



OSARK SWIMMING

FAST-Dispatch

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FAST IMX meet breaks records in and out of the water - *Jim Halliburton*

The Oct. 5-7 IMX meet proved to be a record-breaking event with 596 swimmers from 11 teams participating. As the largest meet ever hosted by FAST, strong teams from Clayton, Columbia and the Rec-Plex provided the best competition ever seen at a home meet.

FAST chalked up some amazing stats including:

More than 600 best times

- 110 new BB times
- 53 new A times
- 38 new AA times
- 23 new AAA times
- 14 new AAAA times

17 new FAST team records set by:

- Charlsie Reneski in the open girls 400 IM, 500 free, and 200 breast
- Phillip Willett in the open boys 400 IM, 500 free, 100 breast, 200 IM and 200 breast
- Nick Alexander in the 13 & 14 boys 400 IM, 200 free, 200 back, 200 IM and 100 back
- Evie Pfeifer in the 13 & 14 girls 500 free and 200 breast
- Maddie Wessell in the 13 & 14 girls 400 IM and 200 IM

A new sectional time in the men's 200 fly by Clay Foster

Swimmers winning events including:

- Nick Alexander, Libby Dorsey, Karisa Franz, Carter Nelson, Maddie Pearl, Evie Pfeifer, Charlsie Reneski, Alex Rosenkranz, Aspen Shipp, Maddie Wessell, Jack Wever and Phillip Willett

Hitting 100% best times in the meet were:

- Madelyn Clark, Mackenzie Ewen, Gabi Fischer, Chase Giandinoto, Gavin Giandinoto, Ethan Gillham, Bayley Helfrich, Maddie Pearl, Madison Rey, Peyton Roberts, Grace Runge, Anna Schroeter, Jake Sigman, Ashleigh Stansfield, Jack Ullery, Clay Foster, Meghan Fox, Michael Franz, Cole Giandinoto, T. J. Halliburton, Jon Mabus, Sydney Rey and Steven Truong

In addition, a number of swimmers dropped an incredible amount of combined time off their own best times. They are:

- Jon Mabus - 127.28 seconds
- Sam Heveroh - 124.56 seconds
- T. J. Halliburton - 119.52 seconds
- Katie Kostecki - 103.28 seconds
- Anna Schroeter - 98.86 seconds
- Cole Giandinoto - 94.68 seconds
- Madison Rey - 88.35 seconds



Coach Jim Halliburton leads the cheer for the Saturday morning session of the IMX Kickoff

Maddie Mather - 87.83 seconds
 Michael Franz - 86.96 seconds
 Clare Maas - 79.28 seconds
 Michael Streb - 73.59 seconds
 Jennie Weaver - 73.17 seconds
 Bayley Helfrich - 71.73 seconds
 Kelsey Pfeil - 70.95 seconds
 Emily Chellis - 67.29 seconds
 Peyton Roberts - 66.57 seconds
 Allison Streb - 65.20 seconds

Gabi Fischer - 64.19 seconds
 Hope Brazel - 62.57 seconds
 Bridgett Bayer - 60.44 seconds

This is an unbelievable list of 20 swimmers who each improved over one minute in their events. Another 20 swimmers improved a total of more than 40 seconds.

FAST travels to Nashville; competes against largest U.S. swim team – Jim Halliburton

The October Open in Nashville was the first away meet for the team this season. The meet was held in the Tracy Caulkins pool, which is one of the nicest facilities in the country. For this trip, 57 swimmers represented FAST, competing against 956 swimmers from five states. Two of the teams – the host Nashville Aquatic Club and Swim Atlanta (the largest swim team in the U.S. with 2,500 swimmers) – are Gold Medal clubs ranked in the top 20 in the country. Even with this fierce competition, FAST swimmers held their own finishing in 4th place. Highlights of the meet included:

Sam Heveroh making the sectional cut in the 200 breast

11 & 12 boys relay team of Jack Wever, Ethan Gillham, Joe Jellinek and Nick Bahr winning both relays

10 & Under boys relay team of Carter Nelson, Alex Rosenkranz, Jack Ullery, and Sam Rosenkranz also winning their relays

Karisa Franz, Carter Nelson, Evie Pfeifer (new meet record), Jack Wever and Phillip Willett all winning individual events

Katie Kostecki making 4 new A times

Great job to all of the *FAST* swimmers, coaches and parents who went to Nashville. The meet and the city were a lot of fun, and we hope to get back to Nashville for other swim meets in the near future.

