



# CNBO NEWS

September 2021

## DATES TO REMEMBER:

- September 13  
Start of Season
- September 21  
AGM
- September 28  
Parent Meeting

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## Welcome to CNBO

We would like to sincerely welcome all returning and new members to CNBO. We wish you all a wonderful 2021-2022 swimming season!

### Our vision

To be the premier competitive swimming club in New Brunswick and Atlantic Canada while striving to establish ourselves as a national leader in two key domains: Athlete & Coach Development, and Organizational Structure & Governance.

### Our philosophy

- Dedication to excellence in life and sport. All members will be expected to model the values of CNBO in the pool and in our community.
- Athletes will be supervised in an appropriate and safe environment through all levels of programming.
- Creation of a winning culture and environment that encourages all members to reach their full potential.

### Team values

- **Respect** - Yourself, teammates, competitors, & community
- **Pride** - For yourself, you team, and your community
- **Commitment** - To achieving your full potential, to our team goals, to our team values

\*\* It is expected that all members of our CNBO family (athletes, coaches, families, sponsors, and supporters) demonstrate our team values during all representation of the club. \*\*

### Goals

- Offer an engaging and rewarding environment that will allow athletes in all levels to reach their full potential.
- Re-alignment of all levels in the club with Sport Canada's LTAD model. Establishment of a clearly communicated continuum of athlete progression through our programming.
- Increased involvement amongst athletes and families through developing team and individual goals. The club will offer a variety of initiatives and activities to encourage athletes and families to reach these goals.
- Increased team building: Develop and offer opportunities for athletes to demonstrate their team spirit and love for representing our club.
- Increased professional development opportunities for all staff. We will strive to continually educate our coaches to ensure they are equipped to provide the highest quality of coaching to allow athletes to excel at all levels.

## Welcome New Members

- Santiago Blando
- Dylan Boicey
- Emily Caissie
- Christina Chen
- Marcel Comeau
- Florent Cormier
- Peyton Felder
- Lexie Hendel
- Zachary Hopkins
- Elizabeth Martin
- Anna Mercer
- Jasmine Ouellette
- Olivia Ouellette
- Divas Sandhu
- Jennifer Song
- Lara Storey
- Sophie Thibodeau
- Dexter Welling
- Amanda Xu

## President's Message

Hi,

With an “almost normal” return, I am very happy that the 2021-22 season has started. I am sure that our athletes who watched Danielle win her two medals received great energy to keep on training and chasing their dreams.



I wish all our swimmers a great swimming season.

To our new members, welcome to the CNBO family.

Don't forget the Annual General Meeting will take place on Tuesday, September 21st.

Thank you  
Natalie Levesque, President

## Covid-19 Update

As Covid-19 continues to be a part of our daily lives, our main priority remains the health and safety of our athletes, coaches and family members.

The following details are mandatory for all athletes and coaches:

- A clean face mask is mandatory inside both facilities, which also includes all changerooms.
- Athletes are asked to have their own plastic bag, with their name on it, to place their mask inside while in the pool
- We encourage social distancing when possible
- All participants are asked to arrive no more than 15 minutes early.
- All participants are asked to leave the facility within 15 minutes of the end of practice.
- No spectators are permitted inside the Ceps for the time being. We will advise if this procedure is lifted.

As cases are soaring in the Moncton area, we remind our CBNO family to abide by all recommendations of Public Health. CNBO will continue to monitor & adhere to all directions from GNB, SportNB, SwimNB, and our facility managers.

## Our Coaches – 2021/2022 Season

Here are our coaches for this 2021-2022 Season.

**Ryan Allen** is returning for his 3rd year as Head Coach with CNBO. He is a NCCP (National Coaching Certification Program) Level 3 trained coach who holds a bachelor's degree in Kinesiology and Education.



A firm believer in continuous learning and professional development, Ryan has sought to work with some of the best coaches and programs in the country through various opportunities, including working with Swim Canada, Swim NB and our member clubs any chance possible. This summer, Ryan was a member of our Team Canada Coaching Staff at the 2020 Tokyo Paralympic Games in Tokyo Japan. Ryan is excited to draw from his experiences while leaning heavily on all CNBO members as we look to grow together. Collaboration amongst all coaches, athletes and families will help us achieve wonderful heights. All athletes in CNBO will be provided an opportunity to achieve their absolute full potential, while having fun in a safe and inclusive environment.

