



CNBO NEWS

December 2021

DATES TO REMEMBER:

- December 2
Wreath pick-up
40 Boundary Dr, Moncton
- December 10-12
MLTC Meet – Saint John, NB
- December 18 - Cancelled
Premier #2 - Sackville, NB
- December 18 - Cancelled
Canada Games Hopeful camp –
Bathurst, NB
- December 24 to 26
All practices cancelled

INSIDE THIS ISSUE:

- Holiday Season 1
- Fundraiser – Xmas wreaths 1
- December Birthdays 2
- Message – Secretary 2
- Coaching Award 2
- Covid-19 Update 2
- Top FINA Performance 3
- Top FINA Add-Ups 3
- Recap – Gala 2020/2021 3
- New Standards Achieved 4
- Competition Recap 4
- Did u know / Upcoming 5
- Officials 5
- Recipe 5

Holiday Season

It's hard to believe the holiday season is around the corner, which also means that 1/3 of our current swim season is already in the books. During the past 18 months, the global pandemic has certainly thought us the preciousness of life. We wish you love, peace and joy during the holidays with your loved ones. Stay safe and healthy, all while enjoying the presence of your family and friends.

The holiday season also brings modifications to our regular schedule. Please note, we will be closed for all groups on the following days:

- Friday, December 24th
- Saturday, December 25th
- Sunday, December 26th
- Saturday, January 1st

As with past seasons, most athletes will be on a well-deserved holiday break. The modified schedule will only be open to certain training groups/athletes. This is due to various factors, most notably pool space and coach availability. To all CNBO members, we wish each and every one of you, Happy Holidays!



Fundraiser – Xmas Wreaths

Twenty-nine (29) families participated in our first fundraiser of the year. Combined, the 29 participants sold 408 wreaths, which generated sales for a total of \$8 160.00. Of this amount, \$4 896.00 in fundraising credits, was redirected to the participants Team Unify account, prorated to the number of wreaths sold.

Participants picked up their orders on Thursday, December 2nd. A sincere thank you to Melanie and Shawn Wheeler for offering their yard, as the pickup location.

Also, thank you to the fundraising committee and all 29 families who participated in this successful event!

Message from our secretary

David, also known as “Gabby’s Dad”, is excited to be part of the Club de Natation Bleu et Or! I am new to the swimming world, but it is really exciting and a great community to be part of”. Sports has been a large part of my life since I was young and have played football, hockey, baseball, and soccer. I played football in university and now my big sport is sailboat racing in Shediac. I have also coached hockey and softball at the provincial levels.



Being the secretary on the CNBO executive is fun. It’s an exciting way to get to know and to contribute to CNBO and share some of my previous sports and work experience with the club. I fully support the goals and objectives of the club to fully support our athletes in a respectful and positive culture.

Petro-Canada Coaching Excellence Award

On November 4th, our head-coach Ryan Allen was honored by receiving the Petro-Canada Coaching Excellence Award. These prestigious awards recognize coaches who supported their athletes to a medal-winning performance at a World Championship event, the Olympic and Paralympic Games, or the Special Olympics World Games.



Ryan, on behalf of all CNBO families, congratulations on your well-deserved recognition, achievement, and success!

Covid-19 Update

Finally, circuit breaker restrictions have been lifted in Zone 1. However, as we are reminded daily by the growing number of cases, Moncton and the surrounding areas continue to be hard hit with this 4th wave of Covid-19. We urge all families to stay safe and abide by all directives of Public Health and the Government of NB.

On November 19th, Health Canada approved the Pfizer-BioNTech Comirnaty Covid-19 vaccine for children between the ages of 5 and 11. We encourage you to book your appointments to the earliest of your convenience. As of today, we have yet to receive any guidelines on how the province plans to go ahead with the requirements. Please stay informed and we will share any information received via email.

As our numbers remain high, we would like to remind all members to monitor for symptoms and please stay home if symptoms do occur. We would also like to remind our families that athletes are not permitted, until told otherwise, to attend any practices or competitions if their school has been closed for contract tracing.

As we have done since March 2019, CBNO will continue to monitor and adhere to all recommendations of Public Health and all directions from GNB, SportNB, SwimNB, and our facility managers.

Together, we will get through this, let’s all do our part. To our numerous health care workers, WE appreciate and THANK YOU!

