

# DECEMBER & JANUARY

## Important Dates:

### December

1st (Saturday @ 1:00 PM): FHS Swimming & Diving Home Triple Dual Meet (Women & Men) vs. Lakota East HS, Lakota West HS & Mt. Vernon HS

3rd (Monday @ 5:00 - 7:30 PM): Kast-a-Way Swimwear Equipment and Apparel Sale @ FHS Aquatic Center

3rd (Monday): Santa Claus Shout Outs due today!!!! Please put form and money in "LEMEN" mailbox by the end of practice today.

15th (Saturday @ 1:00 PM): FHS Swimming & Diving Home Dual Meet (Women & Men) vs. Cincinnati Anderson HS

15th (Saturday): December Payment due

29th (Saturday @ 10:00 AM): FHS Swimming & Diving Home Dual Meet (Women & Men) vs. Richond HS



### December Meets & Deadlines

December 7-9, 2007 - FAST Santa Claus Classic @ Fishers HS

December 14, 2007 - FAST Friday Night Races XIII @ Fishers HS  
**Deadline:** Thursday, Dec. 13 by 7:30 PM

December 28, 2007 - FAST Friday Night Races XIV @ Fishers HS  
**Deadline:** Thursday, Dec. 27 by 7:30 PM

### January

Please check the website for January dates.



### January Meets & Deadlines

January 4-5, 2008 - Indian Creek Aquatic Club "Middle of the Cornfield" Invite @ Indian Creek High School in Trafalgar, IN  
**Deadline:** Wednesday, Dec. 19 by 7:30 PM

January 11-13, 2008 - Northern Kentucky Clippers Mid-Winter Invite @ Silverlake Aquatic Center in Erlanger, KY

**Deadline:** Check FAST website

January 25-27, 2008 - Center Grove Aquatic Club Invitation @ Center Grove HS in Greenwood  
**Deadline:** Tuesday, Jan. 8



### Stay Current w/your Monthly Fees

Typically, FAST sends bills out on the 1st of the month and would like everyone to have their bill paid by mid-month. You should get a copy of your bill via email and snail mail. If you are not getting a bill, please let me know as soon as possible. There have been several problems and we might not have your correct email or mailing address in the Quickbooks database.

For the sake of our program, please do your best to pay your invoice in a timely manner. Thank You!

## IMPORTANT Time Change Information

### Santa Claus Classic Time Changes!!

Please note that some of the the warm-up and starting times for some of the sessions have changed.

The information to the meet is as follows...

#### 2007 FAST Santa Claus Classic Info

Date: December 7-9, 2007

Place: Fishers HS Aquatic Center

Times: \*\*\*PLEASE NOTE THE TIME CHANGES\*\*\*

#### Friday

10-Under, 11-12, 13-14 & Open Age Groups

Stretching @ 4:00 PM

Warm-Up @ 4:15 PM

Meet Starts @ 5:30 PM

#### Saturday & Sunday

13-14 & Open Age Groups

Stretching @ 6:45 AM

Prelims Warm-Up @ 7:00 AM

Prelims Meet Starts @ 8:15 AM

Finals Warm-Up @ 5:00 PM (Sunday @ 4:30 PM)

Finals Meet Starts @ 6:00 PM (Sunday @ 5:30 PM)

#### 8-Under, 9-10 & 11-12 Age Groups

Warm-Up @ 11:30 AM

Meet Starts @ 12:30 PM

Finals Warm-Up @ 5:00 PM (Sunday @ 4:30 PM)

Finals Meet Starts @ 6:00 PM (Sunday @ 5:30 PM)

# Swimming

## Swim Parent Tip of the Month

### Let The Coach Do The Coaching

When parents take on the roles and responsibility of the coach, it takes away from the fun in swimming. Critiquing races, offering suggestions on what went wrong or how to improve, and placing expectations on performance are examples of things parents do that tend to decrease the kids' enjoyment. You must trust the coach to guide your child's sports experience and you must be able to accept the coach's authority. Not only will your instruction and criticism diminish your child's enjoyment, it might also confuse the child, leaving him to wonder who he should listen to or who is giving the correct advice. The coach-athlete bond can be a very strong one. Some of the admiration and respect once directed solely to you now must be shared with the coach. Provide support and resist the urge to compete with the coach! Respect the coach and do not criticize the coach in front of your child. If you have serious concerns about the instruction or advice your child is receiving, make an appointment to speak to the coach privately to discuss your concerns.

