



# **FASST 2009 Team Handbook**

**[www.swimfasst.org](http://www.swimfasst.org)**

## **President's Message**

Welcome swimmers and families! I want to thank you for choosing to spend your summer with FASST. Your Board of Directors and Coaching Staff have been working hard throughout the year to ensure that this season is fun and successful for everyone.

We have received many compliments from coaches and parents on the effectiveness of our Frisco hosted swim meets and those thanks go to all the volunteers who make this happen.

If you are new to FASST this year, or competitive swimming, you may have a few questions. Please don't hesitate to ask myself, other board members, coaches, or even returning families for help.

At FASST, we're a family and we want everyone to feel that they are a key component in the success of this team, let's make it another great summer...

*Mike Brown*

FASST Board President

## **Coaches Welcome**

The coaching staff of the Frisco Amateur Summer Swim Team would like to welcome you and your family to the team. Hopefully you are as excited about the upcoming season as we are. We believe you and your children have chosen to participate in one of the best sports available in one of the best run sports programs in the Frisco area. As a staff, we intend to do everything possible to make this an enjoyable learning experience for your children. We are here for you.

We have something for every age and ability, we have from beginners, and intermediate to STATE Champion swimmers on our team. Even though we are "Back to Back to Back" STATE CHAMPIONS we pride ourselves on having FUN, teaching the FUNdamentals, then having more FUN! We are FASST. We encourage the new families to partner with "oldtimers" who have been on the team to learn the ropes. Swimming is a lifelong sport, and we aim to make you a lifelong partner with FASST.

*Trent Emmons*

FASST Head Coach

## **F.A.S.S.T. Philosophy**

As a sport, swimming is an incredibly demanding skill that tests any athlete's ability. We give credit where credit is due as much as possible. We ask our athletes to compete at all distances in all strokes as often as we can. Only through this practice can they ultimately experience how rewarding being good in one event, at one distance can be. Through this practice they can determine which stroke(s) and distance(s) they are best at which, more often than not, changes from year to year.

We hope through this program to give each athlete encouragement, responsibilities, goals and the direction by which to achieve these goals. Quite often this approach results in a self-motivated, honest, intelligent, mature, and self-disciplined athlete. Medals, ribbons, and awards are nice, but often can be deceiving. What good is a first place ribbon if your time was significantly slower or if you forgot the new stroke you and your coach worked on? An individual's standard of excellence is determined by self-improvement, self-accomplishment and self-determination...not by the level of competition that happens to be around them that day.

We are all here to benefit the swimmers. Please let us all work together this summer to provide a positive experience for our young people.

## Organization

### **Officers and Board Members**

President	Mike Brown	(972) 712-6482	<a href="mailto:bfm.mike@tx.rr.com">bfm.mike@tx.rr.com</a>
Vice President	Jay Johnson	(972) 712-2795	<a href="mailto:jdkjohnson@aol.com">jdkjohnson@aol.com</a>
Secretary	Amy Fogle	(972) 712-9343	<a href="mailto:fogle7@tx.rr.com">fogle7@tx.rr.com</a>
Treasurer	Kelly Little	(972) 672-8552	<a href="mailto:kellittle@tx.rr.com">kellittle@tx.rr.com</a>
Director	Tom May	(214) 223-4600	<a href="mailto:tmay@contactdallas.com">tmay@contactdallas.com</a>
Director	Kevin Rankin	(214) 387-0036	<a href="mailto:kevinrankin3@tx.rr.com">kevinrankin3@tx.rr.com</a>
Head Coach	Trent Emmons	(214) 335-8081	<a href="mailto:fasstcoach@aol.com">fasstcoach@aol.com</a>

All officers and board members are available for questions, comments, and suggestions.

### Selection of Team Members

If we have more swimmers apply than we can safely have on the team, the swimmers will be taken on the team, as space allows, in the following order:

1. \*Members from prior season. (from pre-registration)
2. Fall or winter clinic swimmers.
3. \*Sisters/brothers of present members.
4. General – taken on a first come basis.

\* #1 and #2 above only apply when application is made before the end of return swimmer registration period, as designated by the board. After return swimmer registration period expires swimmers are accepted first come, first served, regardless of prior team membership.