Trivia-Jim Halliburton

How many gold medals did U.S. Olympic swimmers win at the 2012 summer Olympics?
 How many gold medals did all

of the other countries' Olympic swimmers win? Can you name the other countries that won gold medals in swimming?

Coaches' Question of the Month

This month, FAST coaches were asked, "Who is the nicest person that you have ever met?"

Coach Jim – Josh Davis is the nicest swimmer I have ever met (3 gold medals at the 1996 Olympics); Kurt Warner (former Rams football quarterback) is the nicest professional athlete that I have met.

Coach Maggie – I don't know

Coach Derek – Jim Halliburton

Coach Karen Kearney – Fr. Bill Kester

Coach Karen Lebeau – her mom

Coach Michele – Karen Kearney

Coach Melanie – Karen Kearney



Age Group Extra - *Derek Shipp*

Age Group Prep

October is a *spooky* month with Halloween at the end of it but, in Age Group Prep, our strokes are getting a lot less scary and almost pretty. We have been working on all four strokes, but have kept in mind that our goal is to eliminate disqualifications for breaststroke pull and one-handed touches by the next meet. So far, so good.

We had three swimmers compete at the Nashville October Open and there were no DQs! Brynn Helfrich, Aspen Shipp and Callie Ullery swam in 30 events collectively without getting disqualified for anything. We have many more swimmers yet to compete in the Halloween Howl. While we know we've improved in all areas, there may be some DQs, but are working to eliminate as many as possible and pick up new time standards for later in the season.

The Age Group Prep swimmers have really come a long way on their butterfly and breaststroke kicks this month. We've also spent some time working on turns and breaststroke pullouts. We work on both the rules and technique of all of these when

introducing new drills to improve each aspect of our strokes. Some of the drills are a lot of fun and would be disqualified in a meet, but each drill helps teach a part of a stroke – even the rodeo drill 😊. Hopefully, we'll be able to round up a lot of great swims at the Halloween Howl. We don't have a meet in November, but will be getting ready for the CSP Swim Your Own Age meet the first weekend in December.

Age Group 1

Since the last update, we have had two more meets and a lot more practices. It is hard to tell whether we have improved more in the practice pool or in the meet pool. Of course, excellence in practice usually precedes excellence at meets. We have seen some great practices in October. Age Group 1 swimmers have spent a lot of time working on turns, getting better at accelerating into backstroke and freestyle flip turns, and holding their breath off walls in freestyle. On Oct. 22, Natalie Evans was crowned the Age Group 1 Sprint Kick Champion OF THE WORLD!...in a fun competition



From the top: The Saturday Age Group Prep practice; Makoy White, Olivia Thurman, Aspen Shipp, and Callie Ullery have fun in the crash area; Grace Dutch is ready for her backstroke race; Isabelle Kohler and Gretchen Strand wait in the bullpen for their next race

where everyone did a great job kicking fast with fins.

In meets, we had great performances, too. In the FAST IMX Kickoff, we got our first taste of competition in quite a long time, but didn't look (that) rusty. Seven of our swimmers completed the five IMX events – Caleb Bahr, Kevin Flack, Meg Heveroh, Isabel Kohler, Anna Schroeter, Michael Streb and Emily Traube. Emily was the top 9-year old in the meet who swam all five IMX events including the 200 IM, 200 free, 100 fly, 100 back and 100 breast. The meet also featured an IM Ready competition. Noah Huettenmeyer was the top 9-year old who competed in the 100 IM, 100 free, 50 fly, 50 back and 50 breast.

We are looking forward to seeing a lot of Age Group 1 swimmers competing at the Halloween Howl at the end of October. We had a taste of what to expect at the Nashville October Open when seven of our swimmers combined for 30 best times in a very competitive, out-of-town meet. Our swimmers of the meet in Nashville would have to be Meg Heveroh, who got four new “A” times and Grace Dutch who placed top 6 in all of her 8 &

Under events and helped the team with 40 total points!

Age Group 2

As mentioned in the last update, Age Group 2 had their second T-30 of the season and improved by an average of 2.5 lengths per swimmer. The result is that all six lanes of the pool got put on faster intervals for the remainder of the month (YAY, right?).

This month, we have tightened up the intervals for all lanes and had some really great swimming and kicking sets. More than half of the group can kick 100s on a 2-minute interval. Everyone can repeat 100 freestyle swims on 1:45. More importantly, we are making time to keep working on turns each week. In November, we hope to make the jump from having safe, legal backstroke flip turns to awesome, accelerative backstroke flip turns.