Tip Provided by:



## Santa Claus Classic T-shirt Winners

Congratulations to the following  
Santa Claus Classic T-Shirt winners. . .

Kyrsten Moore	Katie Lemen
Anna Miller	Lindsey Lemen
Bryce Miller	Connor Hickey
Makenna McAteer	Allie Hogan
Erin Moe	Cassidy Ball

## PARENTS!!!!

Please make sure you volunteer every opportunity you can for the upcoming FAST Friday Night Races and our FAST Hosted meets.

For our Hosted Meets it takes quite a few volunteers to make the weekend run smoothly so it is very important that everyone volunteer whether or not your child is swimming in the meet or not.

NOTE: We are still in desperate need of volunteers for all three sessions on Sunday. Even if you've signed up for your three sessions, if you can help us out in any way on Sunday it would be greatly appreciated. Please email Jane Meyer at [janeandbrian@sbcglobal.net](mailto:janeandbrian@sbcglobal.net).

Thanks, Coach Ken



## Photo of the Month



### "Cheering On A Teammate"

During the November 9th FAST Friday Night Races some of the White Tigers cheered on their teammate, Aly Sperring.

Aly is a White Tiger and it was her first time swimming 100 IM in a meet. Aly's time was 1:52.12.

## Contact Info:



13000 Promise Road  
Fishers, IN 46038  
317-570-SWIM (7946)  
[info@fasttigers.com](mailto:info@fasttigers.com)  
[www.fasttigers.com](http://www.fasttigers.com)

Swim Lessons  
317-664-1930  
[fastswimlessons@sbcglobal.net](mailto:fastswimlessons@sbcglobal.net)



1726 B East 86th Street  
Indianapolis, IN  
317-848-5263

To make purchases online:  
[www.kastawayswimwear.com](http://www.kastawayswimwear.com)

Click on TEAMS  
Enter username: FASTIN  
Enter password: TIGERS  
Happy Shopping!



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

Debbie Pfladderer  
[deb@pfladdereronline.com](mailto:deb@pfladdereronline.com)

Information needs to be received by  
the 20th of each month.

Newsletters will be distributed the  
beginning of each month.

## "GOLD SWIMMER" continued

Tigers Distance Program into the 22nd Century with his legendary performances!

November also marked the start of high school season for the Fishers HS Women's & Men's Swimming & Diving program. The Tigers are off to a FAST start as the FHS Lady Tigers won the six-team Westfield "Kristen Rice" Invitational on 11/17/07. It was the first-ever invitational victory for Fishers HS. **Alex Carmack** won the 100 Breaststroke, while **Emily Bailey, Megan Roach, Samantha Montgomery** and **Jillienne Jacoby** combined to win the 200 Freestyle Relay.

Besides Carmack, other top-6 individual finishers for the Lady Tigers at the Westfield Invitational included, **Jillienne Jacoby, Jessie Tucek, Emily Meyer, Megan Roach, Samantha Montgomery, Hayley Summers** and **Kacy Rhoades**. Outstanding performers that achieved 100% personal lifetime best times, included **Emily Bailey (2/2), Jamie Fiddler (1/1)** and **Christina Kim (1/1)**.

On Monday, November 19, 2007, the FHS Women's & Men's Swimming & Diving teams picked up wins as they defeated Heritage Christian School in a dual meet on Monday night. The Tiger Men won by a score of 114 to 68, while the Lady Tigers were victorious by the score of 156 to 21.