NOTE: FASST also reserves the right to deny or revoke membership privileges in the instance that the board and/or coaching staff determines that the athlete or athlete member family, has violated team policies and/or team or pool Rules of Conduct, all included in this handbook.

### Coaching Staff

Trent Emmons	Head Coach	214-335-8081	<a href="mailto:fasstcoach@aol.com">fasstcoach@aol.com</a>
Mike Johnson	Asst. Coach	972-712-1797	<a href="mailto:mike.johnson58@tx.rr.com">mike.johnson58@tx.rr.com</a>
Kim Piske	Asst. Coach	972-540-6150	<a href="mailto:piskek@att.net">piskek@att.net</a>
Heather Blizzard	Asst. Coach	972-740-7689	<a href="mailto:Heather_Blizzard@baylor.edu">Heather_Blizzard@baylor.edu</a>
Haley Blizzard	Asst. Coach	972-740-7684	<a href="mailto:Haleyblizzard@aol.com">Haleyblizzard@aol.com</a>
Melissa Rose	Asst. Coach	469-633-6163	<a href="mailto:rosem@friscoisd.org">rosem@friscoisd.org</a>
Jordann Stewart	Asst. Coach	972-740-7684	<a href="mailto:stewart.jordann@gmail.com">stewart.jordann@gmail.com</a>

NOTE: The coaching staff is responsible for team practices and choosing relays for swimmers at meets. Coaches have the authority to conduct practices and remove swimmers who are disruptive or not following their practice plan. All swimmers are expected to follow the Basic Rules of Conduct, as detailed in this handbook. All of the coaches welcome your questions, when not conducting a practice session.

**PARENTS: Please Do Not Come On Deck to talk to a coach during practice! We have a “rule” that all parents should stay in the stands during practice and at swim meets. If you need to talk to your child’s coach, please do so before or after practice (maybe an e-mail or phone call), but not during a FASST practice. If you have any issues, please contact your child’s coach first, and then if the issue is not resolved, go to the head coach.**

## **Swim Program**

### **AGE GROUP LEVELS**

Each season the coaching staff organizes and assigns training groups based on several criteria:

- Pool space / time available
- Swimmer's age
- Swimmer's ability
- Swimmer's experience

### **MASTER'S**

Because of our lack of adequate pool space and time, we will not be able to offer interested Master's swimmers any training time with the team. However, for those able to pursue training on their own, FASST and TAAF do offer competition for swimmers age 18 and above. You are welcome to compete at any of the swim meets we attend. If interested, please contact Coach Trent or any board member for details. The fee is \$40 to cover registration and insurance with TAAF. It does not include a swimsuit or cap.

Event entry fees for the Regional and State Meet are also not included. Come join the fun!

### ***PRIVATE LESSONS- TBA***

### **Where Your Fee Goes**

Coaching	\$ 55
Swimsuits/Caps/Shirts	\$ 40
FISD Pool Rental / Lifeguards	\$ 40
TAAF Swim Meet Entry Fees & Registration	\$ 25
Awards	\$ 6
Equipment	\$ 8
Insurance	\$ 7
College Scholarship Fund	\$ 5
Host Meet	\$ 6
Advertising/Website/Registration	\$ 10
<u>MISC. (Supplies/Postage/Printing, etc.)</u>	<u>\$ 3</u>
<b><i>Total Cost/Charge per Swimmer</i></b>	<b>\$205</b>

### **REFUND POLICY**

A 70% refund will be granted to any parent/guardian/swimmer who submits a written request to be dropped from the team, to the President or Treasurer of FASST, prior to May 15, 2009.

No refunds will be made after May 20, 2009.

Due to state health codes, no refunds on swimsuit purchases will be given. Similarly, no refunds will be given for any other swimming supplies, including T-shirts.

## Meet The Coaches

**Head Coach--Trent Emmons** has lived in Frisco, with his family, since 1992. He is the founder/owner of Frisco Sports and News (FSpN). Trent swam competitively as a youth, later coached YMCA swim teams in Mississippi for 4 years; this will be his 7th year as Head Coach of FASST. He graduated from the University of Mississippi (Ole Miss) in 1984 and earned his Masters at North Carolina State University in 1991. Trent is a member of the Frisco Rotary Club, and on the Frisco Education Foundation Board of Directors. Trent and his wife Dana have three kids, Kelsey; Miller; and Kyndall, all three swim for FASST.

