



SHARK SIGHTINGS

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www.fbswim.org

October 8, 2005

“...Committed to Excellence.”

COACH'S WELCOME

Whether you are one of our returning families or one of the many new members joining the program, I want to enthusiastically welcome you to a new season at FBST. Let me share my excitement about the season ahead of us. As we head in to the fall, I will be training our coaching staff on techniques that have helped some of my former swimmers reach levels that exceeded their dreams. These techniques will be implemented in each of our programs: from Sharks School, to the Age Group program, to the High School Prep, and up to the Senior program. Every swimmer will benefit, as shown by their technical improvements and dropping times.

There will be a learning curve to this new style of technique, though, so I ask parents to encourage your swimmers through the process. Adapting to new techniques and drilling can be a difficult process, like starting a new job. Fortunately, kids adjust easier than we adults.

One of the new things we will stress is floating *from head to toe* on the surface of the water. Learning this technique looks difficult—and it is. However, it is the foundation for EVERYTHING that follows. When we have mastered head-to-toe floating, we can begin implementing stroke drills for each competitive event. Starts and turns will also soon become a priority.

I affectionately call this approach of holding the body correctly in the water “THE SYSTEM.” As your swimmers hear this phrase repeated practice after practice, they will come to realize how important it will be to their swimming success. One of the beauties of “The System” is how it helps each swimmer understand how his or her body works best in the water. This understanding will enable each to reach his or her fullest potential as a competitive swimmer. The earlier we start swimmers in “The System” the better they will become.

My goal for this season is that “The System” will become mainstreamed into our program and learned by each swimmer. When that happens I am confident that you will share my excitement as we see the results—results that will be appropriate for each swimmer.



OCT 10TH—COLUMBUS DAY PRACTICE—SPORT FAIR OUTFITTING

Gary Ramsey from Sport Fair will be at Benyaurd Pool Columbus Day from 9am-12pm for suit & shirt sizing, equipment outfitting, and training gear. **Bring your checkbook** since this is the year we will be getting a new swimsuit.

MODIFIED SCHEDULE FOR COLUMBUS DAY

Photo Op: On October 10th we will start the day by taking a team photo with all swimmers—from all programs—at 8:45 am. Please be on time. The photo will be used for future brochures and posters.

Practice: At 9:00, practice will commence for all swimmers--Senior/HS Prep/Age Group/Shark School Programs. This is a nice opportunity for swimmers in AG 3 & 4 and Shark School to meet and swim along with the rest of the team. Shark Schoolers and AG 1-4 will practice the first hour only (9-10am). At 10 am this group can be outfitted by Sport Fair. The Senior/HS Prep group will continue to practice until 11am and then commence to outfitting. We plan to schedule a make up date with Sport Fair for those who cannot attend Monday.

RECRUITING (One Free Session for Potential Recruits)

We are asking swimmers and parents to help recruit new swimmers to the team. If you run across families that you know have swimmers (whether it be summer league, high school or recreation) please invite them to join us for one free session. Bring a buddy to any practice, we just need you to tip off the coach at that particular practice with the swimmer's name, the parents' names and their contact information (email, phone number, etc..) We want to continue the growth of FBST. I am quite sure you will be pleased with your swimmers progress this season, and word of mouth is the best advertising. Please help us. We truly appreciate your recruiting efforts!

Yours in Swimming,

Mark Murray

FBST Head Coach

SCHEDULE OF UPCOMING MEETS

PVS Open -- 11-13 November
November Championships -- 18-20 November

Reindeer Mini Meet -- 10-11 December
Holiday Invitational -- 8-11 December
A December *no qualifying time* meet may be scheduled



VCS Invitation III -- 14-15 January

Winter Gator Mini Meet -- 18-19 February

VSC Qualifier -- 3-5 February

VSC/SDS 10 & U Invitational -- 4-5 March

PVS 14 & U Junior Olympics -- 16-19 March

PVS Senior Champs -- 9-12 March

March Madness Meet -- 24-26 March

Swim Meet Tips for Parents

Welcome new and veteran FBST Parents to this season of winter swim meets. Here are a few tips for our new winter swim parents that could also serve as reminders for you veteran parents, as well. These may not cover everything, so as you think of other helpful hints, please pass them on to your fellow swim parents.

1. Check the Potomac Valley Swimming Website, www.pvswim.org, the evening before the meet to see if any changes have been made. This will be especially important during inclement weather. The website will post warm-up times to help you figure out when to arrive if your swimmer's coach did not specify a time. A proper warm-up is essential for peak performance.
2. While you are on the website you might want to check to see if the psych sheet has been posted. The psych sheet normally has your child's seed time which generally determines which heat your swimmer is in.
3. FBST Coaches will be available at the meet to help prepare your swimmer for the meet. Generally, you can escort your swimmer to the pool deck to find the FBST area, but the parents are generally not permitted on deck itself.
4. Winter swim meets are much longer than summer meets and you are likely to be at the pool much longer, depending on the events your swimmer is in. The meets are generally spread over both days of a weekend, so plan for the long haul.
5. Pack in a few sport chairs, since some pools have limited seating areas. If the pool has seating, you can bet it will feel very hard after a few hours. Bring cushions, too.
6. Bring snacks for you and your swimmer--and lunch if you're there all day. Many concession stands do not sell food that is consistent with good health.



7. Volunteer to be a timer and have the best seat in the house. (Well, actually you'll be standing, but you will certainly have a great view.) The meets are all run by parent volunteers. Your help is needed....and don't worry, almost anyone can learn to run a stopwatch.
8. There can be long down times between your swimmer's events. What an opportunity for your student to wrap up that homework assignment due Monday morning.

Swim Meet Tips for the Swimmers

1. Your coach should give you all the information you need for the swim meet. If you have any questions ask your coach.
2. Bring lots of fluid (Gatorade or water) to each meet to keep yourself hydrated.
3. Bring lots of healthy snacks.
4. Bring at least 2 towels.
5. Bring warm clothes to wear in between your events to keep you warm and conserve your energy.
6. Bring card games, books, iPods, even homework, to keep you calmly occupied during lulls in the action.
7. Bring sport chairs or cushioned pads for comfortable relaxation between events.
8. Bring your sportsmanship! Cheer your teammates on! After all, they too will be cheering you on.