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FAST Times

Developing champion swimmers since 1992...
 One swimmer at a time...
 One stroke at a time!

○ Jan - Mar 2011

Swim Meet info



Our 2010 / 2011 short course season has come to a close with a very fast March. As we look towards the upcoming LC season, now is the time to reflect on the season gone by and begin setting schedules for this Spring and Summer

Dates for both sessions are posted on our web page. Take a few minutes and mark these down on your family calendar.

FAST will again be hosting the Senior II / Age Group II meet on June 26. Please mark your calendars and help us run a great meet. This is a one day only meet.

Updated newsletter format

Needless to say, there hasn't been a newsletter posted in many months, and none this season. As times change and information is more readily available the question tossed around the past several months is whether there is any need for a newsletter, and if so how often do we need to publish one? What will be contained in the newsletter?

Our newsletters in the past have contained birthdays for the month. With identity theft on the rise a concern was raised about including actual birthday. The feedback

regarding articles has usually been good and we will continue to feature them. In addition, an attempt will be made to include other articles that can benefit our athletes in their development, or parents as they strive to better understand what is involved in the long term development of their swimmers, and how best to support them and the program.

General nutritional information will also be included when available.

We encourage swimmers to read these newsletters as well.

Welcome aboard to our Swim Team advertisers

Congratulations to Laura McCray (Class of '04 and York College standout) and Matt Mondonedo who tied the knot on January 23rd. We wish them all the best.

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 Since 1939
 Route's 29 & 198
 Burtonsville, MD 20866
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Christopher's Barber Studio
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 410-799-8444

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 (480) 985-2850.
 Phoenix based

One to grow on...

It's what you do with what you have that determines how successful you become...

CONGRATULATIONS

Great job to everyone who competed at the March Championship meets.

Junior Olympics @ Fairland

Nick Stauder
Michael Stevens
Kellianne Venit
Jay Venit
Abbey Holmes
Ryan Webb
Coleman Witte
Alex Bowman
Pete Moyer
Hunter Freeman
Jennifer Clune

Relay swimmers

Lauren Varney
Kayla Harris
Rachel Bozievich
Cortney Worden
Tomiwa Sobande
EJ Freeman
Christian Dixon

Junior Champs @ GMU

Alex Bowman
Andria Moyer
Ryan Pauling
Genavera Gannon
Lee Friedman
Amanda Freeman

Senior Champs @ GMU

Lee Friedman
Amanda Freeman
Michael Stevens
Abbey Holmes

Frosty Pentathlon

Only Chloe Widman and Kiely Hutchcroft swam this year. Kiely finished 19th overall among 8 year old girls.

January Open

We had a very good turnout for the meet along with lots of best times. Natalee McNeil took over concessions and did a great job. With a modified menu list and adjusted prices she generated about \$ 5400. Great job. Others behind the scenes with big contributions were Hal Freeman, Annette Freeman, and Karen Rosenblatt. We had about 43% improvement in times, which is good for January. Coleman Witte, EJ Freeman, and Christian Dixon dropped time in all 6 of their events. Hunter had a big swim in 200 free and dropped 11 seconds. Genavera Gannon finally got under the 27 second mark in 50 free.

We had several 'firsts' at the meet in both the 400 IM and 500 Free. Mei Mei Luhr, Kayla Harris, and Mary Wentzel swam 400 IM, while Jonas Lee, Avery Khandagle, Raymond Rice, Alexis Bozievich, Nina and Keaton Sadoski all swam the 500 for the first time

IMX

Michael Stevens, Abbey Holmes, Nick Stauder, and Ryan Webb competed with Nick finishing 13th for 11 - 12 boys.

February Distance

Hunter, Christian, EJ, Pete, Abbey, Jennifer, Lauren, and Rachel all swam their first 1000.

Munchkin Mania

We again had some good swims in the longer events from our kids. Chloe (8) swam 100 back, 100 breast, and 200

IM. Kiely (8) swam 100 breast, and 100 fly. Alexis B (9) swam 200 breast.