**Assistant Coach--Mike Johnson** moved to Frisco with his family in June 1998. This will be Mike's 9<sup>th</sup> season coaching with FASST. Mike is an Engineering Management Executive with JCPenney in Plano. He has both swimming and coaching experience beginning as a high school, AAU/USS swimmer in Columbus, Ohio, and a collegiate swimmer for Ohio State. He has coached two different summer teams to league championships in Columbus and was an Age Group Coach for 13 years with the Greater Columbus Swim Team of Ohio (GCSTO). Mike and his wife Paula have two daughters Amanda and Heather who have both swam with FASST.

**Assistant Coach--Kim Piske** has been a resident and elementary school teacher in Frisco for the past 18 years. Kim has taught swimming lessons in Frisco for the past 16 years. It was an honor to be asked to establish and be the first coach of the Frisco High School Swim team in 1997 and coached the team for four years. Kim was also the head coach for FASST, 14 years ago.

**Assistant Coach--Heather Blizzard** This will be Heather's 8th season swimming with FASST, 4th season volunteering/assistant coaching. A state qualifier, Heather swam for Frisco High School her freshman year, and then for Centennial High the other three years. She will be a senior at Baylor University this upcoming fall. Majoring in biology, Heather is on the pre-med track and hopes to someday possibly become a pediatric oncologist. As well as coaching, Heather also lifeguards, along with her younger sister, Haley. She loves spending time with kids, and looks forward to working with FASST this summer.

**Assistant Coach--Haley Blizzard** moved to Frisco in 2000. This will be Haley's 8th season with FASST. Her older sister, Heather Blizzard, and herself have both been involved in swimming since they were young kids. Haley swam competitively at Centennial High School and also lifeguards for the City of Frisco and at recreational pools in the area. Haley is attending UNT right now and plans to attend Baylor next year with her sister and study dentistry.

**Assistant Coach-- Melissa Rose** This will be the 1<sup>st</sup> summer for Coach Melissa Rose to coach full time for FASST. She has helped with many of the stroke clinics in the past and is also the Head Swim Coach for Wakeland High School. Prior to Wakeland, she taught and coached at Birdville High School. She graduated from Del City High School in Del City, Oklahoma and earned her Bachelors degree from Oklahoma State University in Stillwater. Coach Rose moved to Texas in 2001. This is her 8<sup>th</sup> year to teach and 5<sup>th</sup> year to coach. She is thrilled to be joining the FASST coaching staff as a full-time coach this summer and is looking forward to working with all of the different levels of swimmers.

**Assistant Coach--Jordann Stewart** I have been involved in swimming and swim teams beginning at the age of 7. Swimming quickly became a great interest and I found myself looking for ways to continue and become better. Working with private tutors and swimming on my own, I gained a dedication to the sport. I swam on many recreation teams and swam for Frisco High School for 3 years. I have worked with the FASST swim team through High School as a volunteer, which I had then the pleasure of assistant coaching and instructing during clinics. I now teach High School here in Frisco and am excited to have the privilege to coach again with wonderful swimmers, and coaches.

## **WHAT TO EXPECT AT A SWIM MEET**

Saturday meets begin at 8:00am, with warm-ups at 7:00am. You need to plan to arrive at least 15 minutes prior to warm-ups at 6:45am. The team and many families often arrive even earlier to setup a tent or awning for the swimmers to hang around in and escape the hot sun. Age group volunteers will be setup near the team awning to distribute event entry slips and mark event numbers on each swimmer's arm.