FAST Tigers that were double winners for the Lady Tigers included, **Jessie Tucek** and **Megan Roach**. Other event winners for the FHS Women included **Emily Bailey** and **Hayley Summers**. Individual event winners for the Tiger men's team included, **Jonathan Dance, Luke Foulds, Ethan Jamrose, Sam Kozman, Ant Roach** and **Josh Salathe**.

Jamrose's 500 Freestyle was a school record by three seconds. The Tiger men's 400 Freestyle Relay team, made up of **Ethan Jamrose, Tucker Hale, Jonathan**

**Dance** and **Josh Salathe** shattered an FHS School record in that event by seven seconds. Outstanding performers for the Tigers at the Heritage Christian meet that achieved the most lifetime best times included, **Emily Bailey, Alex Carmack, Liz Downen, Jamie Fiddler, Tucker Hale, Ethan Jamrose, Christina Kim, Sam Kozman, Emily Kuhn, Lauren Laliuff, Morgan McCann, Matthew Morrill, Lauren Need, Kate Sirk** and **Hayley Summers**

Finally, the FHS Women's & Men's Swimming & Diving team traveled to Westfield HS on Monday, November 26, 2007 and raced to wins. The Tigers' Men (2-0) won by the score of 97 to 89 and the Lady Tigers (2-0) cruised to a 130 to 56 victory. Fortunes have drastically changed in the past year for the Tigers as the FHS men lost to Westfield by score of 133 to 50 and the FHS Lady Tigers were defeated by the score of 114 to 72 in November of 2006, only one short year ago.

**Jillienne Jacoby, Ali Lemen** and **Megan Roach** all won one individual event for the Lady Tigers. **Tucker Hale** was the star for the FHS Men as he was a double winner. Tucker's 100 Backstroke swim was a FHS School record. Other individual event winners for the Tigers' Men included, **Jonathan Dance, Ethan Jamrose**, and **Josh Salathe**. Outstanding performers for the Tigers that achieved the most lifetime best times included, **Emily Bailey, Austin Beaupre, Tucker Hale, Christina Kim, Lauren Laliuff, Morgan McCann, Kacy Rhoades** and **Yaniv Smukler**.

The Tigers will be back in action on Saturday, December 1, 2007 as they host a triple dual meet against Mount Vernon HS, Lakota East HS (Ohio) and Lakota West HS (Ohio) at 1:00 PM at the Fishers HS Aquatic Center.

Athletes are reminded to please take really good care of themselves, both inside

and outside of the pool. There's not a worse time to get sick and miss time in the water than now. At this point in the season, we can't afford our athletes missing extended periods of time due to illness. The athletes should make sure they dress properly by wearing socks, shoes, coats, hats, etc. It is also very important that the athletes do a good job of getting to bed earlier and regulating sleep habits. Finally, athletes need to make sure they are drinking lots of water during the day so they stay hydrated and put themselves in a position to maintain and improve the quality of their practices.

Our Gold Squad's "Swimmers of the Month" are **Alex Carmack** and **Tucker Hale**. They maintained outstanding practice attendance, put forth a tremendous effort and achieved breakout performances in the competitions. I'm really excited to see how Alex and Tucker perform as the season progresses.

Congratulations to everyone on a spectacular month!

## "SILVER" continued

Megan showed the same can do attitude while swimming some events out of her previous comfort zone (400 IM, 200 Fly, 500 Free, etc.). One statistic that is typical of Megan's recent success is a 2000 Freestyle test swim that we do during practice. Megan's time dropped three minutes and thirty seconds from September to November. That is over ten seconds a hundred!

Congratulations on a great November Megan and keep up the good work!