February Qualifier

Coleman, Pete, and Nick all had good meets and picked up JO cuts.

Junior Champs

Amanda, Lee, and Andria all made finals.

Senior Champs

Lee got a little closer to breaking 50 seconds in 100 free with a time of 50.24.

Mini Champs

The little guys swam very well, with Tomisin picking up a few top 5 finishes. Madison Scott dropped 12 seconds in 50 back while Charlee dropped 14 seconds in 100 free. Sara Diaz swam in her 1st FAST meet.

Junior Olympics

We came, we swam, we conquered! It was a very good weekend with lots of fast swimming, along with a few surprises. 5 team records were set from Abbey and Michael. Jennifer, Nick, Michael, Abbey, and Jay made finals.

Ryan had two impressive time drops in the 500 and 1000 frees, dropping 14 and 37 seconds respectively. Hunter took off almost 3 seconds in 200 fly.

Without a doubt the standout swim goes to Michael in 200 free. After a sub par last 50 in prelims, the goal for finals was to pace the race better and finish strong. Here are Michael's splits in his 200 at finals:

27.36, 27.86, 27.63, 27.95.
Final time 1:50.80 and a team record.

Meet Recap

Spring Champs

We came away with 55% improvement in times and a great finish to the season. Hannah Pierson, who apparently just started swimming about 18 months ago, had some nice drops, including a 24 second improvement in 100 breast. Best times in all their events came from Jay, Coleman, Alexis Kominos and Christian.

We had major breakthroughs from the older boys in 200 free. In the past they've wanted to 'win the 50' and then realize how painful the remaining 150 is when you race that way. By contrast they were all smooth and controlled in the first 50 and finished strong. 3 swimmers dropped time and the 4th hit his seed time. Two swimmers commented on how they 'felt strong' at the finish and 'that it didn't hurt as much'. Weird how good things happen when swimmers listen to their coaches!

Hunter, not to be outdone by Michael's unorthodox swim at JO's had one of his own. His splits in 200 back were: 34.51, 34.63, 34.99, 33.36. He narrowly missed the JO cut.

Jonas Lee dropped 12 seconds in 100 free.

All told, we've had a very successful short course season. Give yourselves a pat on the back.

Our final ranking in the Virtual Club Championship standing is 893rd, out of the 2530 clubs that were ranked. We've been in the 500's in years past and that remains one of our long term goals.

HIGH SCHOOL SWIMMING

FAST was very well represented at the High school level too

Paint Branch

Michael Mensah
Ashlyn Tripp
Teddy Amenabar

Eleanor Roosevelt

Kathleen Senecal
Jennifer Clune
Lee Friedman

High Point

Alex Ly

Laurel

Ryan Pauling

Archbishop Spaulding

Alex Bowman
Kellianne Venit

Blake

Suzi Shelton-Der
Amanda Freeman
Shannon Wade

Good Counsel

David Clifford

St. John's

Taylor Witte

B-CC

Genavera Gannon

Palotti

Andria Moyer

Meade

Danielle Villeneuve
Everett Butler

Holy Cross

Crystal Johnson

Seton

Natalie Meissel

Fairmont Heights

Gabi Kuhn

College Scene

Our collegiate athletes continue to deliver at their respective schools. At their respective Conference meets all of our graduates qualified for Finals.

Michaela Guild - York
James Lilly - Gannon
Ross Mills - Washington College
Rachel Glasser - Washington College
Cortney Barry - Delaware
Joanna Purich - St. Mary's
Brian Allen - Salisbury

Rachel Glasser was again named the meet MVP after winning all three of her races. She went on to compete at NCAA National Championships, and was featured in Sports Illustrated in their 'Faces in the Crowd' section. Nice job RG!

Several FAST swimmers were selected to the Prince Georges County Gazette All County Team

1st Team Honors

Lee Friedman

Junior won county and region titles in 100 freestyle and 200 free and recorded top-10 finishes in both events at 4A/3A state meet.