A few minutes prior to each event the swimmers are called to the **ready bench** where volunteers will arrange the swimmers in heats. There is usually a sign or grease-board posted indicating what event number is being called. (Check the web site for a list of event numbers)

### **We recommend bringing the following items to each meet:**

1. \$2 entry fee for each member of your family, including swimmers. (TAAF now requires each host team to charge a \$2 entry fee statewide to offset pool costs)
2. Lawn chairs
3. Sleeping bags or blankets to put on the ground.
4. At least two towels, swimmers will be in and out of the water 4 to 6 times.
5. Team swim suit, goggles, spare goggles, and cap
6. GOOD food; fruit, Gatorade, water, bagels, etc.
7. Quiet games, cards, ipods, electronic games, and other time passers, but no boom boxes that distract swimmers and officials.
8. Shelter from the sun and good sunscreen.
9. Our best manners as we are visiting someone else's pool.
10. Money for snacks. (Each meet usually runs a concession stand with lots of goodies.)
11. When in FISD Facility – Please keep stairs/aisles clear to avoid safety/fire code issues.

Meet ribbons will be handed out at practice the following week via folders.

## **BASIC RULES OF CONDUCT**

- 1) Practice attendance is necessary for conditioning and the development of swimming skills. Attendance at practice is not required, however, it will be used to determine fitness for proper entry in a meet, in the selection of relay team members, and may impact which group level the swimmer trains with. If a problem does arise and you need to alter your workout schedule, contact your coach first for clearance.
- 2) Swimmers, parents and coaches are expected to conduct themselves in a manner that will bring credit to themselves and to FASST. We are guests in the FISD Athletic Facility. Please treat these facilities and their contents with the proper respect.
- 3) All swimmers need to be at meets at least ten (10) minutes before their assigned warm-up time. FASST warms up as a team and not as individuals. This provides assurance that all swimmers get properly warmed up for their events. (Saturday meets – 7:00am, Friday evening meets – 4:30pm)
- 4) Any coaching decisions that you have questions about should be discussed with the involved coach. **However, please do not talk to the coaches on deck.** E-mail or Telephone the coach to arrange to talk with them at the first available time.

For safety reasons, during practice sessions the pool deck is strictly off limits to non-swimmers and non-coaches. All coaches and swimmers are covered by insurance purchased through the Texas Amateur Athletic Federation. Parents and other family members are not.

**Please limit your use of the pool deck to entry and exit of the natatorium.**

## **FAMILY FOLDERS**

Folders labeled for each family will be located at each pool during workouts. These folders will contain receipts, ribbons or any other correspondence from the coaches or board members to the individual families and swimmers. Folders should be checked at the end of each practice session. There will also be folders for the coaches and the Board to be used by parents/swimmers to make suggestions or request a conference.

## **FASST WEBSITE**

The official FASST web address is: [www.swimfasst.org](http://www.swimfasst.org). We will post all newsletters, club information, meet results, team records, coach information and other late-breaking news on this site. Check the site periodically throughout each week for updates and schedule changes.

## **VOLUNTEERS ARE A CRUCIAL PART TO OUR HOME MEET SUCCESS..!!**

This year we are starting a new volunteer website sign-up process, and we encourage each parent to sign up to volunteer for a position at our wonderful Natatorium to assist us in running these great events. It is a nice advantage to have these meets held here in Frisco, however, they could not be possible without the hard work and dedication of our many Great parents volunteering to make them run smoothly and safely.....

## **VOLUNTEER SIGN-UP INSTRUCTIONS**

The instructions are as follows to sign up to volunteer for our home meets:

Go to our main web-site: [www.swimfast.org](http://www.swimfast.org) and click on the "volunteer" button and then follow the posted instructions, it is very simple...

All the volunteer positions are listed by date, and the number of parents needed are listed beside each job, for each time slot (we could not get it to read as "events"--only times.) These ending times are approximate, please be flexible with the officials running the actual meet. As a particular job is filled up, it will not allow you to sign up for that one, so first come, first serve. I would encourage you to sign up early to get the job you like to do.... You will NOT need to enter in your correct birthday nor gender-those are automatic fields that we could not get deleted.

Please enter the phone number that you will have with you at the actual meet in case we need to reach you that morning....

Please do not sign up for a position unless you are certain you will be in town and available for that specific date and time. It is very difficult to switch slots at the last minute.

If you have any questions at all, please email me at [tom.may@remax.net](mailto:tom.may@remax.net), and I will assist you, or call me at--214-223-4600..

