

June 15, 2009

Volume 1 Issue 5

FAST Newsletter

WE WON! 818-787

That's pretty much says it all. **WE WON!**

In our first meet of the season, the Tarrington Tiger Sharks arrived at our pool last Saturday with 108 swimmers, the FAST Fins had 82. Our swimmers were undaunted, they swam their "fins" off and because of their perseverance we won our first meet of the season.

The Boys Team Scores were FAST—262 / Tarrington —331.

The Girls Team Scores were FAST—468 / Tarrington —352.

Thanks to all of the parents, who got up early in order to have their child(ren) at the pool at 7:00 am. Especially after the afternoon pool party which was followed by the rain re-scheduled movie night that occurred on Friday.

Although the Mock Meet gets your "fins wet" for a meet, there is nothing like the first



During practice, Patrick is giving tips to a swimmer for our meet against Tarrington

meet of the season to have your "fins" dive into the water. For some of you, it may have appeared to be over your head. Meets, although you can attempt to explain what goes on, nothing beats the real thing. Although the first relays did not get into the water until about 8:45 am, our meet on Thursday at Bayhill Pointe will start at 6:30 pm or shortly thereafter. Saturday morning meets are a little harder to get started than an evening meet.

Thanks to all our volunteers for making this meet happen. Without everyone pitching in and working the various positions we would not be able to have a swim meet. *Thank you Julie* for all of your hard work in getting the volunteers organized!

Inside this issue:

What can I say ...	2
Our Triple and Quad Winners Are . . .	2
12th Annual Golf Tournament	3
Results —I'm confused — I though this ...	3
Coaches . . .	4
Contest — Champs T-shirts	4
Heat Sheets —Do I really need one?	4
What constitutes a "good" time	5

Next Meet at Bayhill Pointe —June 18th, 6:30 pm

Our next meet will be an away meet at Bayhill Pointe on Thursday, June 18th, beginning at 6:30 pm. Swimmers will need to be there by 5:45 pm with warm-ups starting at 6:00 pm. Bayhill Pointe has a metered pool. This means that the times on the heat sheets will be different from the times at our "yard" pool.

The Coaches will need to know by **MONDAY AT NOON** IF YOUR CHILD WILL NOT

BE swimming on Thursday evening.

DIRECTIONS TO BAYHILL POINTE:

- Go West on Hull Street (360).
- Turn right onto Spring Run Road
- Turn left onto Bailey Bridge Road
- Turn right into Bayhill Pointe Subdivision
- Pool will be on the left

Swimmers come with your "FINS" in the FAST lanes. Parents, don't forget to bring a lawn chair so you will have a place to sit during the meet.

Questions, contact either Rita Ellis, President, or Linda Harris, Parent Representative.

I will try to get the Meet Entries e-mailed to all parents on Wednesday.

What can I say . . .

After all of the “liquid sunshine” that we have had lately, I really was beginning to believe that our first meet of the season would be in the rain. Someone must have lived their life right, had good karma, whatever (it wasn't me), for the weather to cooperate for our meet. Now let's hope that this continues for the rest of the season.

And speaking of our meet, I am so proud of our swimmers. After being in “A Division” for the past eight years, it's finally nice to be back in the “B Division”. In going through a box that I removed from the Clubhouse closet (which I

thought could all be recycled), I found a banner from 2000. The banner reads

2000 Division B Champs

I mentioned to Rita that we needed to make sure that this banner gets out for our meets this season. I remember that year, almost like it was yesterday. The team, coaches and parents all were on “Cloud 9”. With the beginning that we had this season, it could be a repeat of our 2000 year.

Please consider having your child, or children, swim in Champs this year. Yes, I know all the pros and cons and

sometimes it appears that the cons outweigh the pros. Please see the article elsewhere in this newsletter about Champs.

Looking forward to seeing you Thursday night at Bayhill Pointe.

Also don't forget about our Award Ribbons and Swimmer of the Week this Saturday at 8:45 am. The Coaches will be handing out Award Ribbons from our meets with Tarrington and Bayhill Pointe, as well s handing out the Swimmer of the Week Awards.