In October the FAST IMX Kickoff was just that: a kickoff to a great season. All but one of the 40 Age Group 2 swimmers competed in the meet and of those, 19 completed the full slate of events for the IMX. This is a good start. Many of those who did not achieve the full slate were not entered in all three days, but we still had a few DQs that we need to work on to make

sure we're not missing out on opportunities later in the season.



From the top: Sam Rosenkranz, Carter Nelson, and Gavin Giandinoto ; Emma Pratt and Emily Chellis wait for their next race in the bullpen; Rachel Stone prepares for her start

Carter Nelson and AJ Kohler showed that they were ready to compete right out of the gate. They won the 10-year and 11-year old awards for the top IMX score at the meet. Carter also set new team records in the 10 & Under 50 free (28.11), 50 fly (31.02) and 100 free (1:01.55).



Two weeks later, we were in Nashville with 16 of our AG2 swimmers. The results were largely better than at the first meet. It was great to see that no matter where we go, we have some of the best age-group swimmers around. Age Group 2 swimmers stepped up individually and in relays. Our 10 & Under boys relays were by far the best at the meet (Carter Nelson, Alex Rosenkranz, Jack Ullery, Sam Rosenkranz), winning the 200 freestyle relay by 11 seconds. The group combined for six new “A” times, five new “AA” times, one new “AAA” time and three new “AAAA” times. Katie Kostecki competed in her last meet as a 10-year old and finished with four “A” times. Carter also improved his own team record in the 10 & Under boys 100 freestyle to 1:01.22



From the top: Coach Derek Shipp goes through race results with Bayley Helfrich and Hope Brazel; Davey Fischer, Ethan Gillham, and Nick Bahr; Coach Derek and Coach Jim lead Age Group swimmers during the warm up at the IMX meet

Age Group 3

No other way to say it ... October was a great month for Age Group 3. It didn't take long

for the group to get ready for their second T-30 of the season and the group improved by an average of two lengths over the September performance, but Haley Rey accounted for 11 all by herself. The group also began doing Fastest Interval Possible (FIP) sets and has dropped a good bit of time off beginning intervals. Morgan Ribaud, notably, is now doing 100 IMs on the interval that she couldn't make for freestyle in September! Aside from the tangible signs that practices are going well (intervals and distance), the atmosphere has been great. The Age Group 3 swimmers are having a lot of fun and working hard and it's great to be around!

Meets were probably even better than practice. We “defended our home turf” at the FAST IMX Kickoff with all 13 in attendance against some tough competition from around the area and even from Columbia Swim Club. Both Karisa Franz and Jack Wever won the IMX award for the lowest total time among the five IMX events – 500 Free, 200 IM, 100 fly, 100 back and 100 breast. As a group, the early season work on turns looks to be working as our turns and push-offs looked sharp for the first meet of the season. The early season training also appears to have worked well as we dropped

lots of time in the 500 free and our 13-year olds – Emerson Brazile and Carmen Verbeke successfully completed the 400 IM, 200 fly, 200 back and 200 breast for the first time in a single meet!

Two weeks later, we left our “home turf” to compete in Nashville and we may have looked too ready. While we dropped time in many events, the extra speed caused a little bit of trouble heading into some turns. We will continue to develop better anticipation of the

walls. Jack Wever was the swimmer of the meet. He won four events including decisive wins in both backstrokes, but more impressively, he got best times in all of his events. He broke 1:00 in the 100 freestyle for the first time by skipping :59 and :58 altogether and going 57.91!

We will set our sights on winning our first “A” Champs in November before doing our next T-30 in December to get ready for 2013.



Swimmer of the meet for the NAC Open for Age Group 3 is Jack Wever

Senior Prep Post - *Maggie Kroemer*

During October, we had our first two meets of the season – the IMX Kickoff and the NAC October Open. The kids in Senior Prep swam great at both meets. In the IMX meet, every Senior Prep swimmer had at least one best time. There were a total of 123 lifetime bests from this group at the meet. Below is a list of swimmers who achieved new time standards at the IMX Kickoff.

New B Times

Amee Bird- 50 free; Jillian Bommarito- 100 fly; Elena Coleman- 200 fr, 200 bk, 100

bk; Connor Flack- 400 IM, 100 fly, 200 bk, 200 br; Miranda Foster- 200 bk; Emma Garner- 100 fly; Millie Gegg- 200 fr, 100 bk, 100 br; Sam Grasso- 400 IM, 200 bk; Alex Heveroh- 200 IM; Kyle Irvine- 200 br; Kristen Jacobs- 200 fr, 200 bk, 200 br; Jesse Le- 100 fly, 200 bk; Ali Mabus- 400 IM, 200 fr, 200 IM, 100 bk; Kelsey Pfeil- 200 fr, 50 fr, 100 fr; Emily Rosener- 200 br; Jack Strand- 200 IM; Meredith Traube- 200 br; Mason White- 100 fr



Coach Maggie Kroemer preps her swimmers before they race.