## **"A" and "B" REGIONAL SWIM MEETS**

A swimmer who meets or exceeds the designated "A" times in one or more events qualifies for the "A" Regional Meet. Event times below "A" time will qualify for the "B" Regionals. A swimmer may swim in either "A" or "B" Regional Meet based on their times, but not both. In a regional meet, a swimmer is permitted to swim only three events, including relays. The swim team pays all regional entry fees for kids ages 5-17. Master swimmers pay for their own meet fee's.

## **STATE SWIM MEET**

This year's State Games of Texas Swim Meet will be held July 24<sup>th</sup> thru 26<sup>th</sup> in San Antonio, TX. The top three-four swimmers/relay teams in each stroke and age group from the "A" Regional Meet will advance to the State Meet. General information on the meet may be found on the FASST website or at [www.swimtaaf.com](http://www.swimtaaf.com). Specific information will be available later in the season. Swimmers/families are responsible for their own transportation, meals, and lodging. The team will pay all entry fees for all swimmers 17 and under. All swimmers 18 and older shall pay their meet fees to FASST, "A" regionals is \$5.00 per event, and the state meet is \$6.00 per event.

## **END OF SEASON PARTY**

On Sunday July 19<sup>th</sup>, the End of Season Party will be held at Hawaiian Falls in the Colony. This was a very nice event last season and we expect the same this season. Swimmers and their immediate family members are invited. The party usually involves a short annual meeting, elections and some communication from the Coaches and Board of Directors, and of course a whole lot of fun...

## **FREQUENTLY ASKED QUESTIONS**

### **1. Do we have to attend all the meets?**

No, the coaches understand that vacations and other summer activities may interfere. Please however be sure to communicate expected absences to the coaching staff, as far in advance as possible, for relay planning purposes. You must swim in at least two meets to qualify for the championship meets at the end of the season.

### **2. What if I have a concern or a question about the coaching, who do I talk to?**

Please approach your child's coach first. If you aren't satisfied with the answer then elevate your question to the Head Coach. But please remember not to bother the coaches during practice time. Engaging the coaches during practice takes their attention away from the swimmers in the pool, creating an unsafe condition and losing valuable instruction and training for multiple swimmers in the pool.

### **3. 7am Saturday is awfully early! How important is it that my child is at the meet in time for warm-ups?**

It is very important for several reasons:

- 1) Every pool has different characteristics that your child needs time to get comfortable with including walls, starting blocks, backstroke flags, etc.,
- 2) Proper warm-up is important for injury prevention,
- 3) If your child is not there by 7am they may get bumped from a relay by someone that is.

### **4. Four practices a week is quite a commitment! How many practices per week are really necessary?**

Your child is free to come to as many, or as few, practices as you or they see fit. However, most coaches' practices follow a plan that evolves the strokes. There is a lot to learn so if the coach works on breaststroke on Tuesday he/she may not get back to that stroke until sometime later. And the next time may be at a more advanced level of teaching based on the advancement of the majority that were in attendance previously. While you are free to take advantage of as many assigned practice times as possible, attending all practices possible would be a wise and worthwhile plan.

### **5. Can parents get down on deck by the edge of the pool to cheer during swim meets?**

There are spectator seating areas at all meets for parents, families and friends to sit in. In addition to the safety issues detailed in item #5 under "FASST Basic Rules of Conduct", we also want to make this a pressure free environment for the athletes. Please stay in the spectator seating areas and cheer as loud as you would like. And please keep it positive. (Example) - In Baseball or Softball, the coaches and leagues do not allow a parent to come out on the field when their son or daughter is at the plate. Similarly, at each meet the deck areas close to the pool are off-limits to all non-swimmers, non-coaches, and non-officials.

### **6. I am new to the FASST Program how can I get more involved?**

Talk to a board member or coach to discuss your special skills that can be beneficial to the team. We are a volunteer organization with a Board of Directors and Coordinator Positions available. During our swim meet hosted at the FISD Natatorium we always need plenty of hands-on-deck to run this event, so don't be shy, ask around.

### **7. What are swim meets really like? I hope not as crazy as the first one...**

The first swim meet can be a little crazy, with many new swimmers and we usually wind up swimming in a pool with limited volunteers. Don't be discouraged if you feel a little stressed at your first meet and yes this will all seem "almost normal" after a few meets. So pitch your tent, relax, cheer on your teammates and friends and enjoy the day...

