



AQUA-NEWS

April 2020

www.swimmingfast.com



FAST has certainly weathered some rough waters over the last few years. As I reflect on this, what stands out to me is how resilient we are as a club and I have no doubt we will persevere and come out of this stronger than ever! You are a huge part of that equation – we have received so much support and messages of understanding, which is very much appreciated as we navigate this unprecedented time.

Never in our club history has FAST had to deal with essentially closing our club for weeks – if not months and the mass cancellation/postponement of meets/events. Swimming is not like other sports, 2 weeks out of the water has a huge affect on our swimmers training. We acknowledge this and encourage you to do our daily Challenges – we will work on keeping our mind & bodies in good shape so when we do hit the water we will be stronger than ever.

In true “FAST Fashion”, we are choosing to focus on the positive side and persevere. We need to take this time out of the water to encourage our swimmers to focus on their physical and mental health. We are FAST – we truly are part of something that is bigger than any one of us.

In closing I want to express my appreciation for the Board of Directors. Our volunteer parents who sit at the board table with the weight of our almost 200 swimmers on our shoulders should be commended. We often remind ourselves to “leave our swimmer at the door” as we walk into a board meeting. This isn’t an easy task, but everyone understands and honors the importance of this to the integrity of FAST.

Thank you for all your understanding and support.

Jeanne Van den Broeck
FAST President

8 Tips for Self Care Youth

We know that COVID-19 is probably on your mind. Everyone is talking and worrying about it. And all your favourite activities and places are being cancelled or closed. So how are you supposed to deal with all of this? Here are some tips.

1. Keep active

It is important for both your physical and mental health to do 30 minutes of exercise a day. This can include going for a walk, stretching/yoga, playing active video games, or having a dance party! It doesn't matter what it is, as long as it gets you moving! Do something you already love to do. Or try something new. Maybe even set a new goal for yourself, such as being able to do 10 push-ups, being able to touch your toes, or learning a new dance routine. Share your goal with others and post pictures or updates of your progress so others can cheer you on!

2. Have fun

Do things that make you feel good. You could go outside and play, or stay in to read a book. Be creative and make a craft. Draw, write or make music. All of these things can help you feel good and relax. You might even find some fun things online that will allow you to continue to participate in activities you enjoy. For example, some dance companies are starting to offer free live dance classes online or some musical artists are streaming live concerts. See what you can find!

3. Keep a routine

Even though you may have nowhere to go, with school and activities cancelled, it's important to keep a fairly regular routine. On weekdays, change into daytime clothes (save the pajamas for the weekend). Create a schedule for each day, including things like physical activity, learning, fun, connecting with friends and family, and quiet time. If you need help, check out <https://mommyhood101.com/daily-schedule-for-kids> for some ideas. It's also very important to sleep, exercise, and eat healthy food every day.

4. Exercise your brain

Just because school is cancelled, doesn't mean you have to stop learning. Continue doing some form of learning every weekday. Your teachers may send home some things that you could do. You can also find learning activities online, for example, Khan Academy offers free and fun online learning for kids. Check them out at www.khanacademy.org.

5. Try to stay calm

It is normal to feel worried about COVID-19 or sad about how it is affecting your life. Learn some ways to cope with the feelings by checking out www.kidshelpphone.ca.

If you think you are getting too stressed and might need some help, here are some options:

1. Talk to your parents, or another adult that you trust
2. Contact Kids Help Phone for help:
 - a. Visit their website at www.kidshelpphone.ca
 - b. text TALK to [686868](tel:686868) to chat with a volunteer Crisis Responder 24/7.
 - c. Call [1-800-668-6868](tel:1-800-668-6868).

6. Keep in Touch

Even though we are all being asked to keep our distance from each other, that doesn't mean you can't connect with family and friends. In fact, it's very important for your mental health to keep in touch. Use technology to help you contact your friends and family regularly. Connect using the phone, social media, FaceTime or WhatsApp, etc. Whatever works for you and your family. Maybe you can even teach a grandparent how to use one of these options so that they can stay in touch!

7. Help Out

Knowing your family has a plan can help you feel more safe and secure. Talk to your family about the plans they are making to keep your family as safe as possible. Ask them if there is something you can do. They might put you in charge of some tasks around the house, like making sure everything is kept clean.

8. Know the Facts

It can be helpful to learn more about COVID-19, how to protect yourself, what the symptoms are and what to do if you feel sick. There is a lot of information out there about COVID-19, but it's important to make sure you are getting your information from trustworthy sources. Here are some good options:

www.kidshealth.org
www.cbc.ca/kidsnews

But, don't spend too much time watching, reading, or listening to news stories. It can be upsetting to hear about it too much.

Thank you to the Government of New Brunswick for this Resource.

For more helpful information
[Click Here](#)

FAST Awards

Do you have a Nomination for Volunteer of the Year?

We are requesting nominations for the 2019-2020 Volunteer of the Year award. Each year FAST presents this award at the Awards Banquet held in Oct. If you know of a fellow FAST member who you feel is deserving of this award, please complete and submit the nomination form below.

Criteria:

- Any member of FAST may submit a nomination.
- All nominations are reviewed by an Awards Selection Committee who will make their recommendation to the Board of Directors.
- All nominations are kept confidential to respect privacy and avoid disappointment if the nominee is not selected. Nominators and others involved are asked to respect this policy.
- Awards cannot be made to a repeat recipient.