Linda Harris

Our Triple and Quad Winners Are . . .

For some of you, you may be asking what is a Triple or Quad Winner? That is a swimmer who takes First Place in an event (in any Gold/Silver/Bronze Division) in three or all four of the events that they swim. Three first place ribbons is a “Triple Winner” Four first place ribbons is a “Quad Winner”.

TRIPLE WINNERS

ANNA WATSON — Youth Girl

- #11 — Freestyle [Gold]
- #23 — Backstroke [Gold]
- #1 — 8 & under 100 Relay [Silver]

KAMIL KAWKA — Midget Boy

- #2 — IM (Individual Medley) [Silver]
- #14 — Freestyle [Silver]
- #36 — Butterfly [Silver]

AMY MAIER — Midget Girl

- #15 — Freestyle [Bronze]
- #27 — Backstroke [Gold]
- #37 — Butterfly [Silver]

JEFF MIUTZ — Junior Boy

- #16 — Freestyle [Silver]
- #28 — Backstroke [Silver]
- #48 — Breaststroke [Bronze]

CURTNEY RALSTON — Intermediate Girl

- #19 — Freestyle [Silver]
- #51 — Breaststroke [Silver]
- #56 — Intermediate Relay [Gold]

CAROLINE HOUCK — Senior Girl

- #33 — Backstroke [Bronze]
- #43 — Butterfly [Bronze]
- #57 — Senior Relay [Gold]

QUAD WINNERS

TORYN BROADWATER — Junior Girl

- #5 — IM (Individual Medley) [Silver]
- #17 — Freestyle [Silver]
- #39 — Butterfly [Silver]
- #55 — Junior Relay [Silver]

MADISON BAKER — Intermediate Girl

- #19 — Freestyle [Gold]
- #31 — Backstroke [Gold]
- #51 — Breaststroke [Gold]
- #56 — Intermediate Relay [Gold]

MATTHEW REESE — Intermediate Boy

- #6 — IM (Individual Medley) [Gold]
- #18 — Freestyle [Gold]
- #50 — Breaststroke [Gold]
- #56 — Intermediate Relay [Gold]

LAUREN BAKER — Senior Girl

- #9 — IM (Individual Medley) [Gold]
- #33 — Backstroke [Gold]
- #43 — Butterfly [Gold]
- #57 — Senior Relay [Gold]

STEPH HARRIS — Senior Girl

- #9 — IM (Individual Medley) [Bronze]
- #21 — Freestyle [Bronze]
- #53 — Breaststroke [Silver]
- #57 — Senior Relay [Gold]

BRANDON HESS — Senior Boy

- #20 — Freestyle [Silver]
- #32 — Backstroke [Silver]
- #42 — Butterfly [Silver]
- #57 — Senior Relay [Gold]

As you can see, we have swimmers from Youth to Senior being Triple and Quad winners.

Each event has three divisions, each having first place. For example, Event 1 — Mite Relay: Gold Division, Silver Division and Bronze Division. So if you are in the Bronze category, and you are the fastest swimmer in three, or all four of your events, you could be either a Triple, or Quad, winner also. [For those of you who like math, you can calculate how many swimmers could theoretically all have first place ribbons and be either a Triple or Quad winner.]

Foxcroft Swim Team — 12th Annual Golf Tournament

The 12th Annual Golf Tournament was held at Hunting Hawk Golf Club on June 7th.

