

Shark Bites

Fernley
Aquatic
Swim
Team

It's Meet Time!

TWILIGHT MEET w/SPARKS

Exciting, exciting news!!! The Fernley Aquatic Swim Team will be hosting a Twilight Meet with Sparks on **July 9** from **3:45-5:45** at the Fernley Pool. A Twilight Meet is basically a practice meet or a scrimmage where our swimmers can get a little more used to competing and to the "meet atmosphere." The Sparks team will be bringing out some of their swimmers to join us. This is such a great opportunity so we want to have a strong showing.

June 24, 2009



Our 5 Sharks at the Reno Gamble Meet and Mackenzie Peek swimming the breast.

PLEASE make sure your swimmers are going to be there.

Coach Tim and Janice will be sharing much, much more on this meet as it gets closer. Don't stress out, it will be a lot of fun!

If you have any questions, talk to the coaches or email Todd Wright at trainwright@gmail.com

Parent Q & A Night

During practice on June 30, FAST board members and the coaches will be available to answer any questions or con-

cerns that you may have. So plan on sticking around while the kids swim and get those questions ready. See you then.



Mackenzie Clark at the Reno Meet.

We are what we repeatedly do. Excellence, then, is not an act, but a habit. -Aristotle

FAST Bowling Outing

Come join us at the Frontier Fun Center for bowling and pizza on July 18 at 5:00pm. Our team is really seeing some rapid growth and we would like to get everyone together and have some fun.



Sam Wright taking a breath.

All FAST swimmers will bowl and eat for free. Parents and siblings will have to cover their own expenses. More details coming soon. Come out, have fun, and build some team unity. Please RSVP by July 10 by email, trainwright@gmail.com or by phone 575-6807. Hope to see you there.

FAST Website

The FAST website is located at www.teamunify.com/Home.jsp?team=fast4. Here you will find upcoming meets, meet results, pictures of our Sharks, this newsletter, and much, much more. Check it out.



Morgan Clark stretching it out.

USA Swim

The Fernley Aquatic Swim Team is a USA Swim sanctioned team. Remember when your child's 10 day trial is up, it is your responsibility to join USA Swim. This registration can be done online. We will supply you with a step-by-step how-to-guide. Once you have successfully registered your child, let a coach know and your swimmer will be given an "official team" swimming cap.



Emily Wright breast stroking to the wall.

FAST Board Meetings

Our swim team has a board consisting of a president, vice-president, secretary, treasurer, coach, parent advocate, fundraiser, and sergeant-at-arms. We meet on the third Friday of every other month. Our next meeting is scheduled for July 17 at 6:00. We will be meeting at the pool in their meeting room. Anyone interested is invited to attend.

Upcoming Meets & Important Dates

June 30 - Parent Q&A at 4:15
July 9 - Twilight Meet 3:45-5:45
July 11-12 - Woodland LC Meet
July 18 - Bowling Night 5:00
July 24-26 - Tahoe SC Meet
July 23-26 - Junior Olympics LC
Aug. 7-9 - Minden SC Meet