

Life in the FAST Lane

October—
November 2009

Life in the FAST Lane is a publication for FAST families to communicate important facts and events, and provide interesting articles on "life in the FAST lane."



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FREDERICK AREA SWIM TEAM

Volume 1, Issue 8

Swimmer Spotlight



At some point in everyone's life we are faced with tough decisions, that will ultimately mold our future.

Brian Gillespie, a 16 year-old junior at Linganore High School was faced with one of those decisions this year. His decision –

whether to swim for his high school swim team.

In the end, Brian made the decision to dedicate his time to FAST and focus on his individual times. When asked why, Brian said "I decided club swimming would go further in preparing me for a college swim team." He said "high school swimming is fun, but I need to get prepared for my future."

Brian's personal goals include taking 2-3 seconds off on all of his 100 events. "I'm a good distance and sprint swimmer, but I want my resume to show I'm a well-rounded all around swimmer". As a junior, Brian has already begun gathering informa-

Brian Gillespie

tion on colleges online.

In addition, Brian is focusing on his goal to qualify for Sectionals with the FAST Men's 200 Free Relay team, which includes Josh Romanchuk, Will Parker, Willie Sasse, and Brian. "We knew we had a pretty good team," Brian said, "but the addition of Will Parker has really rounded out the team".

Brian's advice to younger swimmers – "make sure you keep focused in practice. Sometimes its hard to see the big picture, and sometimes you want to take the day off. But stay focused on what you want to achieve at the end of the season, and work for it every day!" ♦

Swimmer Spotlight



Determined and Inspiring are just a couple words that very accurately describe Sara Franciscovich. Especially this year.

In September, Sara injured her knee playing soccer. Then she re-injured her knee in November, resulting in a torn ACL, torn meniscus, and a torn MCL. For many, that would be good reason

to take a break. But not Sara!

We've seen swimmers with injuries in the past continue to practice in the pool, as swimming aids in their rehabilitation. But Sara has decided to continue to compete, both for FAST, and for TJ High School.

Why? "I have been swimming since I was 4 years old", Sara said, "it's what I love." In addition, Sara said "it's my Senior year, and I'm the Captain of the TJ High School swim team. I want to be there for my team, and help them. I don't want to sit out my last season."

When asked about her goals, Sara said "I know my times won't be what they would normally, but I want to be able to dive off the blocks and finish the race." She said "people won't remember me for my times this year. Instead

they will remember me for swimming with a knee brace."

Sara plans to swim in college, and is considering elementary education as her major. She has been communicating with coaches at Salisbury University, Gettysburg, and University of Scranton.

Sara's advice to younger swimmers is "Start the college process early, at least by your junior year. Consider types of schools, talk to the coaches, and listen to your parents (*even though they're your parents*)". Sara advised swimmers "if faced with challenges, keep going. It will make you a better person in the end. Keep swimming, no matter what!"

Excellent advice Sara! But I think you will be remembered for much more than your brace. You will also be remembered for your determination and inspiration! ♦

Sara Franciscovich

Congratulations!
We have achieved 25% of our initial goal towards the FAST Pool Project!



Fundraiser Corner

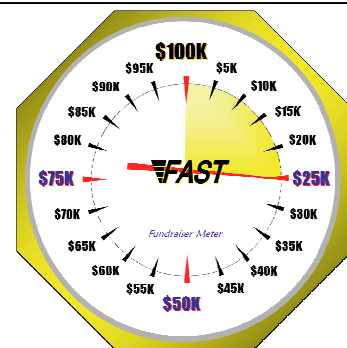
We have continued to make progress towards our goal for the FAST pool project. As of this publication, we have now achieved 25% of our initial goal!

All FAST families and swimmers are encouraged to keep working on obtaining pledges for the Swim-a-Thon.

In addition, don't forget to purchase FASTscrip cards for your holiday purchases. Proceeds from both of these efforts go directly to the pool project

Lets keep working together to get that pool!

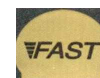
Thank you for your continued support! ♦



shopwithscrip.com

FAST Gear!