THE WINNERS WERE:

WINNING FOURSOME

Tom Metzger, Doug Clarke, John Muitz, Tom Maier

CLOSEST TO THE PIN

Hole 17 — Both

Andrew Fisk won Dr. Ambrose a back pain, neck pain relief package

Hole 6 — Ladies

Laura Gomez won a \$25 gift certificate from The Beach House

Hole 8 — Men's

Rich Aird won a \$25 gift certificate from Capital Ale House

LONGEST DRIVE

Hole 3 — Men's

Tom Kohorst won a \$25 gift certificate from LongHorn Steak House

HOLE 13 — LADIES

Ann Pickett won a \$40 gift certificate from Outback Steakhouse

The following prizes were raffled off:

- Gift Certificate from Glory Days
- Gift Certificate from Buffalo Wild Wings
- Gift Certificate from LongHorn Steakhouse
- Oil change from Firestone
- Gift Certificate from The Grill at Waterford
- Gift Certificate from Fantastic Sam's
- Gift Certificate from New Yorker Bar & Grill
- Gift Certificate from His/Her Salon
- Oil change from Goodyear
- Gift Certificate from Vinny's
- Lunch for Two at Mama Cuccina's
- Janus Funds Golf Shirts

Results — I'm confused — I thought this would be easy to understand . . .

I remember the first time that I looked at the results that were posted at a swim meet. Randy told me to just go over to where the results were posted, it was easy. All those papers posted. I continued looking down all of the pages, until I found their name. I later realized, of course it was easy for Randy, he did swim team when he was a kid. Later they started getting heat ribbons. They would proudly carry their heat ribbons or tuck them under the strap of their swim suit. Unfortunately I was clueless when it came to interpreting the results until several years later.

Each event has three divisions: Gold, Silver and Bronze. The Bronze division has two categories: Qualify and Bronze. If you are listed as QUAL in the results, this means that you have a qualifying time to swim that event at Champs. In our Heat Sheets you will see times immediately following the event and before the swimmers' heats and lanes. These times are the qualifying times for those divisions. In each division, the first six places are awarded ribbons — First through Sixth Place. So each event has a

possibility of eighteen swimmers being awarded ribbons (six in each of the three divisions).

Your child may come in first, second, third, etc., in the first heat of an event. This does not mean that they will receive a first place ribbon. It depends on who they are swimming against in their heat and also how fast the swimmers in the remaining heats swim. If they are the only bronze swimmer in the first heat, then it is possible that they may receive a first place ribbon in the bronze division for that event. It is also possible that they may get a second, third, or even a sixth place ribbon. This also holds true for Silver and Gold swimmers.

Just because we seed according to the swimmers "best" time, doesn't mean that the swimmer will swim a better time at the meet. Sometimes they do, sometimes they don't. If you look at the heat sheets, there are only several seconds between a Bronze Qualifying time, a Silver time or a Gold time. So it really depends on how fast each swimmer swims during a meet compared to how fast the other swimmers in that

event swims. Plus, you have to factor in the Gold and Silver divisions. A Gold or Silver swimmer could swim a bronze time and a Gold swimmer could also swim a Silver time. Once a swimmer has achieved a Gold or Silver time, they will still be a Gold or Silver swimmer —no matter how fast, or slow, they swim in other meets that season. So a Bronze swimmer may swim faster than a Gold or Silver swimmer in Heat 1, but a swimmer in another heat may swim faster than the Bronze swimmer that swam in Heat 1.

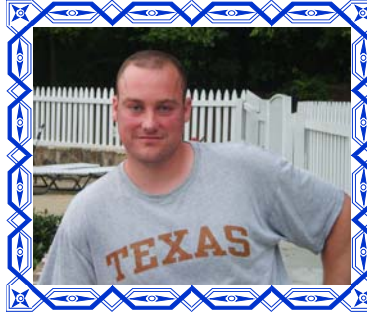
When the results come in, the software program ("Meet Manager") will put the results in the correct order taking in consideration what division that swimmer was entered in. If a swimmer achieves a Silver or Gold time at a meet, that does not mean that they are a Silver or Gold swimmer for the current meet. They will be a Silver or Gold swimmer at the next meet that they swim until the end of the season (after Champs). The fastest time that a swimmer swims this season will determine their "seed time" for the first meet next year.

Coaches . . .