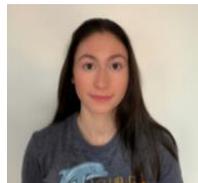
**Mathieu Manuel** will also be returning as Ryan's assistant for this upcoming season. Mathieu is a NCCP Level 2 trained coach who is currently studying Law at the University of Moncton.



Ryan and Mathieu will be accompanied by our returning coaches which include:



Karine Bourque

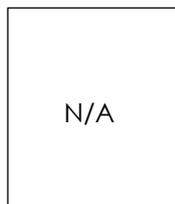


Sandrine Daigle



Catherine Laplante

Joining our coaching team for this upcoming season are 5 accomplished CNBO swimmers:



Sarah Landry



Anabelle LeBlanc



Madeleine Leger  
NCCP Level1



Isabella Lemaire

### September Birthdays

- Ariel Breau
- Piper Cohen
- Danielle Dorris
- Summer Esson
- Zachary Hopkins
- Alexandre LeBlanc
- Isabelle Poirier
- Samuel Thériault



### Quotes

When your body gets tired, swim with your HEART!

"Don't put a limit on anything. The more you dream, the further you get."

Michael Phelps



PRACTICE like a champion

## Tokyo Paralympic Recap

### Danielle Dorris

Our CNBO's Danielle Dorris was nominated to the Canadian Paralympic Team in May 2021. She competed in 3 events at her 2<sup>nd</sup> Paralympic Games. She had competed in Rio in 2016 at 13 years of age, the youngest Canadian at the Paralympic Games ever.

Her first event was the 200IM where she placed 4<sup>th</sup> with only 0.05 seconds of the bronze medal.

A few days later, Danielle swam the 100 Backstroke. Her underwater work was outstanding, and her efforts earned her a personal best by almost 2 seconds, winning her first Paralympic medal, a silver.

On Friday September 3<sup>rd</sup>, Danielle's last event was her favorite, the 50 fly. Determined, calmed, and composed, Danielle blazed through the prelims in a world record time of 33.51sec. In her final race, Danielle flew off the blocks and touched the wall in 32.99; half a second faster than her previous world record, which she set earlier that morning. An outstanding performance that awarded her a Paralympic Gold medal in World Record time!



### Ryan Allen

Ryan was named to the Canadian Paralympic coaching team this summer where he had the pleasure to assist Danielle, while in Tokyo, along with 4 other Canadian athletes. With a very busy schedule, Ryan's efficiency showed off and his presence was a jewel to the Canadian team.

Congratulations Danielle and Ryan, we are so proud of you!



## Did you know...

- Michael Phelps did not miss 1 single practice for 5 years; this means he swam every day for 1825 days.
- Breaststroke is the oldest known form of swimming stroke.
- An Olympic size pool can hold 850 000 gallons of water.

## Upcoming Events

- We hope to have our first fundraising event early this fall
- Our CNBO clothing event will take place in October

## Swim New Brunswick

Swim New Brunswick will hold their Annual General Meeting (AGM) on October 23rd and 24th in Bathurst.

For all Swim New Brunswick information, please consult their website at the following address: <https://www.swimnb.ca/>

You can also learn about their news via social media, such as Facebook, Instagram and Twitter.

Certain meets require certain standards in swimming. They can be found at the following link: [SwimNB Standards Calculations - 2019/2020](#)



## Swim Canada

For all Swim Canada information, please consult their website at the following address: [Swimming Canada](#)

You can also learn about their news via social media, such as Facebook, Instagram and Twitter.



## Recipe: Mint Chocolate Energy Balls

- 1 cup oats
- 2/3 cup toasted coconut flakes
- 1/2 cup almond butter
- 1/2 cup ground flax seeds
- 1/3 cup honey
- 1/4 cup raw cocoa
- 1/3 cup dark chocolate chips
- 1 tbsp chia seeds
- 6 drops peppermint oil



### Instructions:

Stir all ingredients together until thoroughly mixed. Cover and let chill in refrigerator for a half hour.

Once chilled, roll into 1" balls. Store in an airtight container in the freezer.