Pool, Patios, and Porches has provided their fall pricing list for FAST gear. Consider purchasing FAST team apparel and gear for Christmas. It makes a great gift! ♦



FREDERICK AREA SWIM TEAM				
2009 Order Form				
Item	Color	Logo	Sizes	Price
Team Racing Suits - prices shown already include a 20-25% discount				
Girl's Team Suit	Black	Included	20-26	50.40
SPEEDO - thick or thin strap			28-40	52.00
Girl's FastSkin II Recordbreaker	Black/Yellow	N/A	20-36	127.50
Girl's Aquablade Recordbreaker	Black	N/A	20-36	64.50
Boy's Team Jammer	Black	Included	22-28	34.40
SPEEDO - nylon/lycra suit			30-38	36.00
Boy's FastSkin II Jammer	Black/Yellow	N/A	26-36	112.50
Boy's Aquablade Jammer	Black	N/A	22-36	54.00
Equipment & Bags - prices shown already include a 20-25% discount				
Pro Backpack, Large, SPEEDO	Black or Yellow	Included		55.50
Pro Backpack - Small, SPEEDO	Black or Yellow	Included		44.25
Pro Duffle Bag, SPEEDO	Black or Yellow	Included		47.99
Contour Swim Paddles			S M L	12.80
Power Paddles			S M L	17.59
Swim Fins	XXS XS S M L XL XXL			25.59
FAST silicone Cap				8.79
FAST latex Cap				3.19
Team Apparel				
Apparel discounting - 1 item-10% off, 2 items-15% off, 3+ items-20% off prices shown				
T-Shirt, short sleeve - Youth	Blk, Gray or Yellow	Included	XS-XL	17.00
T-Shirt, short sleeve - Adult	Blk, Gray or Yellow	Included	S-2XL	19.00
T-Shirt, long sleeve - Youth	Blk, Gray or Yellow	Included	S M L	21.00
T-Shirt, long sleeve - Adult	Blk, Gray or Yellow	Included	S-2XL	23.00
Hooded Sweatshirt - Youth	Blk, Gray or Yellow	Included	S M L	25.00
Hooded Sweatshirt - Adult	Blk, Gray or Yellow	Included	S-2XL	29.00
Striped Hoodie	Blk/Gray	Included	S M L	31.25
Sweatpants - Youth	Black	Included	S M L	19.00
Sweatpants w/pockets - Adult	Black	Included	S-XL	26.00
FAST Striped Towel	Yellow & White	Included		28.99
Flannel pants (youth or adult)	Blk/Yellow & White	included	S M L	25.99
Monogram				8.00 per item
Pools Patios & Porches 301-698-1200				
179 Thomas Johnson Drive Frederick, MD info@poolspatiosandporches.com				
Store Hours: W 9:30-7 M/T/Th/Fri 9:30-6 Sat 9:30-3:30				
Pricing and discounts are the same for all club and high school teams (some variances may occur due to the art and coloring of logo used and quality or style of product available)				

FAST Dominates Relays at NBAC Fall Warm-up

The FAST relay teams gave an outstanding performance at the NBAC Fall Warm-up Meet at Towson University the weekend of November 21st. In addition, the support of the other FAST swimmers for each relay team was once again phenomenal!

Congratulations go out to each of the relay teams for their amazing races. ♦



Event/Swimmers	Place	Time
Women's 13-14 200Y Freestyle Relay		
Lauren Eyler, Theresa Schrider, Page Fox, Kathryn Romanchuk	1st	1:49.58
Men's 13-14 200Y Freestyle Relay		
Chris Lamont, Keegan Simmons, Matt Walchuck, Grant Skinner	1st	1:39.98
Women's 200Y Freestyle Relay		
Ali Fox, Joselyn Auxer, Marie-Charlotte Debuchananne, Lauren MacDonald	1st	1:46.83
Men's 200Y Freestyle Relay		
Willie Sasse, Brian Gillespie, Josh Romanchuk, Will Parker	1st	1:32.74
Women's 9-10 200Y Freestyle Relay		
Shanna Chang, Jena MacDonald, Lily Simmons, Gabby Greco	2nd	2:12.30
Women's 13-14 200Y Medley Relay		
Larissa Wildfang, Theresa Schrider, Felicity Wertman, Page Fox	1st	2:03.14
Men's 13-14 200Y Medley Relay		
Grant Skinner, Karl Sasse, Jonathan Franklin, Keegan Simmons	1st	1:56.21
Women's 200Y Medley Relay		
Lauren MacDonald, Marie-Charlotte Debuchananne, Joselyn Auxer, Ali Fox	1st	2:00.78
Men's 200Y Medley Relay		
Josh Romanchuk, Willie Sasse, Will Parker, Brian Gillespie	1st	1:45.31