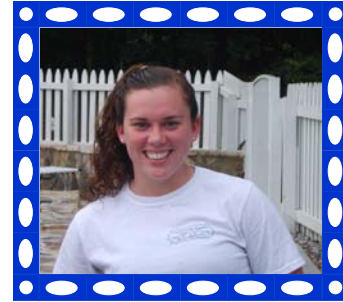
"Mrs. Harris, I can't believe you're taking our pictures without giving us advance notice!"

Actually I can't believe that I'm being called Mrs. Harris, although it has taken me over fifteen years to remember that someone is talking to me and not my mother-in-law. I'm more used to being called "Linda".

Our Coaches. You have seen these four young adults working tirelessly with our kids at practice. You saw them at the Mock Meet. You saw them at our first meet. If you were at Saturday's meet, you may have seen one of them jump into the pool to assist swimmers. You've read about them in our Newsletter. Here are their pictures.



Patrick Stockton



Aileen Foley



Kate Gibbs



Ross Mowchan

Contest — Champs T-shirts

Yes, for those of you who are creative, or think that you are creative, CAL wants your ideas for Champs T-shirts. Winners will receive \$25.00, a T-shirt with their design on it and a coveted parking pass.

Remember all entries are due in to CAL no later than Friday, June 26th.

The entries must be submitted electronically, in a PDF format, to Diane

Gillert at menageries@verizon.net.

If you are having a problem converting your design into a "pdf" format, let us know and we will see if we can convert your design into a "pdf" file. BUT do not wait to ask us if we can convert it on Friday, June 26th, in order to e-mail to Diane on June 26th, it probably won't be possible.

Also, in order to swim at Champs, in

any event, you must have swum in at least two meets and swum the event at least one time. All swimmers meeting this requirement are eligible to swim one event at Champs. A swimmer who "Qualifies" in the Bronze division, can swim that event at Champs and can also swim that event in a Relay. Champs has two relays, both Freestyle and Medley.

More Champs info coming.

Heat Sheets —Do I really need one?

The Heat Sheets list the events in the order that they will be swum during a meet. Swimmers are placed in heats, fastest to slowest, and lanes. It is possible for some heats to contain gold, silver and/or bronze swimmers. The "seed time" listed in the heat sheet could be one of the following: the only time the swimmer has swum this event this season, the fastest time (or a coaches' time) the swimmer has swum in the past year (only used for the first meet of the season), or the first time the swimmer has swum the event this season.

The "seed time" determines where in

the event the swimmer will swim. The faster swimmers will swim first and the slower swimmers will swim last. Also swimmers that have a "NT" (No Time) will be placed at the end of the event, after the last timed swimmer. Swimmers with a Gold time swim first, then Silver, followed by the Bronze swimmers. The fastest swimmers in a heat will be placed in lanes 3 and 4, the next fastest will be in lanes 2 and 5 with the slowest swimmers in that heat being in lanes 1 and 6. The number of swimmers that are entered in an event will determine the number of heats. The software program that we use

for meets will "seed" the meets, placing the swimmers in heats and lanes according to their times. If all of the lanes cannot be filled in an event, the computer program determines which heats will have empty lanes. These will usually be lanes 1 or 6.

Most parents will purchase a heat sheet in order to determine when their child will be swimming. Then their child will ask them to find the heat and lane that they are swimming in order to write their events, in Sharpie® of course, on their hands or arms.

What constitutes a “good” time?

Let’s see, “good friends, good food, …” Oops! wrong subject.

A “good” time is any time where the swimmer decreases their time from their “seed time”. Yes, *DECREASES THEIR TIME*, if only by 0.01. Sometimes that’s all that’s between a swimmer’s “seed time” and a Bronze Qualifying time, or a Silver time or a Gold time. We had eighty-two (82) swimmers at last Saturday’s meet, sixty (60) swimmers contributed towards the points that our team made. That’s not to say that the other swimmer’s did not contribute towards the team. They did, just by getting in the water and swimming their event. They also were on the sidelines encouraging their teammates to do their best.

In addition to being a Team Sport, it is also an individual sport. Our swimmers can improve individually which, in turn, improves our team; either by “Most Improved” and/or winning the meet.