# STREAMLINE!

December 2007 & January 2008

Fishers Area Swimming Tigers

## Coach's Corner

### Santa Claus Classic Meet Info

Date: December 7-9, 2007

Place: Fishers HS Aquatic Center

#### Friday

10-Under, 11-12, 13-14 & Open Age Groups

Warm-Up @ 4:00 PM

Meet Starts @ 5:00 PM

#### Saturday & Sunday

13-14 & Open Age Groups

Prelims Warm-Up @ 6:30 AM

Prelims Meet Starts @ 8:00 AM

Finals Warm-Up @ 5:00 PM (Sunday @ 4:30 PM)

Finals Meet Starts @ 6:00 PM (Sunday @ 5:30 PM)

8-Under, 9-10 & 11-12 Age Groups

Warm-Up @ 12:00 Noon

Meet Starts @ 1:00 PM

Finals Warm-Up @ 5:00 PM (Sunday @ 4:30 PM)

Finals Meet Starts @ 6:00 PM (Sunday @ 5:30 PM)

#### MEET INFO:

\* Each swimmer in the 9-10, 11-12, 13-14 & Open Age Group is allowed to participate in up to three individual events per session. Each swimmer in the 8-Under age group is allowed to swim four events per session.

\* There will be prelims and finals (top-20 finishers) for the 9-10, 11-12, 13-14 & Open Age Groups on Saturday and Sunday.

\* This is a short course yards meet.

\* A great meet for the entire team.

## In The Spotlight . . . Swimmer of the Month

**Gold** Tigers - Coach Ken

I hope everyone had a wonderful Thanksgiving Holiday Week. Most of the Gold Squad stayed in town and did a super job with their training. This effort will definitely pay off down the road in future competitions.

November was an especially busy month for the Gold Squad. The training and competition was tremendously successful and our squad is "light years" ahead of last year at this time. Both the Fishers HS and the FAST Tigers programs are thriving and on their way to great things!

During the weekend of 11/2-4/07, most of the Gold Squad swimmers competed at the Carmel Swim Club "Fall Frenzy" Invitational at IUPUI. It was a super performance for our squad as the FAST Tigers finished fifth out of 25 teams. The meet featured 1258 athletes from Indiana, Kentucky, Missouri, Wisconsin, Ohio and Illinois. Outstanding performers for the FAST Tigers from the Gold Squad that achieved 67% or better lifetime best times included, **Austin Beaupre (7/7), Jamie Fiddler (7/8), Tucker Hale (7/11), Jillienne Jacoby (7/10), Ethan Jamrose (9/11), Ali Lemen (7/8), Morgan McCann (3/4)** and **Matthew Morrill (6/8)**. Even most of the swims that weren't personal best times, were in-season best times or faster performances than this time last year. FAST Tigers team record

breakers from the Gold Squad included **Alex Carmack, Jillienne Jacoby, Kacy Rhoades, Megan Roach, Jessie Tucek, Ethan Jamrose, Tucker Hale, Josh Salathe, Ant Roach & Luke Foulds**.

Also, congratulations to **Hayley Summers (15-16 Girls)** for making her first Indiana Divisional Championship cutoff time of the season.

The following Friday night, 11/9/07, the Gold Squad raced in the FAST Friday Races XII. Besides doing a great job of leading the cheers and interacting with the younger swimmers, the Gold Squad had some outstanding breakthrough performances. Outstanding performers for the FAST Tigers from the Gold Squad that achieved 67% or better lifetime best times included, **Emily Bailey (2/3), Austin Beaupre (3/3), Jonathan Dance (3/3), Jamie Fiddler (2/3), Luke Foulds (2/3), Tucker Hale (2/3), Jillienne Jacoby (2/3), Christina Kim (3/3), Emily Kuhn (2/3), Ali Lemen (2/3)** and **Morgan McCann (3/3)**.

FAST Tigers team record breakers from the Gold Squad at the FAST Friday Races XII included, **Megan Roach, Alex Carmack, Kacy Rhoades, Jonathan Dance, Ant Roach** and **Luke Foulds**.