Happy Birthday to our December swimmers

- Christina Chen
- Anna Mercer
- Divas Sandhu



Top FINA Performance

10 and under

- Lily Awad
- Alex Shen

11 & 12 years old

- Sophie Landry
- Itzael Gaudet

13 & 14 years old

- Celine Despres
- Alexander Esson

15 – 17 years old

- Brooklyn Douthwright
- Yannick Dupuis

Top 8 FINA Add-Ups

10 and under

- Lily Awad
- Alex Shen

11 & 12 years old

- Sophie Landry
- Itzael Gaudet

13 & 14 years old

- Celine Despres
- Alexander Esson

15 – 17 years old

- Brooklyn Douthwright
- Yannick Dupuis

Recap Gala 2020-2021

We would like to acknowledge the 74 swimmers that attended our 2020-2021 Gala which was held on November 16. It was surreal to finally be together, as a team. Even if time restrained us from doing our CNBO Cup Team announcement, we hope all athletes enjoyed their evening with their friends/teammates.

We would like to reiterate our appreciation to Ryan, our head coach, for all his hard work, time and devotion towards our athletes and club last season. We lost count of the number of operational plans he drafted out, guideline and pool changes, modification and/or cancellation emails he had to deal with. However, even with all these factors, CNBO was one of the most successful clubs in our province/country last year. Ryan, we couldn't have done it without you, a sincere THANK YOU!

Here are a few amazing stats and numbers from our 2020-2021 season.

- 1118 Team best times achieved by 83 athletes
- 323 New Swim NB standards achieved by 56 athletes
- 217 New All-Time CNBO top 10 Swims achieved by 26 athletes
- 9 SNC 2022 Easterns Qualifiers
- 38 Individual club records broken by 4 different athletes
- 18 Relay club records broken by 11 different athletes
- 18 Individual provincial records + 6 unofficial provincial records
- 9 Relay provincial records broken by 11 different athletes
- 1 World record, 1 Paralympic Gold and Silver medal

Our evening went on to recognize our top athletes by age group. Our recognitions are awarded in two categories: **Top Fina Performance** and **Top 8 Fina Add-Ups**. The Top Fina performance is awarded to the athlete who has achieved the most Fina points for one single swim. The Top 8 Fina Add-Ups is an addition of Fina points for the top 8 performances of each individual athlete. This year, all category winners took home both honors.

Our big winners of the evening were **Brooklyn Douthwright** and **Yannick Dupuis**. Both won their respective age group category and went on to claim the Open category, which is a **Top Fina Add-Ups of 10 swims**. Congratulations Brooklyn and Yannick!



Danielle Dorris won the Para category with her world record, gold medal performance at the Paralympic Games in Tokyo this summer. Congratulations Danielle!

Several door prizes were also drawn and Melianne Beulé's accuracy was no match for anyone, claiming 2 of our 3 guessing games. Samuel Landry was our other winner. Congratulations Melianne and Samuel!

Finally, a special thanks to all the volunteers who organized the evening and assured that all guidelines from Public Health were followed at all times.

Highest “new” standard achieved

Standard B

- Kelyanne Amberman
- Lily Awad
- Marieve Bourque
- Mylene Despres
- Zachary Hopkins
- Alex Shen
- Jasmine Ouellette

Standard 3B

- Amy Dong

Standard A

- Loic Boudreau
- Catherine Caissie
- Zoe LeBlanc
- Olivia Ouellette
- Justin Richard
- Gabrielle Stevens
- Camille Toupin

Standard AA

- Samuel Landry
- Sophie Landry
- Ben Laplante-Roy
- Isabelle Poirier
- Mathias Merlin

Standard NS AAA

- Alex Bourque
- Alex Esson
- Anna Mercer
- Samuel Thériault
- Jean-François Tremblay

Ontario Jr International

- Summer Esson

SNC Eastern

- Noah Beausoleil
- Celine Despres
- Gabriel Mazerolle

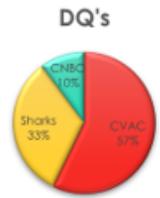
Competition Recap

CNBO’s competition schedule is well underway. Our head coach Ryan, along with all of his assistants are beyond please of what they have seen so far.

