

Tara’s Children — CAL Charity

Every other year CAL decides on a community outreach project to support. Each team collects money during the season and at the end of the season, at Champs, the funds collected are given to that organization. In the past, Noah’s Children has been the recipient of these funds. Several years ago, CAL decided that they would support a charity for two

(2) years in a row before deciding to change to another charity.

This year’s charity is “Tara’s Children”. Tara’s Children assists children in Chesterfield County schools with school supplies or other needs that are not being met by the parent(s). A social worker, with Chesterfield County School System, makes a determination on which

children are to benefit from this fund.

A donation box will be located in the Concession Area at all home meets. Please consider donating to this cause that helps children in Chesterfield County. For more information about this Charity, see information in the heat sheets.

Thanks!!!

I would like to add my Thanks to Rita’s.

Thank you to everyone who showed up at our Mock Meet on Saturday. From all accounts the meet went well, even the Dolphin timing system. The Timers all worked together and asked questions to get the times as accurate as possible.

First, to the Parents — *Thank You* for your patience as we explained a little about what would go on at a Meet and while we met in small groups to get our meet organized and started.

Next, to the Swimmers — *Thank*

You for swimming whatever event you were entered in. I understand that some of you swam an IM for the first time — That’s Great!

Individual *Thank You*s to to:

Chrissy Jenkins —For the coffee & donuts. [No, I didn’t eat the whole box by myself.]

Chris Grogan —For getting the blocks set up, along with the rest of the stuff that needed to be brought out and dusted off.

Julie Higgins —For setting up an area where you could assist with Volunteer

questions.

Rich Aird —Who showed up and assisted in getting us motivated and kept us moving.

Now that we have had an opportunity to get our “feet wet”, this Saturday should be a breeze.



Foxcroft Aquatic Swim Team (FAST)



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Julie Higgins — Volunteer Coordinator
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Linda Harris — Parent Representative
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Websites:

Foxcroft Aquatic Swim Team (FAST)
www.foxcroftswim.com

Chesterfield Aquatic League (CAL)
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, 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 12th — Foxcroft “Last Day of School Party” with DJ Jason Paige

Rain Date for June 5th Movie Night — “Shrek”

June 13th — 8:00 am — FAST Home Swim Meet against Tarrington

June 18th — 6:30 pm — FAST Away Swim Meet against Beulah

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

June 20th — 8:45 am — FAST Award Ribbons & Swimmer of the Week

June 23rd — 6:30 pm — FAST Home Swim Meet against Creekwood

June 26th — Foxcroft Movie Night

June 27th — 8:45 am — FAST Award Ribbons & Swimmer of the Week

June 30th — 6:30 pm — FAST Home Swim Meet against Birkdale