And by the way, I would like to congratulate Luke on leading the FAST

"GOLD SWIMMER" cont. on page 4



# In The Spotlight . . . FAST Swimmers of the Month

## White Tigers - Coach Lauren

Each month with the White Tiger group they have achieved significant improvements for all of the swimmers. This group is full of energy, eagerness to improve, and just want to have fun. All of the swimmers have had an outstanding month, but there is one girl and one boy that stand out for November. Each has worked hard and shown significant improvement during the course of the month.

Over the course of the month, we have focused more on improving breaststroke and butterfly. This swimmer believes Coach Lauren to be particularly "evil" when she is forced to work on her butterfly (and starts). **Sarah Jacobs** has made huge strides in improving her butterfly this month.

When we began working on butterfly, it appeared that to swim Sarah's butterfly you must be double-jointed in your shoulders. However, now it appears that pretty soon Sarah might be giving her coach a run for her money in butterfly. Congratulations Sarah, you are the White Tiger Female Swimmer of the Month.

Out White Tiger Male Swimmer of the Month comes to each practice with a positive attitude, smile on his face and an eagerness to get practice started, even though he swims in a lane with mostly girls! I am delighted to see the progress that **Sam Kuhn** has made over the past month and am greatly looking forward to his continued success! Congratulations Sam, you are the White Tiger Male Swimmer of the Month!

## Red Tigers - Coach Korey

As 2007 comes to a close the Red Tigers are preparing for big things. As a first year coach with the FAST Tigers I couldn't have asked for a better group of kids to coach. The Red Tigers are the future of our team and I find myself reminded of that everyday when I witness their work ethic, great attitudes and of course, strength in numbers and comradery. From where I'm standing on deck... the future looks FAST!

In only a few short months I've watched as our swimmers progress at a very rapid rate. The Red Tigers have proven to be very quick learners progressing through drills and getting right into some real endurance sets. In fact, very soon a few of our swimmers will be moving up to the Blue group where they will be more challenged and develop on another level. Several of our swimmers are eagerly awaiting the opportunity and challenges that await them at the next level.

Personal best times have become a real common occurrence for the Red Tigers as they compete. A few of the Tigers have reached new impressive levels, earning divisional cuts via big time drops. Two swimmers from that group are **Joe Moser** and **Lauryn Parrish**. Swimming in only two meets in the last month both Lauryn and Joe earned divisional cuts as well as some team and FHS pool records! Lauryn set six team records while Joe claimed one as well. At the beginning of the month during the CSC meet Lauryn swam to three personal best times in the 25 fly and the 50's free and back. Her time in the back earned her a divisional cut whereas her time in the free was already good for a cut. At the same meet Joe swam to three personal bests in three disciplines over the distance of 50 yards. Dropping from three to five seconds in the events Joe earned a divisional cut in the backstroke while drastically improving his times in the free and fly. Just two weeks later at the Fast Friday Night Races XII Lauryn and Joe set team and pool records in the 100 free and 50 fly respectively. Due to Joe and Lauryn's outstanding accomplishments they have earned the swimmer of the month award. As the year winds down the Red Tigers are only winding up so look out for us in 2008!

## Blue Tigers - Coach Erik

It's hard to imagine that 2007 is already coming to a close and we'll be starting another year in FAST TIGER history soon! For the Blue Tigers this has been a very productive and exciting year. We've seen the emergence of a very strong (and young!) group of 10U Boys that will turn heads everywhere

they swim, many new 11-14 male and female swimmers that have made tremendous progress and are able to fill relay spots, and the continued improvement of a core group of 10U girls that are sure to set new records as they grow through the program.