Premier #1 – November 5

On Friday, November 5th at the Dieppe Aquatic Center, we hosted the Premier #1. Our first meet of the 2021-2022 season was very positive and felt as normal, as what our new normal is. This meet brought 120 swimmers to Dieppe for a total of 337 swims. The Codiac Vikings (CVAC-Riverview) and the Sharks (Sackville) were also in attendance. We are beyond proud of all of you. Here is a recap from our CNBO athletes:

- 43 Best Times were achieved for a team percentage of 95.6%
- 18 new Swim NB standards were also attained
- 10 athletes competed for the 1st time as a CNBO member
- 7 of those 10 athletes competed in their 1st ever swim meet
- CNBO had 10% of disqualifications vs. 33% and 57%



Well done and congratulations to all!

Time Trial #1 – November 12

The following Friday, November 12th, 32 of our senior kids were racing their first Time Trial of the season in Dieppe. During our time trial, our athletes swam to 53 best times, for a team percentage of 72.6%. Together, athletes accumulated the following new standards:

- 24 Swim NB
- 2 Next Gen
- 3 SwimNS
- 2 Quebec Cup Senior
- 1 Ontario Jr. International
- 2 SNC Easterns

Well done to all our senior athletes who competed on November 12th!

NB Invitational #1 – November 20 & 21

Sussex Swordfish were hosting the 1st invitational meet of the season. It brought more than 190 swimmers from across New Brunswick and CNBO was, once again, well represented. Our 23 athletes in attendance achieved 78 best times for a team percentage of 69%. Of these best times, our athletes raced to 26 new Swim NB standards and 7 new Swim Nova Scotia AAA standards. Congratulations to all!

Quebec Cup Senior Competition – November 26 to 28

The following 4 CNBO athletes, Celine Despres, Summer Esson, Gabriel Meunier and Marie-Christine Tremblay travelled to Quebec City from November 26-28 to attend the Quebec Cup Senior Competition, which was held at PEPS, University de Laval. With only 4 swimmers, CNBO managed to finish 15th out of 32 in the team points tally. Congrats guys!

Recap – November 2021

CNBO’s first month of competition is over. Our club attended 4 meets, which generated a team percentage of 69% in Best Times. Congratulations to all our athletes, you can be very proud of all your personal accomplishments!

CNBO November Stats



CNBO Officials

We held a level 1 Clinic (Introduction to officiating) on November 8th at the Dieppe Aquatic Center. Lise Despres officiated the French session, while Amy Esson, the English one. These two sessions generated an additional 10 Level 1 CNBO officials, congratulations to:

Dan Allain	France Côté-Allain	Audrée Arseneau	Etienne Beaulé
Mary Fan	Manon Cormier	Chantal Hébert	Christine Martin
Mike Hopkins	Marjolaine Thériault		

Lise Despres and Amy Esson have also completed all the requirements and are now certified Level 3 officials. Congratulations to both as well!

Upcoming courses:

Stroke and Turn – Level 2 (timers, this is your next step)

Location: Dieppe Aquatic Centre **Date :** Wednesday, December 15th

Time: 5h15pm to 8h00pm

Starter Clinic – Level 2 (for all level 2s, this is your next step)

Location: Dieppe Aquatic Centre **Date :** Wednesday, December 15th

Time: 6h00pm to 8h00pm

To register for any of these 2 courses, please communicate with Amy Esson at officials@cnbo.ca.

Recipe: Blueberry Breakfast Cookies

- 2 bananas, mashed (very ripe)
- 1/2 cup peanut butter (or almond butter)
- 2 eggs
- 1 tsp vanilla extract & 1 tsp cinnamon
- 2 tbsp pure maple syrup & 2 tbsp coconut oil, melted
- 2 cups rolled oats
- 1/2 tsp of baking soda & 1/2 tsp of baking power
- 3/4 cup blueberries (or frozen)
- 1/3 cup chocolate chips (any kind)
- 2 tbsp chia seeds (and/or flax seeds, hemp seeds)
- 1/4 tsp salt



Instructions:

1. Mash bananas until smooth. Add peanut butter, eggs, maple syrup, coconut oil, and vanilla extract. Mix well until smooth and combined.
2. Add oats, cinnamon, baking soda, baking powder and salt. Mix well.
3. Add Blueberries, chocolate chips and seeds
4. Bake for 12-15mins at 350 or until golden edges. Let cool for 10mins

Did you know...

- The biggest pool in the world is 7 times bigger than a football field and you will find it in Casablanca,. Morocco.
- Swimming became an Olympic sport in 1896
- The Titanic was the first ocean liner to have a swimming pool.

Upcoming Events

- Long Distance Meet
Fredericton NB
Jan 15, 2022
- NB Open Cup (SC)
Moncton NB
Jan 28 - Jan 30, 2022