The following swimmer’s improved their time AND moved up in their event:

EVENT 10 — BOY’S 6 & UNDER YOUTH FREESTYLE

Roy O’Donnell made a Qualifying time with 35.38

EVENT 11 — GIRLS 6 & UNDER YOUTH FREESTYLE

Anna Watson made Gold Division with 25.24

EVENT 13 — GIRLS 7-8 MITE FREESTYLE

Cynthia Smigal made a Qualifying time with 25.85

Kate Ellis made a Qualifying time with 25.94

EVENT 14 — BOYS 9-10 MIDGET FREESTYLE

Blake Jenkins made Silver Division with 39.87

EVENT 15 — GIRLS 9-10 MIDGET FREESTYLE

Dina Jurgaitis made a Qualifying time with 45.34

EVENT 16 — BOYS 11-12 JUNIOR FREESTYLE

Jeff Miutz made Silver Division with 33.87

Clay Kulesza made a Qualifying time with 36.11

EVENT 17 — GIRLS 11-12 JUNIOR FREESTYLE

Toryn Broadwater made Silver Division with 33.61

Sarah Walshak made Silver Division with 34.02

Madison Tenkate made a Qualifying time with 34.62

EVENT 21 — GIRLS 15-18 SENIOR FREESTYLE

Caroline Houck made a Qualifying time with 32.59

EVENT 22 — BOYS 6 & UNDER YOUTH BACKSTROKE

Eric Watson made a Qualifying time with 41.61

EVENT 23 — GIRLS 6 & UNDER YOUTH BACKSTROKE

Baisey Peace made Silver Division with 33.35

EVENT 25 — GIRLS 7-8 MITE BACKSTROKE

Avery Ambrose made Silver Division with 25.10

Reagan Scaglione made Silver Division with 26.88

EVENT 26 — BOYS 9-10 MIDGET BACKSTROKE

Ryan Osborne made Silver Division with 51.69

EVENT 27 — GIRLS 9-10 MIDGET BACKSTROKE

Amy Maier made Gold Division with 44.72

EVENT 29 — GIRLS 11-12 JUNIOR BACKSTROKE

Madison Tenkate made a Qualifying time with 46.67

EVENT 35 — GIRLS 8 & UNDER MITE BUTTERFLY

Katie Ellis made a Qualifying time with 31.38

EVENT 45 — GIRLS 8 & UNDER MITE BREASTSTROKE

Madison Burrows made Gold Division with 26.02

Reagan Scaglione made Silver Division with 30.07

Sharon Marie Gilman made a Qualifying time with 32.27

EVENT 46 — 9-10 BOYS MIDGET BREASTSTROKE

Blake Jenkins made a Qualifying time with 55.20

Ben Loppacker made a Qualifying time with 1:00.95

EVENT 47 — 9-10 GIRLS MIDGET BREASTSTROKE

Dina Jurgaitis made Gold Division with 47.02

EVENT 49 — 11-12 GIRLS JUNIOR BREASTSTROKE

Sarah Walshak made Silver Division with 44.53

For our meet with Tarrington our average “seed time” was 50.80 and our average “Final time” was 48.84 which gave us a “Most Improved Factor” of 3.860. [No I cannot explain how this factor is arrived at. All I do is perform a “macro” (that is given in a template from CAL) on our meet. It gives us our Quad and Triple winners, along with the difference in times between the “seed time” and the “final time” for our individual swimmers; in addition to the “Most Improved Factor”.

Foxcroft Aquatic Swim Team (FAST)

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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.

Mark Your Upcoming Calendars

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

June 19th — Foxcroft "Friday Cheers" with "Flat Elvis"

June 20th — FAST Award Ribbons & Swimmer of the Week

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

June 26th — Foxcroft Move Night

Deadline for entries for CAL's T-shirt Contest

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

June 30th — 6:30 pm — FAST Home Swim Meet against Birkdale
Featuring the Parents vs. Coaches Relays