



December 22, 2009

Happy Holidays from the FBST Family to yours!

We have much to report. But first and foremost, your staff at FBST would like to wish you all a safe and happy holidays. With all the snow on the ground, everyone is bound to spend some time out there either frolicking or shoveling. Please be safe and remember, even with the snow and ice, swim practices will be held and we hope to see you there. Notices will be sent out as soon as possible if there are cancellations or changes due to inclement weather throughout the winter season.

Holiday practice schedule

Now through December 23 - practices remain regularly scheduled

December 24-27 - **no practice**

December 27-January 2 - Senior Group Winter Training trip, Ft. Lauderdale, FL

December 28-30 - practices consolidated to GW Rec. Ctr. between 10:30am-1:00pm

10:30am-12:00pm Junior National, AG 1 & 2, Masters

11:45am-1pm AG 3 & 4

12:00pm-1pm Shark School & Special One-Day Program

(All registered swimmers are welcome to attend all days of practice)

December 31-January 3 - **no practice**

Practice resumes regular schedule January 4.

Meets

We have had a busy couple of weeks with the senior swimmers heading to Minneapolis and performing best times in several events at the Minnesota Grand Prix. Coach Mark has been to the University of Minnesota many times in his coaching career for major meets so it was great to introduce the next generation of FBST swimmers to a world class facility. Both Mark Mattis and Reanna Doña turned in performances that were impressive especially since they were not tapered for the meet. Learning how to swim fast tired is something that both Coach Mark and Coach Sam are working on with the athletes. We want the athletes to gain the self-motivation and confidence needed to succeed. When we are able to have the athletes achieve best times in an environment as tumultuous as this, it is a good sign for the entire team. Mark and Reanna were joined on the trip with Mark's cousin, Kevin Waller, from Bend, Oregon. Kevin swims for South Coast Aquatics and performed well under the guidance of Coach Mark and achieved his goal times at the meet with his surrogate team (FBST).

We are planning to attend the Austin, TX, Grand Prix in March with more of our senior swimmers as they have made the qualifying standards. This should make for a great team building experience as Coach Mark is able to begin to market FBST swimmers to college coaches seeking talented swimmers at the meet. This is a big advantage as Coach Mark is formerly a college swimming coach for 15 years. Coach Mark was known as one of the most-fierce recruiters in the business so the existing coaches in the NCAA know him and are glad he is back in the club level.

Thank you to all who assisted with running a spectacular November Open Meet at Takoma Park Recreation Center. FBST received many accolades from the Potomac Valley Administrative Staff on a well run meet. We could not do this without the help of our parent volunteers. Thank you so much for all you do for FBST! We would not be successful without you!

January Open (23rd-24th Fairland Aquatic Center)

One of the teams that were to host the January Open backed out of running the meet, we were requested by Potomac Valley Swimming to fill in and run this section of the January Open. We, of course, said yes and will again need your assistance to help run the meet! Please be willing to help with being a timer, learn to officiate, operate Hytek (computer), operate the Colorado Timing System, and run the concession stand. All of these meets have lots of moving parts so please consider being one of the cogs necessary for it to be successful!

PVS 18 & Under Age Group Championships (Feb. 19-21 Lee District)

FBST will again host this wonderful opportunity for our team! Like all championship meets, this is a large meet that requires many volunteers. We plan to run hospitality, concessions, t-shirt sales and swimming apparel sales as well. We will need timers and officials galore. Again, please lend us a hand while running this meet. It is critical to our budget to run meets to keep our costs down. Thank you in advance for your helping hands!

Officials Clinic

We know many of you have inquired on how to help our program. Our program is only as good as the number of officials we offer at meets. Here is your chance to learn how to become an official by starting with stroke and turn certification. See this link <http://www.pvswim.org/official/officialsclinics.html> and take a friend with you to the training session. We encourage you to learn how to officiate. It will help you understand the rules for swimming and become a more informed parent advocate to your child. Please consider signing up for this Officials clinic on January 9, 2010 at Takoma Recreation Center!

FBST Records Recently Broken!

Congratulations are in order for our recent team record breakers!!!! Way to go!!!

Will Rausch (13-14) 50 Breaststroke: 34.54

Michael Valceanu (11-12) 50 Fl: 27.53, 100 Fl: 1:00.40, 200 Fl: 2:15.96 **1st place at Tom Dolan**

Reanna Dona (15-16) 100 Free: 52.44, 100 Fly: 58.52

Mark Mattis: (15-16) 200 Free: 1:47.38

Dan Chalfant: (15-16) 50 Back: 26.19

Once again, we wish you all Happy Holidays!

Yours in Swimming,

Mark Murray

Head Coach

FBST