

FAST TIMES

Spring Newsletter

New Assistant Coach

We welcome Reagan Lutz to the staff at FAST. Reagan is a student at the University of Findlay and swims for the UF swim team. She is a native of Dublin, Ohio, having swum for the Dublin swim team as an age grouper. She has been teaching swim lessons for a few years now, and continues to do so with the UF lesson program.

Reagan will be responsible for the Red group this spring and will be the main assistant for other groups beginning mid-May.

Please welcome her to FAST!

Summer League Swimming

FAST participates in the local summer league in Findlay (BSSL). We encourage swimmers in the Red, Bronze, Silver, Blue and Pre-Senior groups to participate in the league meets.

The league meets will be posted on the FAST web site and you can register to swim any meet you choose (just as you would for USA meets). I would encourage all swimmers to swim all 4 meets.

Dates of meets:

June 20 Wed:	at Canterbury	Tri-Meet	5:00 pm start
June 23 Sat:	at Riverside Park	YMCA Invite	8:00 am start
June 27 Wed:	at Lakeview	Tri-meet	5:00 start
July 14 Sat:	at Riverside Park	League Championships	8:00 start

July 2018 Pick 3 Fundraiser

This season, we will be doing the Pick3 Fundraiser. In May & June, FAST families will have 20 Pick3 tickets to sell. They are \$10 each – with the prize of \$50 for a ticket number that matches the July evening Pick3 number. Ticket holders have 31 opportunities to win! Our Fundraising Chair, Sandra Laws, will be tracking the July Ohio Pick3 numbers & identifying the winners. Please turn your money & ticket stubs in to Sandra.

More information is on the FAST website (pull down the Fundraising tab and go into Pick3).

Please know, that the more tickets that the team sells, the higher our profit will be... If the Team sells all 1,000 tickets, FAST could raise \$8,450!

All ticket stubs and money must be turned in by June 28, 2018. Winnings will be sent via mail by August 15, 2018; and will be sent to the address on the ticket stubs!

So please make sure you get all the required information.

Please feel free to contact Sandra Laws (text or call) with questions. [419.348.1017](tel:419.348.1017)

Follow FAST on Facebook @ [Findlay Area Swim Team \(FAST\)](#) and on Instagram @ [fastohio!](#)

Coaches Corner

Without getting too long winded here, I would like to emphasize the importance of consistent training and vital other areas that contribute to progressive growth in the sport of swimming.

Swimming no doubt is a huge commitment of time and energy. That is no different from many other endeavors. If you want to improve, you must put the time and effort towards that end.

Swimming is a very physical and neurological sport. If an athlete is not consistent with practices it is difficult to build the energy systems and neurological pathways necessary to improve. It takes weeks and weeks of CONSISTENT practice to peak for the end of season competitions. There are no shortcuts to this success. You reap what you sow! Besides consistent practice efforts, athletes must monitor other areas of their life. Proper nutrition, adequate sleep and the simple task of bringing a water bottle to practice can help bring about improvement in the sport.

It is quite likely that your swimmer needs to do more outside the pool with regards to strengthening their body by lifting weights or simply doing some dryland work on their own. This will help facilitate improvement in swimming times (not to mention overall health).

Please take stock of what you have been doing in all the above mentioned areas. Try to improve and be consistent.

Way to Go, Tyler!

Congrats to FAST swimmer Tyler Horstman for being named one of this year's Exceptional Youth! Keep up the great work in & out of the pool!

Pool-A-Friend Program

Do you have a friend that wants to join you in the pool? With the FAST Pool-A-Friend Program, currently registered swimmers can receive a \$25 credit on their dues, if they refer a friend that registers with FAST. Just fill out a Pool-A-Friend card & turn it in to a FAST board member!

Long Course Meet Schedule

May 18-20	SWAC Spring Splash, Ft. Wayne, IN
June 2-3	BGSC Summer Invite, BGSU
June 8-10	FAST Flag City Invite, Riverside Park
June 22-24	CW Invite, EMU, Ypsilanti, MI (13 & over swimmers only)
July 6-8	OSI LC North Regional, BGSU (14 & under swimmers only)
July 12-15	Tim Myers Senior Champs, Denison University (15 & over swimmers only)
July 19-22	OSI Junior Olympic Champs, Miami University (time standards)
July 19-22	Speedo Sectionals, Cleveland State (time standards)
Aug 2-5	Central Zone Championships, Spire Institute (time standards)