

# F.A.S.T. TIMES

## AT FIRESTONE HIGH



## MARCH 2015

### Important Dates Coming Up...

- **3.1.15:** MRST Regional Champs, Medina Rec Center
- **3.3.15:** FAST banquet RSVPs due to Jen Sevald
- **3.6.15-3.8.15:** Senior Champs, University of Akron - **VOLUNTEER REQUIREMENT**
- **3.10.15:** FAST Banquet, Akron Wellness Center
- **3.12.15:** Last practice for winter session
- **3.13.15-3.15.15:** LESI Age Group Champs, Busbey Natatorium, CSU
- **4.13.15:** Spring session begins

Introducing "FAST Times at Firestone High", the newsletter for all those participating in the Firestone Akron Swim Team!

We will be using this newsletter to keep you informed regarding important upcoming dates, great info from our coaches, monthly Q&A, swimmer incentives, etc.

### Q&A: You asked, we answered.

Please email [jennifer.b.doucet@gmail.com](mailto:jennifer.b.doucet@gmail.com) with any questions you would like to submit for the newsletter.

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## Q&A: You asked, we answered.

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**Q:** If all the short course meets are over, why should my swimmer practice during the Spring session?

**A:** So why should you practice in the spring? This is actually a question get a lot from both swimmers and parents. The simple reason is you want to get better, but a lot can go into that answer. I want to start at the top of our groups and work down.

Senior swimmers.... most of you have already chosen to commit to year round swimming making spring a great way to get ready for long course. We traditionally train a mix of short course and long course swimming. By swimming in the spring you won't have an "adjustment" period during the first few weeks of summer swimming. The summer season is so short, it is tough jumping in with a group that has already been training for months. Our program is extremely fortunate in that we are able to be stroke specific during the long course season. We traditionally have IM, Stroke, Sprint, and Distance group if you want to be able to get right in with your goal group spring swimming is the best way to make that happen. For our 8th graders moving up to senior swimming this also a great way to start to get to know your high school teammates.

**Age groupers:** Many of you participate in other sports in the spring, which is awesome. The coaches love to hear about how you do in baseball, softball, track and other sports. As great as those sports they may not offer the physical fitness benefits of swimming. Most of you swim summers either with FAST or with one of the other summer clubs. Staying in the water one or two days a week will keep your aerobic capacity in check so you are ready to go when they start. This gives you a head start on many of the other swimmers you will be competing against. Another item to think about is where your times should be when we start back next short course season. You REALLY should be very close to the times where you ended this short course season. So many of you swim the entire season drastically off of your times. We need to be much closer to those times in order to get faster!

Lastly, for both senior and age group swimmers this is one of the few times a year we spend focusing in on one specific meet, the OSSC Spring into Summer Meet at Ohio State's McCorkle Aquatic Pavilion. This is a great meet that is swum both short (prelims) and long course (finals). It is a ton of fun and great way to work on a specific goal swim for 8 weeks.

- **Coach Carl**

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# Final Volunteer Requirement

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## Senior Champs Volunteer Sign Up

Here it is.....our FINAL volunteer requirement of the season. This Meet is at the University of Akron, March 6th-8th, and for the Senior Group.

<http://www.signupgenius.com/go/8050e4da4a6283-fast2>

Please remember that each family is required to work 2 shifts at this Meet.

Thanks again for working and supporting FAST. We have had very successful Meets this year due to our volunteers.

Any questions, please let me know.

Pam Miller

# Swimmer Recognition

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## Banquets awards

If you are going for the Academic award; a 100 days award or The Adam Grigas "Ninja" award please get your applications in.

For academics, please turn in a photo copy of the swimmer's report card.

For 100 days a note from a parent saying that the swimmer completed it.

For the Adam Grigas the application is on the website.