Jennifer Clune

Freshman won the 100 breaststroke at the county championships, then took second at the 4A/3A Central Region meet and third at the state meet

2nd Team Honors

Ryan Pauling, Alex Ly, Gabrielle Kuhn, Andria Moyer

Following are topics, questions, concerns, ideas that have come up over the course of the season. For those old enough to remember Dragnet..."The following cases are real. The names have been changed to protect the innocent..."

Morning practice

Yes, it requires some planning. If you live near another swimmer, consider coordinating days where you alternate driving and pick up. Consider this...If a swimmer attends a morning practice every other week, they would add another 14 workouts over the short course season. That's 2 - 3 more weeks of training. The coaches have heard all the reasons / constraints / rationale for not going to morning practice. All we ask is that families understand that most swimmers at other clubs attend mornings regularly. These are also the same swimmers that we see winning events at big meets, qualifying for Junior Nationals, breaking PVS records, achieving National rankings, etc.

Balance

Many parents often speak of wanting a balanced, well rounded child. The question to ask is what does being balanced entail? The concept of a balanced and well rounded child usually comes into play when coaches address the topic of attendance and making more workouts. The scenario that often unfolds is that there is resistance to adding another workout per week due to 10 other things also going on at the same time. Jack of all trades, master of none comes to mind.

Balance, as we see it, would involve assessing the time demands of each activity, both now and over the next 12 months PRIOR to signing up. You might be surprised at how many activities initially only require one day per week for 1 to 2 hours, then mushroom into two to three days per week for

2+ hours. Our intent is NOT that children only swim, but rather that all parameters are thoroughly considered.

Nutrition

We will get back to providing resources on nutrition for families. We used to do this several years ago but somehow got away from it. The only real caution is to avoid getting too technical and trying to keep tabs on the nutritional content of every gram that your child consumes. It takes the fun out of swimming when everything consumed is linked directly to performance. A bag of Fritos or some McDonald's fries or a bag of M & M's never killed anyone, nor did it result in a bad swim. Moderation is always the key. It's always interesting to hear parents complain about what (and how much) their child eats at home. The bigger question is always, "Who does the grocery shopping?" If you don't have junk food at home it never becomes a problem.

On a different note, but nutrition related, is the question of meat or no meat. Over the years we've had a few vegetarians. While this is not the coaches' choice for athletes and more importantly, children who are still growing, it's NOT our place to say Yes or No. What is of the utmost importance, however, is that parents take the time to educate themselves and their children of the pros and cons of being a vegetarian. For example, while it's possible to substitute for protein, are you getting the same nutrients that animal protein contains? Does being a vegetarian mean no dairy products

at all, or are milk and cheese acceptable?

These are critical areas to address as protein plays a vital role in growth, muscle building, and muscle repair after a strenuous workout. Mental sharpness can also be adversely affected, along with ability to concentrate. All of which are important aspects of training, competing, and recovery.

Olympian? Not my kid

While we all know that only 26 men and 26 women make the US Olympic team every four years, EVERY swimmer, however, should be allowed and encouraged to have Olympic sized dreams. If you chart the history of Olympian, Elite, and World class athletes you will usually find that they started playing sports because it looked like fun. Our role as adults should be to keep it fun, keep the dream alive, and keep everything in perspective. By no means an easy task, but a necessary one. The rewards of chasing the dream are the discipline, work ethic, and appreciation for the effort required in pursuit of that dream.

Progressions

As most of you know, we're big on progressions for our swimmers so they can develop at a steady rate and be in the sport through college and beyond. Continued improvement depends primarily on five things;

- 1) Attendance
- 2) Duration of practice
- 3) Muscle growth
- 4) Intensity of practice
- 5) Nutrition

If all the above things remain at the status quo level, there

will be little or no improvement. None of this is theory either. We have swimmers on the team and others in past years who did the same thing for several years and had marginal improvement. Our more successful swimmers have all added / improved upon some aspect of the above 5 areas each season and have continued to develop. Growth can only go so far.

