



CNBO NEWS

October 2021

DATES TO REMEMBER:

- October 1 & 4
Celebrations for Danielle Dorris
- October 8 to 24
Clothing and equipment sale
- October 11
Thanksgiving – No practice
- October 19
Parents meeting
- October 24
Swim NB AGM, Virtual
- October 24
Jolyn “Pop Up” store

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Start of Season

It’s hard to believe that we are already one month in our 2021-2022 season. We hope all CNBO athletes had a nice relaxing summer break, a smooth transition to school and were happy to dive in another season!

We kick-started our season on Monday, September 13 with 87 members, and still have a list of athletes who are waiting for an evaluation. These new CNBO hopefuls will be assessed within the next few weeks.

As we have learned in the past 18 months, living with Covid-19 is certainly entertaining and keeping us on our feet. We would like to thank all athletes and families, for their patience and understanding while we navigated the unknown of the new vaccine requirements and guidelines issued by the government of New Brunswick. Once again, our CNBO family worked together, and the new prerequisites were met efficiently.

Annual CNBO team clothing and equipment sale

For the third consecutive season, CNBO will partner up with All Tides for all your swimming supplies and needs.

Our clothing and equipment sale takes place virtually from **October 8 to October 24**. Please note, our CNBO sale takes place only once a year.

During the season, you also have the opportunity to purchase non-branded equipment from the All Tides website. All sales will generate a 5% refund to CNBO, which will be reinvested in various equipment for our team.

While shopping, please use the following discount code to save 25% off regular priced items – **CNBO25**. Please note, this 25% discount isn’t valid on any CNBO printed clothing (t-shirt, sweatshirts, etc) and equipment (swim bags etc).

Please visit their website for all your swimming needs, all while helping our club earn valuable incentives which are redirected straight to our athletes.

Website: [All Tides](#)



Welcome New Members

- Claire Drisdelle

Happy Birthday to our October swimmers

- Kelyane Amberman
- Melianne Beaulé
- Marieve Bourque
- Philippe Carbonneau
- Anastasia Comeau
- Mylène Despres
- Jonathan Henry
- Aimée LeBlanc
- Camille Toupin



President’s Message

I would like to thank everyone who attended our Annual General Meeting (AGM) that was held virtually on September 21st. I am very happy to carry on as your president for a 4th straight year.



I proudly present CNBO’s new Board of Directors for our 2022 swim season.

The executive consists of the following:

President – Natalie Levesque
Secretary – Dave Stevens

Vice President – Maryse Tremblay
Treasurer – Lise Despres

The other members of the Board of Directors are:

Shawn Amberman, Annie Arseneau, Stéphanie Beauchemin
Amy Esson, Marc Landry, Lisa LeBlanc and Rachel LeBlanc

Our first official meeting will be held on October 4th and we are already working very hard for the season to be pleasant, safe and successful for everyone.
Natalie Levesque, President

Covid-19 Update

In September, the Government of NB issued a requirement that everyone aged 12 years and over must show proof of double vaccination to access both our training facilities (Ceps and Dieppe Aquatic Centre) and most events.

****In the event of any outbreaks, Public Health directives or alerts and in some instances directives from affected schools supersede this guidance. ****

- Proof of vaccination must include two doses of a Covid-19 vaccine.
- Athletes are not required to wait 14 days after the 2nd dose.
- Children born between July 1, 2009, and December 1, 2009, may continue with their practices for now and have **until October 31st** to get their second vaccine.
- Proof of a negative test cannot be used instead of vaccination.
- Parents, swim officials are required to show proof of double vaccination to enter both facilities.
- Individuals 12 years and over who cannot receive a vaccine because of a medical exemption are required to show a medical certificate of exemption signed by a healthcare provider.

Please do your part in adhering to the new rule of 20 consistent contacts. Together, we will get through this.

CBNO will continue to monitor and adhere to all recommendations of Public Health and all directions from GNB, SportNB, SwimNB, and our facility managers.

Quotes

Believe YOU CAN & you are already half way there

“THE PRINCIPLE IS COMPETING AGAINST YOURSELF. IT’S ABOUT SELF-IMPROVEMENT, ABOUT BEING BETTER THAN YOU WERE THE DAY BEFORE.”