Jessie Le, Meredith Traube, Marisa Giandinoto, Theresa Truong, Jillian Bommarito and Sam Grasso

New BB Times

Elena Coleman- 50 fr, 100 fr, 200 br; Connor Flack- 200 IM, 100 bk; Miranda Foster- 100 br, 200 br, 200 IM; Emma Garner- 200 bk; Sam Grasso- 100 fr; Alex Heveroh- 100 br; Kyle Irvine- 100 fr; Jesse Le- 100 bk, 200 br; Emily Rosener- 200 fr, 100 fly, 50 fr, 200 IM, 100 fr; Mason Shipp- 400 IM; Meredith Traube- 400 IM, 200 bk; Mason White- 400 IM, 200 fly, 200 br

A handful of Senior Prep swimmers traveled to Nashville for the NAC October Open. This meet had

several fast teams from the Southeastern region of the U.S., providing swimmers with new competition. The Senior Prep swimmers who traveled to Nashville did well. Swimmers achieving new time standards at this meet included:

New B Times

Jake Gauvain- 400 IM; Alex Heveroh- 50 fr, 400 IM, Ali Mabus- 100fr, 500fr; Mason Shipp- 100 bk, 500 fr; Meredith Traube- 200 fly, 100 br

New BB Times

Mason Shipp- 100 fr; Meredith Traube- 50 fr

Looking back at accomplishments and forward to challenges – Ian Cross

What’s up with Senior, National Prep and National

There are a few noteworthy topics of conversation this month regarding the Senior, National Prep and National groups at FAST, so we should get right to it.

Nashville was a great experience. We went up against two gold medal teams, Swim Atlanta and Nashville

Aquatic Club and the FAST swimmers outperformed our expectations for a mid-October meet. We did have quite a few best times, including a new sectional qualifier (Sam Heveroh in the 200 breast), but I consider best times in the middle of heavy training to be a bonus. With the training for the senior track shifting dramatically in the two weeks leading up to Nashville, our focus was racing



The Senior, National Prep and National Group swimmers enduring a tough boot camp at an early Saturday practice



when we were tired. We did that very well. The clear indication of how well we raced against terrific competition came from how many FAST athletes were winning heats *and* events from outside lanes. Yes, we were swimming tired but, no, the athletes did not let it affect their mindset. Time after time, we proved that we can race anyone, anywhere, anytime, regardless of which training cycle we are going through. If the FAST swimmers can get up and perform like we did in Tennessee when they are tired and sore, imagine what we can do when we rest, and the mind is sharper and more focused.

“A” Champs is just around the corner, and FAST has an opportunity to finish off Ozark Swimming’s version of the Grand Slam. Our team currently holds the Ozark Short Course *AND* Long Course Championship titles, and the “A” Champs title would complete the trifecta, giving us all three titles in one calendar year. It won’t be easy. Last year we were 3rd, but less than a hundred points off of winning the whole thing. Considering that just one relay is worth more than 30 points, we can see just how close we came to another title for our club. In 2011, we

had 54 qualified athletes for the meet, and already this year we have added more than 20 qualified swimmers for a total of 75. If we can make a strong push for everyone who is qualified to go to Carbondale, we set up a huge opportunity to win the meet and bring home another coveted title. It will take *everyone* with “A” cuts to do so.

With “A” champs just three weeks away, the training will undoubtedly change again, adding speed into the equation for the first time this season. With the bulk of the aerobic work already in place, adding quickness before a championship meet is essential. For the athletes, it allows time to build muscle, recover more quickly from training, and watch energy levels rise. Having said that, all of the above only happens if the athletes continue to eat properly. One of the biggest mistakes heading into championship meets that swimmers can make is cutting down on food intake because the yardage or intensity of training shifts. We need food to create energy, and during the speed phase of training, typical , typical amounts of food help build muscles. If the food intake is decreased, it will take longer to create muscle, leading

swimmers to underachievement in performances. Swimmers can typically add 2-7 pounds during speed and taper phases of training, but this is all muscle weight, and is essential to championship performances.



Coach Ian Cross gets his swimmers prepared before their races at the IMX meet.