NBAC Fall Warm-up Top Finishers and Top Time Reducers

Many personal best times and first place finishes were made by FAST swimmers at the NBAC Fall Warm-up meet. Check out the Top Finishers shown at right. In addition, below are the top time reductions for each age group. The time reductions are the total combined time reductions over the weekend.

Special recognition goes out to Daniel Romanchuk, who took a combined total of 58.82 seconds off his times and Lily Simmons who took off a combined total of 46.93 seconds.

Way to swim FAST! ♦

Top Time Reducers

Swimmer	Combined Total Time Reduction
9-10 Girls	
Lily Simmons	-46.93
9-10 Boys	
Zach Althoff	-33.74
11-12 Girls	
Caitlyn Sellers	-28.08
11-12 Boys	
Daniel Romanchuk	-58.82
13-14 Girls	
Corryn Meadows	-27.23
13-14 Boys	
Devin Wildfang	-31.51
Girls Open	
Marie-Charlotte Debuchananne	-5.15
Boys Open	
Brian Gillespie	-14.54

Top Finishers

Name	Event	Place	Time
Boys 11-12			
Ryan Franklin	Boys 11-12 100 Free	1st	59.15
	Boys 11-12 50 Free	1st	26.75
	Boys 11-12 100 IM	1st	1:11.02
Girls 13-14			
Theresa Schrider	Girls 13-14 100 Breast	1st	1:16.18
	Girls 13-14 50 Free	1st	26.92
Larissa Wildfang	Girls 13-14 100 Back	1st	1:05.61
Boys 13-14			
Keegan Simmons	Boys 13-14 100 Back	1st	1:03.35
	Boys 13-14 100 Free	1st	54.07
	Boys 13-14 200 IM	1st	2:12.38
	Boys 13-14 50 Free	1st	24.81
	Boys 13-14 100 Fly	1st	59.18
	Boys 13-14 200 Free	1st	1:56.27
Girls Open			
Robin Currens	Girls Open 200 Free	1st	02:08.8
Ali Fox	Girls Open 50 Free	1st	25.39
Boys Open			
Brian Gillespie	Boys Open 400 IM	1st	4:21.03
	Boys Open 100 Back	1st	56.72
	Boys Open 100 Free	1st	49.63
	Boys Open 200 IM	1st	2:00.47
	Boys Open 50 Free	1st	22.87
	Boys Open 200 Breast	1st	2:16.43
	Boys Open 200 Free	1st	1:48.97
Josh Romanchuk	Boys Open 500 Free	1st	5:04.24

FREDERICK AREA SWIM TEAM

Board of Directors:

President	Connie Althoff
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Member at Large	Anne MacDonald
Member at Large	Bill Wells
Member at Large	Josh McDonald
Member at Large	Anna Holland
Member at Large	Theresa Gillespie



Editors Note:

Life in the FAST Lane is a publication to keep FAST families informed, as well as an opportunity to communicate and recognize "life in the FAST lane." We welcome article submissions from FAST coaches, swimmers, and parents. Articles should be emailed to Trish Wildfang at ktwildfang2b@yahoo.com by the 20th of each month, to appear in the next months newsletter.

Newsletter Editor:
Trish Wildfang

FAST Photography:
Kevin Wildfang

Swim Meet Reminders

Here are just a few reminders about the FAST swim meets. For the full article and details about FAST swim meets, please refer to the article posted in the September edition of the newsletter, located on the FAST website (www.frederickareawimteam.org). Questions? Send an email to the FAST coaches at fastcoach@aol.com.

Swim Meet Schedule

The 2009-2010 swim meet schedule is available on the FAST website. In addition, e-mail reminders will be sent out letting you know when meet entries are due. Swimmers and parents should get in the habit of checking the FAST website frequently for updates.

