

Streamline!



October 2008 - Happy Halloween!

Fishers Area Swimming Tigers



October 8th (Wednesday): FAST Boost Club Meeting (6:30 PM) @ FHS Aquatic Center Classroom

October 10th - 11th (Fri. & Sat.): Evening practices at HSE (TBD)

October 13th (Monday): Kast-A-Way Swimwear (5:00 - 7:30 PM) @ FHS Aquatic Center Lobby

October 18th - 19th (Sat. & Sun.): Monster Splash Invitational @ FHS Aquatic Center

October 20th (Monday): Deadline to sign up for the Noblesville Swim Club Ice Breaker Meet

October 23rd (Thursday): Deadline to sign up for the FAST Friday Night Races XIX

October 24th (Friday): FAST Friday Night Races XIX

October 24th (Friday): TigerBucks Store Open

2008 Monster Splash

The 2008 Monster Splash Invitational, being held Saturday and Sunday, October 18-19, 2008, is less than two months away! The meet will be a two day timed finals invitational. The 13-Over swimmers will swim their sessions on Saturday morning, Saturday evening and Sunday afternoon, while the 12-Under swimmers will swim their sessions Saturday afternoon and Sunday morning. It is a great early season invitational for all ages and abilities.



NOTE: Since this is a home invitational and all team members are expected to compete they will automatically be entered.

Kast-A-Way Returns to FAST

Kast-A-Way Swimwear will be back at the FHS Aquatic Center on Monday, October 13, 2008 from 5:00 PM to 7:30 PM to sell FAST and FHS competition and practice equipment and apparel.

Swimmers and parents are reminded that the Fishers Area Swimming Tigers has apparel/uniform expectations at competitions. FAST is a class program and we want to always look professional as a team on the deck. The uniform expectations are as follows:

A FAST/TYR Black Warm-Up top and bottom is recommended. All swimmers on the Fishers Area Swimming Tigers are required to wear a FAST team T-shirt at competitions. T-shirts can be purchased from one of the coaches.

All swimmers must wear a black FAST team suit made by TYR. In championship meets, swimmers are permitted to wear a TYR Championship Racing Suit.

First Annual Fishers Area Sprint Triathlon

If you didn't have any plans last Sunday then you should've been at Fishers High School. The Tigers held it's First Annual Fishers Area Sprint Triathlon on Sunday, Sept. 21, 2008 with over 300 athletes ranging from ages 7 to 70.



The race started promptly at 9:00 AM with the first swimmer plunging into the FHS 50 Meter pool. After the 500 Meter swim athletes hopped on their bikes for a 10 mile ride and then finished the race with a 3.1 mile run. Thanks to Race Director, Kathy Pelletier, the FAST Tri Committee and numerous volunteers for making this a huge success for FAST. To see pictures from the triathlon, go to www.fasttigers.com.

FAST Pools, FAST Times

Article Provided by: Swimming World Magazine

This year at the Summer Olympics swimming took center stage as millions of people watched Michael Phelps win eight gold medals. As we sat glued to our televisions every night during the Olympics waiting for the next race, we would forget one of the key players in making a swimmer swim fast. . . The Pool!!

How much of an impact does a pool have on a swimmer's performance? There is an old saying in the swimming community: "If you want a fast pool, bring fast swimmers."

However, David Marsh, former Auburn University head coach (now with MAC-Caroline) probably said it best when he said, "Fast pools and fast swimmers equal really fast meets."

This being said, this is why certain championship meets are held repeatedly at the same aquatic facilities year after year.



What Makes A Pool Fast?

There are basically three factors that help make a pool fast: surface wakes, water depth and water circulation systems.

✓ **Deep Water** - As swimmers race down the pool they create waves, both on top and under the surface. These waves need a place to go and often times they bounce off the bottom of the pool and interfere with the swimmer. The recent trend is for pools to be 7 to 9 feet deep.

✓ **Lane Width** - Standard swimming pools will have a 7-foot-wide lane as compared to the high-end competition pools that have 8 or 9-foot lanes. The wider the lane, the less likely the swimmer's waves will affect the swimmers on either side.

✓ **Lane Lines** - Lane lines are crucial in suppressing wave turbulence and new designs are doing just that. Often at the larger meets, facilities choose to use two lane lines between lanes to try and stop waves from traveling from one lane to the next.

✓ **Surface Water Collection** - This could be the most important factor in creating a fast pool especially for the sprint events such as the 50 and 100 freestyle when a two foot wave is following the swim down the pool. When the swimmers turn, they typically try and travel under the wave before surfacing and creating a new wave in the opposite direction. These waves need a place to go and the best way to do that is an effective gutter system. Gutters need to be able to "swallow" the wave, preventing any bounce back into the pool. Properly engineered gutters are designed to suppress waves rebounding off the wall and return the water back into the pool through the bottom. This allows the water to be displaced evenly without disturbing the swimmer.