<https://www.teamunify.com/ApplyForms.jsp?team=ohfa>



## You're Invited

**Who:** Families of FAST

**What:** Firestone Akron Swim Team Banquet  
**Dinner followed by recognition of all swimmers**

**When:** Tuesday March 10<sup>th</sup>, 2015 from 5:30 – 8:00 pm

**Where:** Akron General Wellness Center – 4125 Medina Road Akron

**COST:** FREE for swimmers

\$15 for children under age 12

\$20 for adults and other attendees

\$30 night of event for any attendee (incl. Swimmers) who did not RSVP

**RSVP:** [jensevald@neo.rr.com](mailto:jensevald@neo.rr.com) by March 3<sup>rd</sup>, 2015

**Your FAST account will be billed for your reservation.**

Please provide the following information in your email:

- Name of Family
- Name(s) of swimmer(s) attending
- # of Adults attending
- # of Children (non-swimmers) attending

\*\*In the past, we have collected money towards coaches' gifts. If you would like to contribute, please let me know in the body of the email how much you would like to spend. This will also be billed to your FAST account.\*\*

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2014-2015 Short Course Swim Meet Schedule – At a Glance

Date	Host Team	Location	Meet Name/Type	Group To Attend	
<b>October</b>	4	LESD	Hawken School, Gates Mills	Short Course Season Opener	Dev1,2/White/Green/Gold/Senior
	11-12	CCS	Canton McKinley HS, Canton	CCS Age Group & Open	Dev1,2/White/Green/Gold/Senior
	18	LRST	Lakewood HS, Lakewood	Peg Neal Pentathlon	White/Green/Gold
	26	STRS	Solon HS, Solon	Freestyle Frenzy	Pre-dev/Dev1,2/White/Green/Gold
<b>November</b>	1-2	SWIM	Ehrnfelt Rec Center, Strongsville	Splash Out Cancer	Dev1,2/White/Green/Gold/Senior
	8	FAST	Firestone HS, Akron	Fall Breakout Meet	Pre-dev/Dev1,2/White/Green
	9	STRS	Solon HS, Solon	Mile/500 Free	Green/Gold
	21-23	LESD	SPIRE, Geneva	Mark Braun Fall Classic	Pre-dev/Dev1,2/White/Green/Gold/Senior that qualify
	28-30	GTAC	University of Toledo	DiSalle Turkey Meet	Pre-dev/Dev1,2/White/Green/Gold
<b>December</b>	4-6		Greensboro, NC	Nationals	Senior qualifiers
	5-7	SHSH	Cleveland State University, Cleveland	Shaker Shark Invitational	Dev1,2/White/Green/Gold that qualify
	11-13		Federal Way, WA	Junior Nationals	Senior qualifiers
	14	WHAT	Warren Harding HS, Warren	Winter Breakout Meet	Pre-dev/Dev1,2/White/Green
	19-21	GCSTO	Columbus Academy	Salvation Army Meet	Pre-dev/Dev1,2/White/Green
<b>January</b>	3-4	LSSC	Rocky River HS, Rocky River	New Year Stretch/Swim Your Own Age	Pre-dev/Dev1,2/White/Green/Gold that have not qualified for Scullion
	10-11	LRST	Lakewood HS, Lakewood	Jim Scullion Age Group Showdown	Dev1,2/White/Green/Gold that qualify
	16-18	CSC	IUPUI Natatorium, Indianapolis, IN	Carmel Winter Invite	White/Green/Gold that qualify
	18	MRST	Medina Rec Center	Age Group & Open	Pre-dev/Dev 1,2
	31-2/1	FAST	FHS	FAST Snow Bird Meet	Pre-dev/Dev1,2/White/Green/Gold
<b>February</b>	8		SPIRE, Geneva	Dual Track Pentathlon	Dev 2/White/Green/Gold
	22	PS	Youngstown State University	8 & Under Champs	ALL 8 & U
<b>March</b>	1	MRST	Medina Rec Center	Regional Champs	Qualifiers
	6-8	FAST	University of Akron	Senior Champs	Senior qualifiers
	13-15	LESI	Busbey Natatorium, CSU	Age Group Champs	Qualifiers