- STEVE YOUNG

Each day, each practice is an opportunity to improve yourself.

As a parent...

As a parent, your responsibility is to provide a stable, loving, and supportive environment. This positive environment will encourage your child to continue and want to improve.

Children are encouraged to set their own goals and make their own progress towards them. Be careful not to impose your own standards and goals. The most important part of your child’s swimming experience is that they learn about themselves while enjoying the sport. This healthy environment encourages learning and fun, which will develop a positive self-image within your child.

In addition, each individual is unique and blessed with different strengths. Children’s interests and talents bloom at a varied pace and age. It is important to remember that swimming is an individual sport, and each athlete has their own goals, their own purpose for swimming and will eventually bloom when it is their time.

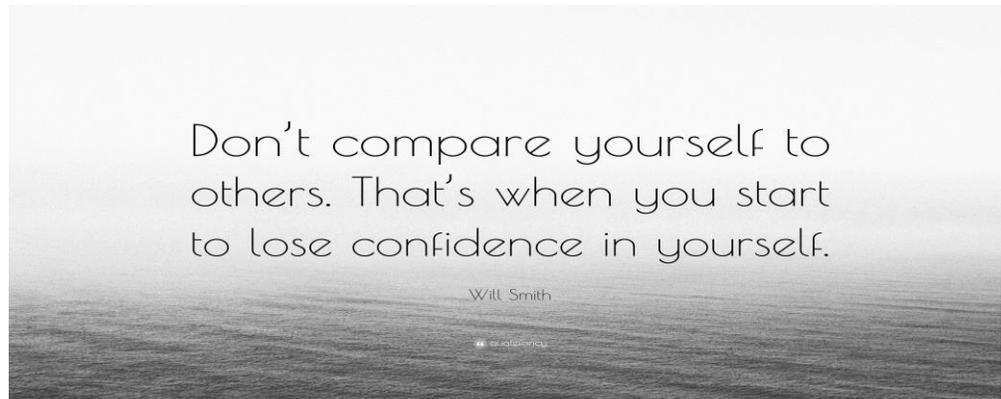
Let the coach, COACH

The best way to help a child achieve their goals and reduce the natural fear of failure is through positive reinforcement. We are fortunate to have certified coaches to help with the continued development of all athletes. It is important to trust them, as well as respect them always.



Get your child “There” on Time

As in all sports, there are many events that your child must attend: practices, team meetings, competitions, and special events. Swimming is no different. Our coaches have a responsibility to look after their entire group. **It is strongly encouraged to arrive 15 minutes before the start of each practice.**



Did you know...

- In one hour, swimming burns about 40% more calories than biking.
- More than half of competitive swimmer's experience shoulder pain. Stretches and activation IS important.
- The first swimming goggles were made from tortoise shells.



Upcoming Events

- Our first meets of the season are planned and will hopefully occur in November, as scheduled.

Swim New Brunswick

As previously communicated on September 30 via email, Swim New Brunswick has made the decision to cancel the in-person plans for the AGM weekend in Bathurst.



The dinner and awards ceremony are cancelled. All certificates and awards will be sent directly to us for distribution.

More details will follow for an online information session for swimmers and their parents, who have the possibility of qualifying for upcoming Canada Games next summer. Please stay tuned and check your emails.

Swim New Brunswick will hold their Annual General Meeting (AGM) virtually on Sunday, October 24. Everyone is welcome to attend the meeting.

Jolyn "Pop Up" Store

CNBO will be holding a Jolyn Swimwear "pop-up" store on Sunday, October 24 from 2 to 4p.m. The pop-up store will be located at Sully's Flooring and Stairs, 200 Commerce Street, Unit 6 in Moncton.



A proceed of all sales will be given to CNBO.

A big thank you to Yves and Lynne LeBlanc for the accommodation.

Recipe: Green Oatmeal Pancakes

- 2 Bananas
- 3 Eggs
- Handful of Spinach
- 1 scoop of Vega Protein Power (optional)
- 1 cup Oats



Instructions:

1. Add bananas and eggs to a blender and blend until smooth.
2. Add in spinach and blend
3. Add protein powder and blend
4. Add oats until desire texture is reached (more or less 1 cup)
5. Cook in frying pan. Add desired toppings (fruit, syrup, butter, etc)
6. Enjoy