✓ **Water Temperature** - Temperature has a direct effect on a swimmer's performance. Warm pools tend to drain the swimmer's energy resulting in sluggish swims. On the other hand, pools that are too cold can shock a swimmer's system and result in disappointing times as well. An ideal racing temperature is 78.8 degrees (give or take one degree).



(Information was taken from the July 2008 Swimming World Magazine.)

Halloween

In Hamilton County

The Apple Store at Conner Prairie

Sept. 2nd - Nov. 2nd: Carmel apples, cider, popcorn, jams and jellies, Apple pies. (Tues. - Sun. 11 AM - 5 PM).

Headless Horseman at Conner Prairie

Oct. 17th-19th, 22nd-26th, 29th & 30th: Gates open 6:30 - 9:00 PM. Hayrides and many activities may run beyond 10 PM.

The Pumpkin Train at Indiana Transportation Museum

Oct. 4th, 5th, 11th, 12th, 18th, 19th, 25th, 26th: Enjoy activities such as a petting zoo and face painting. Travel through the Hamilton County countryside, with a stop at a petting zoo and the pumpkin patch.

Swim Meet Checklist

SWIMMER

- | | |
|---------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Team suit | <input type="checkbox"/> Blanket/Sleeping bag |
| <input type="checkbox"/> Swim cap (2) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Goggles (2) | <input type="checkbox"/> Healthy snacks |
| <input type="checkbox"/> Towels (2) | <input type="checkbox"/> Cards, games, books |
| <input type="checkbox"/> FAST apparel | <input type="checkbox"/> Dry clothes |

PARENT

- | | |
|------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Highlighter | <input type="checkbox"/> Something to read |
| <input type="checkbox"/> Sharpie | <input type="checkbox"/> Folding chairs |
| <input type="checkbox"/> Tylenol | <input type="checkbox"/> FAST Spirit Wear |
| <input type="checkbox"/> Drinks / Snacks | <input type="checkbox"/> MONEY!! |

Birthdays

September

- 2nd: Andy Costner
10th: Emma Cline
Jillienne Jacoby
Elizabeth Perez
18th: Reece Cristat
Anna Schkeryantz
27th: Madison Balasko
28th: Kathryn Riedel

October

- 7th: Avery Burke
9th: Courtney Pfanstiel
Nicholas Pfanstiel
10th: Sydney Parrish
11th: Zoe Cochran
Kayce Ingram
14th: Cameron Corey
Josh Salathe
Sarah Strickland
15th: Alexandra Saunders
16th: Bryce Miller
Katie Ternik
22nd: Sam Edmonds
26th: Patrick Montgomery
27th: Anthony Roach
28th: Marlee Kane
29th: Oyun-Erdene Chingis
30th: A Waltermann

October Meet Information

October Meets

October 18th-19th : Monster Splash Invitational @ FHS Aquatic Center. You will automatically be entered in this meet. To SIGN OUT of this meet go to www.fastigers.com.

October 24th: FAST Friday Night Races XIX @ FHS Aquatic Center. Deadline to sign up for this meet is October 23rd @ 7:30 PM.

Warm-ups @ 5:00 PM
Meet Starts @ 6:00 PM



Just A Reminder. . .

FAST Baseball Jersey's For Sale Now!!

Price: \$35.00 (add \$15.00 to get a name and number on the back). Go to www.fastigers.com to download an order form.



Happy Halloween FAST Tigers

Trick-or-Treating hours in Fishers are from 5:00 - 8:00 PM on Friday, October 31st.

You've Got Mail. . .

Family mailboxes are located on the team table. The folders are arranged by swimmer's last name. Please check your mailbox for important announcements, meet ribbons and booster club activities.

Order Online



Order online:

Log on to www.kastawayswimwear.com
Click in TEAMS in the upper right corner
Username: FASTIN
Password: TIGERS
Happy Shopping!!!

G.O. FAST (groupies of) Booster Club

Thanks to everyone that attended the September Booster Club Meeting. It was very productive and we appreciate everyone's hard work and feedback. All parents with swimmers on the team are encouraged to attend. We have a lot of upcoming projects and need all the help and support we can get! The Booster Club meets the second Tuesday of each month. This is a great way to get involved with FAST.

For more information on the FAST Booster Club or to get involved, please contact our Booster Club President, Shawn Curran at scurran@curran-architecture.com

To submit FAST Tigers articles or photos for upcoming newsletters, please send all information to:

Debbie Pfladderer
deb@pfladdereronline.com

Information needs to be received by the 25th of each month.