## **FRISCO I.S.D. NATATORIUM RULES**

1. No food or drinks are allowed on the pool deck and bleachers. Glass containers of any sort and chewing gum are not permitted anywhere within the natatorium.
2. Check in with the Control Room Office staff before swimming.
3. Running, rough play, or excessive noise is forbidden.
4. Instructions from the lifeguards must be obeyed at all times.
5. Patrons must be dry before entering the lobby area.
6. Swimmers must wear appropriate swimming attire. No cut-offs.
7. No diving in shallow water.
8. Only 1 person at a time is allowed on the diving apparatus (steps and board).
9. Only one bounce per individual is permitted on the diving board.
10. Shower before entering swimming pool.
11. Coaches, swimming instructors, swimmers, meet officials, timers, and staff members are allowed on deck. Spectators must remain in the bleacher seating area.
12. Any person having an infectious or communicable disease is prohibited from using the pool.
13. Persons having open blisters, sores, or rashes are prohibited from using the pool.
14. Children who are not toilet trained are required to wear swim diapers.
15. No one under the age of 12 years is allowed in the facility without adult supervision. Children age 6 and under must have an adult with them in the water at all times.
16. Swimmers may be given a swimming assessment if their level of proficiency and safety is in doubt.
17. Swimmers must stay off of the lane ropes.
18. Swimming under the bulkheads is prohibited.
19. Starting blocks will only be used under the supervision of coaches.
20. Only authorized personnel are permitted access to the filter, circulation, and chemical areas.
21. No floatation devices allowed in the water except US Coast Guard approved life-vests.
22. Insubordination and disrespect to the natatorium staff will result in removal from the facility.

## **SPORT PARENT CODE OF CONDUCT**

On September 23, 2000, more than thirty heads of Massachusetts' chapters of national sports and medical associations, educational organizations, and professional associations met at Children's Hospital in Boston to participate in a consensus meeting to develop a sport parent code of conduct for the state. The meeting was convened by the Massachusetts Governor's Committee on Physical Fitness and Sports and the National Youth Sports Safety Foundation, Inc.

### **Preamble:**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

### **I therefore agree:**

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

### **I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:**

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Meet forfeit through the official or coach
- Parental season suspension

## **Contacts-Phone List**

### **Coaches:**

Trent Emmons –Head Coach 214-335-8081  
Mike Johnson-Assistant Coach 972-489-1797

### **FISD Natatorium:**

Front Desk 469-633-6160

### **Social Events Coordinator:**

Trent Emmons, Amy Fogle

### **Swim Suits:**

Amy Burrell, Tracy Caouette

### **Spirit-Wear:**

Trent Emmons, Amy Burrell, Tracy Caouette

### **Web Site:**

Trent Emmons

### **Meet Ribbons/Awards Coordinator:**

Heather Zacny

### **Age Group Event Slip Coordinator:**

Open

### **Swim Meet Director:**

Trent Emmons, Tom May

### **Fundraising Coordinator:**

Trent Emmons, Jay Johnson, Kelly Little

### **Advertising Coordinator:**

Trent Emmons, Tom May

### **Team Records Coordinator:**

Mike Johnson

### **FASST**

**PO BOX 1682**

**Frisco, TX 75034**

## Summer 2009 Swim Meet Dates TAAF Region VII

### Teams

Allen, McKinney, Frisco, Plano (A), Plano (P), Carrollton, Farmers Branch, Rowlett, Commerce, Bonham, Denison, Grand Prairie, Mesquite, Irving, Paris, Garland