Jamie Fitzpatrick, Caroline Bias, Marissa Gassner, Margaret Fries, Amanda Schlaker and Amanda Dreyer

What to Eat to swim your best? - Derek Shipp

What should swimmers eat when getting ready for a meet? It is a question that coaches often hear. With most swimmers, the question is not what foods they should eat, it is how much are they eating and when are they eating. Kids start learning about the food pyramid and food groups very early in school. They know that salad is better for you than candy and that bacon tastes great, but you can't just eat bacon all day long and feel good (trust me, I've tried it). What they don't learn until later in life is how food is broken down and used for energy and how long that takes.

Regardless of age, eating habits are still something that a lot of Americans struggle with and, as athletes, we can't afford to struggle with eating right. The simple answer to the question above is *eat what you normally eat on the schedule you normally eat on*. If you have a good diet and eat at regular intervals you will perform well at practices and at meets. If you have bad habits, eating one good meal before a meet is not going to cure you.

That said, breaking your normally good habits at a meet could have detrimental effects. The timing of your meals at meets is difficult and many of us make bad choices on meet days for convenience. This article is really about how to plan your meals so that you will have energy to compete – not about what is in those meals.

Most of us eat breakfast, lunch and dinner each day at relatively the same time. Swimmers may actually need a fourth meal in the middle of the day to supplement those meals to have energy for swim practice.

However, on meet days, many people either skip breakfast or settle for a pop tart or half a bagel. This is a mistake. Even when warm-ups are early, it is important to **“be the early bird and get your worm.”** Get up a little early to eat a full breakfast and you will have the fuel you need to race that day. Then follow up with a good lunch to replenish what you used during the morning session.

Probably the bigger offenders are afternoon session swimmers. Most of them will delude themselves into “sleeping in and

eating a big breakfast.” If you do this, you are likely waking up 12-15 hours after your last meal...you are starving. Eating a big breakfast will only replenish what you've lost overnight and won't give you the extra energy you need to compete in the afternoon. Plus, your body is used to breakfast and lunch. You need to get up early and eat breakfast and digest it. This will replenish what you've lost overnight. You can even go back to bed, but you need to eat a second meal before the afternoon session to give you the energy to get through your events to dinner.

Again, there is no miracle food that will make you swim faster. We all have different tastes and what some people love to eat would upset the stomach of others. However, keeping on a regular schedule and eating sensible meals will help ensure that you have the proper energy to get through even the toughest competitions.

Flyers Aquatic***Swim Team*****Coaching Staff:**

Jim Halliburton

Melanie Choc

Ian Cross

Karen Kearney

Maggie Kroemer

Rob Laux

Karen Lebeau

Cooper Lovera

Derek Shipp

Michele Shinn

Team Administrators:

Angie Dorsey

Muriel Gassner

Board of Directors:

Karen Fries

Shelly Helfrich

Aaron Kohler

John Rempert

Dale Schulz

John Traube

Mike Vickery

Cindy Vinyard

Matt Wever

High School Prep Wrap Up – *Cooper Lovera*

High School Prep was well represented at the IMX Kickoff meet. Nearly all swimmers posted new best times. Colleen Clancy, Caroline Kaiser and Jessica Lorenz dropped 2+ seconds in multiple events. In spite of a DQ in the 100 fly, Spencer Witte dropped a solid 6 seconds in his 100 breast. Sydney Allen swam new best times in her favorite events – the 100 breast, dropping 7 seconds, and the 50 free, dropping a full 1.5 seconds putting her under 30 seconds for the first time. Rounding it out, Emmie Smith and Haley

Calhoun went into the meet with no times and had great first swims in every single event, often trading places with each other on who had the faster time. Because of this friendly rivalry between the two, and how well they swam so many events for the first time, Haley and Emmie are Swimmers of the Meet for High School Prep. Great job girls! And a great job to everyone else as well. This is a fantastic start to what is sure to be another great season for FAST!

Trivia Answer

The U.S. won a total of 16 gold swimming medals.

All of the other countries combined to win a total of 16 gold medals (China - 5, Australia - 1, France - 4, Netherlands - 2, South Africa - 2, Hungary - 1, and Lithuania - 1)

Our Mission Statement

The mission of FAST is to have a nationally recognized aquatics program that emphasizes good sportsmanship, team unity, family participation and individual excellence of swimmers at all levels. The FAST experience will provide opportunities for social, emotional and educational development of swimmers, empowering them to face challenges in and out of the water throughout their lifetime.