Consistency

More important than the number of weekly practices is how consistent the swimmer is. Erratic attendance patterns are an invitation to little or no development. This is also an invitation to injury. And from a financial side you're not getting your moneys worth if you're not at practice. :-)

Illness

At some point during the year most swimmers will be under the weather. Frequent illness, though, is often a sign of a swimmer being rundown, not eating right and trying to do too much. You decide. Some children are "notorious" for getting sick close to swim meets. Our observation (over the past 10+ years and dozens of swimmers) tends to show that when this happens the swimmer is very often stressing out. Sometimes it's purely the swimmer, sometimes it's parents placing too much on the swimmer and repeatedly touting the significance of the upcoming meet. Everyone needs to keep in mind that meet prep begins the first day of the season, not the week of the meet.

Understanding the Sociological Development of Your Child

Taken from the Parents section of the USA Swimming web page.

Parents should be aware of how the social relationships associate with sport participation.

Children (7-9 years old) face the challenge of learning how to get along with peers and how to deal with authority figures apart from their parents.

It is important for children to learn how to stand up for themselves among their peers while at the same time understand that their peers are different than they are. They must learn how to compromise for the sake of getting along, and how to cooperate and compete with their equals.

7-10 year olds are expressive, spontaneous, and egocentric. Adults should give them room to express themselves while at the same time establishing clear-cut norms about honesty and playing by the rules. Because these children are in the process of learning acceptable means of achieving goals, parents and coaches should take care to make clearly explained distinctions between what is acceptable and what is not.

Pre-adolescents (10-13) face the challenge of developing "best friend" relationships and gaining acceptance from peers.

Pre-adolescents are figuring out how they are similar to and different from others. They go through a stage during which close relations with same-sex "best friends" are very important. They are very loyal to friends and greatly influenced by what friends think. Unfortunately, young adolescents can also be very exclusive in their peer groups such that those who are different are shunned or mocked. Being accepted and having someone to trust and confide in is of utmost importance. Pre-adolescents must have the opportunity to interact socially with same-sex peers on a regular basis.

At the same time, try to create an environment of inclusions and acceptance of differences.

Adolescents (14-17 years) face the challenge of exploring who they are and how they fit into the world in which they live.

These young people try to answer the question "who am I?" They go through processes of identity testing and identity formation, often to a point that can be frustrating for the adults who know them! Adolescence is a time during which young people "try on" a variety of different identities in an attempt to discover and clarify values while exploring all the possibilities of who they might become as adults. What may seem like rebellion or acting out during this developmental stage, often may be athletes struggling to find identities that fit with their emerging sense of how they are connected to the world. As a parent, be tolerant and accepting of the various identities the athlete "tries on" by allowing them to explore and test new and different identities as long as they do not put themselves in danger and as long as their actions are not in too much conflict with your family values.

Older adolescents (16-19 years old) deal with the challenge of seeking independence and autonomy.

Older adolescents move closer to being independent, autonomous beings: connected to but separate from others, in control of one's life but aware of limitations and boundaries. While complete independence and autonomy are not possible (nor is the individual ready for it), it is important that the athlete be allowed to make strides. If some autonomy is not allowed and encouraged, any organized sport or activity becomes a developmental dead end rather than a developmental opportunity. Feelings of independence and autonomy are derived, in part, from the sense that one has control over his or her life. Athletes who are allowed a voice in their athletic development are also more accountable.

OFFICIATING

Our Officiating base continues to develop and grow. Karen Rosenblatt is now certified as a Hy - Tek operator. Always nice to see several of our parents filling key positions at swim meets. Check the PVS web page for upcoming clinic dates.

Let's get even more parents involved in the officiating process. Our goal in this area is to have a 15 - 20 % officials base.

Contact Randy Bowman for more info.