When to Arrive at Meets

Please arrive to swim meets promptly, in time for warm-ups. Warm-ups are very important and allow the swimmer a chance to get the feel of the pool, to try out the starting blocks, and to relax. Younger swimmers especially can be overwhelmed by all the pre-activity of a swim meet. Warm-ups help swimmers to focus on what's going on! Each team is allowed a limited time to warm-up-if you arrive late, you will miss the warm-up. Plan to arrive 15 minutes before the warm-up time.

What to Bring to Swim Meets

Wear your team suit or solid black suit, goggles, team cap, 3 towels, a sweatshirt/sweatpants, and a change of clothes. It is always good to have an extra pair of goggles and an extra team cap in your bag in case your goggles break or your cap tears. Also, bring activities such as a small game or toy to help keep busy during the waiting time between events. Food is allowed at most swim meets. Encourage healthy kinds of snacks and drinks (no glass containers, please).

Seating, Organization, and Parent Role

Swimmers sit together as a team at swim meets! All parents and friends sit in the spectators' section. Parents are not allowed on deck at swim meets; persons on deck will be checked for proper credentials.

Each event is announced and coaches will call swimmers for their events. Swimmers must remain in the designated team area! FAST coaches have vast amounts of experience in helping swimmers to deal with feelings of nervousness, tears, or confusion and to learn to focus on the up-coming event. Therefore, it is most helpful that parents praise the efforts of their swimmer—"Good luck! You'll do great! Swim your best! Swim it just like you did at practice!"-and refrain from "coaching" the swimmer or giving "advice". Please let the coaches do their job!

Upcoming Swim Meets in December—January

Dates	Meet Name	Location
Dec 18-20	GTAC and MAC The Winter Frolics Meet	McDaniel College Westminster, MD
Dec 18-20	Naval Academy Aquatic Club "B" Buster Meet	US Naval Academy Annapolis, MD
Dec 18-20	Pittsburgh Xmas Invitational	University of Pittsburgh
Jan 2-3	New Year's BAAC Splash	Towson University
Jan 1-3	EST Speedo Distance IMX Challenge	Rollins-Luetkemeyer Athletic Ctr, Owings Mills, MD
Jan 8-10	Mariner Swim Club Winter Invitational	Loyola College Baltimore, MD
Jan 15-18	2010 Retriever Classic Invitational	The UMBC Natatorium Baltimore, MD
Jan 22-24	CBAC Winter Wake-Up Odd Age Group Meet	St. Mary's College St Mary's City, MD
Jan 29-31	MAC Robert J. Hogan Memorial Mini Meet	Frederick High School

FAST Hotline!

Don't forget to check the FAST Hotline for updates on practice schedules. Remember this hotline does ring into someone's home, so please use common manners when calling and leaving messages, including avoid calling too early or too late, and please keep messages polite.

301-695-5281

FAST Website!

Check out the FAST website for up-to-date information on practice schedules, meet entries, Bingo dates, and many other updates.

Note: All website additions must be submitted to Cheryl or Connie Althoff, who will forward approved information to the webmaster.
www.frederickareawimteam.org

Happy Birthday

October-December Birthdays

Happy Birthday to all the FAST swimmers with October, November, and December birthdays!

Andrew Gilson	10/6	17
Ashley Fallwell	10/9	12
Grant Skinner	10/11	14
Jena MacDonald	10/13	10
Casey Eppard	10/14	13
Heeya Trisal	10/19	10
Matthew McNulty	10/27	10
Joselyn Auxer	10/27	18
Amaar Trisal	10/30	4
Tatiana Sorenson	11/6	13
Lily Simmons	11/7	10
Mary Kreke	11/7	17
William Parker	11/8	17
Aryava Asefnia	11/11	9
Jamie Damm	11/11	10
Karly Parrish	11/12	6
Jonathan Franklin	11/14	14
Karl Sasse	11/29	14
Nicole Cederdahl	11/30	14
Josh Romanchuk	12/1	17
Brandyn Sherman	12/4	14
Luisa Holland	12/9	14
Mikaila Risser	12/13	9
Michael Degirolamo	12/16	8
Zachary Star	12/28	12
Demi Schmitt	12/30	13