<b>Day-Date</b>	<b>Host</b>	<b>Teams Attending</b>
<b>SAT 5/16</b>	<b>Frisco</b>	<b>Frisco</b> - Pre-Season Intra-Squad Meet
<b>SAT 5/30</b>	<b>Frisco</b>	<b>All Teams</b>
<b>SAT 6/6</b>	<b>Denison Carrollton Mesquite</b>	PlanoA, McKinney, Paris, Bonham PlanoP, Garland, Allen, Farmer's Branch, Irving <b>Frisco</b> , Commerce, Rowlett, Grand Prairie
<b>FRI 6/12</b>	<b>PlanoA</b>	Garland, PlanoP, Denison
<b>SAT 6/13</b>	<b>Frisco Allen Grand Prairie</b>	<b>Frisco</b> , Bonham, Mesquite, McKinney Paris, Carrollton, Commerce Irving, Rowlett, Farmer's Branch
<b>FRI 6/19</b>	<b>Carrollton</b>	Allen, Irving, Farmer's Branch, Grand Prairie
<b>SAT 6/20</b>	<b>Paris McKinney @Frisco Mesquite</b>	Denison, Commerce, Bonham <b>Frisco</b> , PlanoP (meet location is Frisco Natatorium) Garland, PlanoA, Rowlett
<b>FRI 6/26</b>	<b>Farmer's Branch</b>	McKinney, Commerce, Rowlett
<b>SAT 6/27</b>	<b>Frisco Grand Prairie Irving</b>	<b>Frisco</b> , Carrollton, PlanoP, Paris Mesquite, Garland, Bonham Denison, PlanoA, Allen
<b>FRI 7/3</b>	<b>PlanoA</b>	PlanoP, Grand Prairie, Carrollton, Rowlett, Farmer's Branch, Irving
<b>SAT 7/4</b>	<b>Paris</b>	Mesquite, McKinney, Garland, Denison, Bonham Commerce
<b>SUN 7/5</b>	<b>Frisco</b>	<b>Frisco</b> - "FASST Fun Meet"
<b>SAT 7/11</b>	<b>Allen</b>	<b>A Regionals</b>
<b>SAT 7/18</b>	<b>Carrollton</b>	<b>B Regionals</b>
<b>FRI 7/24 thru SUN 7/26</b>		<b>State Swim Meet Josh Davis Natatorium, San Antonio</b>

## TAAF/FASST Swim Meet Event Schedule

<u>GIRLS</u> <u>EVENT</u>	<u>AGE</u>	<u>METERS / YARDS</u>	<u>STROKE</u>	<u>BOYS</u> <u>EVENT</u>
1	8 – U	100	MEDLEY RELAY	2
3	9 – 10	100	MEDLEY RELAY	4
5	11 – 12	200	MEDLEY RELAY	6
7	13 – 14	200	MEDLEY RELAY	8
9	15 – 17	200	MEDLEY RELAY	10
11	18 – OVER	200	MEDLEY RELAY	12
13	8 U	50	FREE	14
15	9 – 10	50	FREE	16
17	11 – 12	100	FREE	18
19	13 – 14	100	FREE	20
21	15 – 17	100	FREE	22
23	18 – OVER	100	FREE	24
25	8 – U	25	BACK	26
27	9 – 10	25	BACK	28
29	11 – 12	50	BACK	30
31	13 – 14	50	BACK	32
33	15 – 17	50	BACK	34
35	18 – OVER	50	BACK	36
37	8 – U	25	BREAST	38
39	9 – 10	25	BREAST	40
41	11 – 12	50	BREAST	42
43	13 – 14	50	BREAST	44
45	15 – 17	50	BREAST	46
47	18 – OVER	50	BREAST	48
INTERMISSION (APPROX. 15 MIN.)				
49	8 – U	25	FLY	50
51	9 – 10	25	FLY	52
53	11 – 12	50	FLY	54
55	13 – 14	50	FLY	56
57	15 – 17	50	FLY	58
59	18 – OVER	50	FLY	60
61	8 – U	25	FREE	62
63	9 – 10	25	FREE	64
65	11 – 12	50	FREE	66
67	13 – 14	50	FREE	68
69	15 – 17	50	FREE	70
71	18 – OVER	50	FREE	72
73	8 – U	100	I.M.	74
75	9 – 10	100	I.M.	76
77	11 – 12	100	I.M.	78
79	13 – 14	100	I.M.	80
81	15 – 17	100	I.M.	82
83	18 – OVER	100	I.M.	84
85	13 – 14	200	FREE	86
87	15 – 17	200	FREE	88
89	8 – U	100	FREE RELAY	90
91	9 – 10	100	FREE RELAY	92
93	11 – 12	200	FREE RELAY	94
95	13 – 14	200	FREE RELAY	96
97	15 – 17	200	FREE RELAY	98