"BLUE" cont. on page 3

## "BLUE SWIMMER" continued

There has been so much growth in ability in our group over the last year that many of our swimmers are now ready for and have decided to take the next FAST TIGER challenge: moving up to the Bronze Group. One such swimmer is **Davis Arick**. In his first season as a FAST TIGER he has already proven himself as a leader on our TEAM that other swimmers look

up to and push themselves harder when racing next to him. He has also already achieved his first divisional cut and has good practice attendance to go along with his great attitude. For these reasons he has also been named the "Blue Tiger Swimmer of the Month"!

I'm so proud of all of our swimmers as I've been with many of them since Day 1 when they were Red Tigers, and to have been able to watch them progress as quickly and as competently as they have has been such a joy! I wish all TIGERS,

especially our Blue Tigers moving up to Bronze, the best of luck in our upcoming Short Course Meets. And I hope the Red Tigers get their cuts soon so we can fill the new open spaces in the Blue Group, and similarly that the White Tigers can refill the Red Tiger lanes so that our TEAM always keeps moving forward together.

Don't forget to sign-up for our upcoming meets!



## Bronze Tigers - Coach Bill

Congratulations to all the swimmers in the Bronze Tigers who have participated in the last couple of meets. We had several phenomenal time drops! I would like to recognize **Courtney Etchison** and **Chris Cutter** as Swimmers of the Month.

They both had great meets and very good practice attendance. Congratulations to both of them on an honor well deserved!

Other notable accomplishments came from **Annie Agar, Stephanie Bui, Brandi Brown, Melony Dance, Gabrielle Eden, Courtney Etchison, Brad Jacobs, Ryan Knight, Michael Linnen, Patrick Montgomery, Lauren Schingel, Natalie Strugis, Hope Van Osdol, Erica Wiley, and Ashley Zeiner** all completed their timed 2000 and showed improvement from the last time that they swam it. Stephanie Bui had the largest time drop (4:06) in the group.

Congratulations to the swimmers who achieved at least 67% best times at the WTSC Holiday Championship Meet were **Chris Cutter** (5 out of 6 events), **Courtney Etchison** (3/3), and

**Zach Zeurcher** (3/4). At the Carmel Swim Club's Fall Frenzy, **Brandi Brown** (5/6), **Stephanie Bui** (4/4), **Therese Detablan** (7/7), **Gabrielle Eden** (2/3), **Mikaela Hickey** (4/6), **Brad Jacobs** (6/6), and **Michael Linnen** (5/6). Also we would like to congratulate **Brad Jacobs** and **Michael Linnen** for setting new records in the 11-12 boys age group. Great Job!

The group as a whole has been working very hard to refine their technique. We have placed a strong emphasis on the mechanics of each stroke; making sure that our strokes are efficient. The reason why stroke mechanics are important is because once the swimmers start to progress through the groups and training becomes more important, bad mechanics can lead to several problems down the road. These problems could lead to inefficiency (not maximizing the potential of the swimmers to damaged shoulders.

Moving forward I would like to see the group to continue with their practice attendance and habits and to participate in more meets. The coaching staff feels that meets are an opportunity for the kids to showcase their hard work, to have fun, and to support their teammates when they are swimming.

Lastly, I would like welcome **Ally Reyes**, she is new to swimming and

obviously new to our group and she is doing a fabulous job!

## Silver Tigers - Coach Ralph

Thanks to all the parents who make this possible. You have great kids and I appreciate the chance to work with them.

The Silver Tiger season is off to a great start. Several individuals had a great month of November. Five swimmers had outstanding performances (67% lifetime best swims) at the WTSC meet November 16-18 and **Erin Moe** won the 11-12 Girls high point. Nine swimmers had outstanding performances at the FAST Friday Night Races XII on November 9. One swimmer that stands out is **Megan Lalioff**.

Megan had a good swimming month (7 out of 8 best times at WTSC), but that isn't the whole story. She has exemplified the hard work and attitude on a daily basis that it takes to succeed. These attributes have shown up in her results. She has exhibited a cheerful can do attitude while working hard and is usually smiling (at least at the beginning of practice).

"SILVER" cont. on page 4