On a related note, the only parents allowed on the deck at meets are officials. FAST parents have done a good job following this rule during the

WEB LINKS

FAST

swim-fast.org

Potomac Valley Swimming

Pvswim.org

USA Swimming

usswim.org

Swimming World

Swiminfo.com

American Swim Coaches Assoc.

swimmingcoach.org

The Educated Sports Parent

educatedsportsparent.com

Spring Session dates

Summer Session dates

White group (Session 5)	April 13 – May 26	White group	May 31 – July 26
Blue I	April 14 - May 26	Blue I	May 31 – July 26
Red I	April 13 – May 25	Red I	June 1 – July 27
Development	April 12 - May 19		

There is no practice Thursday, May 5.

REMINDERS



* If you have concerns, please address them with the coach.

* Competitive swimming is a sport of time and patience. At FAST, we're in it for long term development, not short term glory.

Birthdays

January

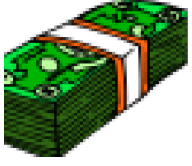
Alejandro Diaz
Kenni Patrick
Anthony Stevens
Ryan Webb
Niko Zhang

February

James Dawson
Eric Freeman
Charlee McNeil
Andria Moyer
Maria Ruiz
Miles Scott
Ashlyn Tripp
Danielle Villeneuve

March

Jeanette Betke
Caelia Chung
Kiely Hutchcroft
Mei Mei Luhr
Nick Stauder
Kellianne Venit
Courtney Worden



Our 2010 / 2011 short course season is now in the books. Invoices through the end of March have been sent out. All meet fees need to be paid. Any outstanding program dues also need to be paid. For those families in Blue II and Red II who are on the three payment option, the third and final payment is due by April 15.

Discounts for multiple swimmers and Spring / summer registration will NOT be applied unless all program dues and meet entry fees are cleared up.

This is the second year of our current dues rates, As such, we are due for our biannual adjustment.

Beginning this Fall we will no longer collect entry fees. Instead they will be rolled into program dues. So when you look at the new fees, keep in mind that part of the higher fees reflect meet fees.

In order to increase revenues and help keep your costs at reasonable rates, we are looking into team sponsorship / advertising from local businesses.

Please note that NO ONE is being asked to sell ad space. For those families who are in a position to generate any sponsorship / advertising, however, 20% will be credited towards program fees. Advertising cover letter, rates, and application info will be posted as well.

COACHES' INSIGHT

WASHINGTON WEATHER

Yup, Washington Weather. That's my topic. Sort of. With communication, miscommunication, and lack of communication always a premium, why not address it again.

They say if you don't like the weather, wait 5 minutes and it will change. We (coaches) sometimes feel like our communication and information dissemination is misplaced under the weather heading from time to time. As you can imagine, we don't want to be there. It suggests we're fickle. Much like Washington weather. :-)

In answering questions that are raised by parents and swimmers we strive to be clear and as to the point as possible. When the same question is reworded and then asked again it

doesn't benefit anyone. While we try to cut off getting the same question more than once we're not always successful. The scope of the question might be changed with different wording so let's try to avoid this happening.

In short, my advice is to take the answer given as the answer to your question (s). Keep in mind that an undesirable response does not mean the question should be asked differently in hopes of a more favorable reply.

After a meet this year Red II was given off on the Monday. I got a call from a parent asking if there was practice. And my answer was no, I had told everyone we would take off Monday. The parent didn't believe their child, thus the call.

With 6 practice groups, 90 to 100 swimmers, 6 coaches and a parent body of roughly 150 there's a lot of information that is always flowing back and forth. Be careful not to take another families' / parents' info and apply it to your situation. It won't work.

It's also important to look at the date on emails when you read them. Some of the questions that are fielded by us often answer themselves once it's determined when an email was sent.

We will continue to be as clear and straightforward as possible. Just keep in mind that it takes all parties for communication to be effective.

FAIRLAND AQUATICS SWIM TEAM

DEVELOPING CHAMPION SWIMMERS SINCE 1992

ONE SWIMMER AT A TIME...

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