Previous recipients are:

- 2018-19 – Cynthia Duguay
- 2017-18 – Marie Johnson
- 2016-17 – Wendy Sinclair and Chris Ramsey
- 2015-16 – Jill Ramsey
- 2014-15 – Beverly Thibodeau

Nomination Form



50th Anniversary Celebration

May 2, 2020

FREDERICTON AQUANAUTS
50
SWIM TEAM
1969-2019

Crowne Plaza Hotel
5:00 pm ~ Cocktails (cash bar)
6:00 pm ~ Dinner/Speakers
7:00 ~ 9:00 pm ~ Dance

Sponsors

Scotiabank

CROWNE PLAZA
AN IHG HOTEL
FREDERICTON - LORD BEAVERBROOK

CANCELLED

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates

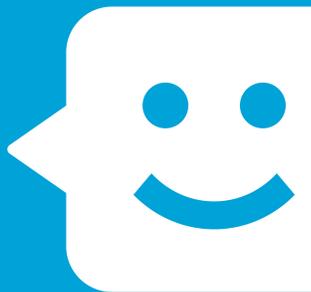
Group

Date	Event	Notes	PC	Fit	CD	C2	C1	PD	P2	P1
April 1	Deadline: Swim Cap Design Competition		x	x	x	x	x	x	x	x
April 6	Pre Comp Spring Session Begins	CANCELLED	purple							
April 8	Swim A Thon	CANCELLED			x	x	x	x	x	x
April 18	10U Fun Meet	CANCELLED	x		x					
April 22	Semi Annual AGM	CANCELLED	x	x	x	x	x	x	x	x

Please see our [website](#) for Swim Meet & Practice dates



Whenever you need to talk, we're open.



Call 1-800-668-6868

Chat at KidsHelpPhone.ca

Text 686868

Kids Help Phone



@swimmingcanada #SwimAthon2020 #NageOThon2020

**Our Swimmers of the
Month have been...**

AQUA SPOTTED!

Community Service

*Given to our athletes who have
put their goals/dreams on hold
for the better good of their
community.*

Jack A, Luke A, Mark A, Scott A, Bhavesh B, Callie B, Chad B, Claire B, Edrick B, Gabrielle Anne B, Gwyneth B, Hannah B, Hayden B, Suzanne B, Taylor B, Veronica B, Caelan C, Ciana C, Elko C, Ezekiel C, Grace C, Jagger C, Jesse C, Jingduo C, Lev C, Liam C, Lucas C, Olivia C, Shu C, Sophia C, Thomas C, Addison D, Clara D, Daniel D, Declan D, Jillian D, John D, Matea D, Nicolas D, Sadie D, Alex E, Braelyn E, Caitlyn E, Jacob E, Claire F, Emilia F, Miriam F, Tia F, Xihang F, Zachary F, Amelia G, Caleb G, Gracelyn G, Jacob G, Liam G, Mally G, Olivia G, Patrick G, Rori G, Baihan H, Elizabeth H, Ellison H, Guanwen H, Jackson H, Jax H, Jessica H, Jinghan H, Kassidy H, Kelsey H, Mingyue H, Qibin H, Quinn H, Thomas H, YURUI H, Yuxuan H, Zhou H, Chanhyeok I, Jonghyeok I, Alexander J, Eunyeong J, Olivia J, Allora K, Lauren K, Mackenzie K, Nicole K, Abigail L, Ada L, Briana L, Emilie-Anne L, Fred L, Judy L, Peter L, phoebe L, Quinn L, Shaylyn L, Vivi L, Weston L, Yutong L, Zhuoxuan L, Addison M, Amro M, Anna M, Cormac M, Douglas M, Jacob M, Jillian M, Landen M, Maddox M, Magdalena M, Neil M, Rebecca M, Sara M, Shay M, Thomas M, Aurora N, Ethan N, Hilary N, Mackenzie N, Samantha N, Talia N, Anna O, Ewan O, Alexandria P, Andrew P, Braxton P, Dax P, Gregory P, Hannah P, Jane P, Julia P, Lily P, Nicholas P, Sophie P, Sydney P, Alexander R, Claire R, Julie R, Liam R, Sophie R, Abdullah S, Amelia S, Anson S, Audrey S, Beatrice S, Da-Bin S, Emerson S, Emma S, HONGYI S, Kate S, Kayla S, Lilyanne S, Luke S, Madelynn S, Mohammed S, Mousa S, Rosalie S, Ruby S, Sally S, Tyler S, Abigail T, Filippo T, Harrison T, Jesse T, Jonathan T, Michael T, YiQi T, James U, Bradley V, Bridget V, Claire V, Angelina W, Dan W, Elizabeth W, Hazel W, Ila W, Liam W, Makayla W, Nicholas W, Samantha W, Tom W, Qianou X, Ziming X, Joshua Y, QIAOJUN Y, Renlin Y, Tianrun Y, Jillian Z, Jing Z, Michael Z,

Yoga For Swimmers: 7 reasons why yoga takes your training to the next level.

A yoga practice designed around the unique needs of swimmers is an extremely effective way to enhance your dry land training. A yoga practice for swimmers helps improve strength, mobility and body awareness. It can also develop breathing efficiency, enhance recovery, assist in injury prevention and improve mental skills.

The following outlines in more detail how a yoga practice for swimmers enhances these aspects of your training.

1. MOBILITY

Flexibility is one of the most common reasons swimmers incorporate yoga into their training. Yoga helps increase range of motion, but the quest for greater flexibility isn't always a productive one.

In an attempt to increase range of motion many athletes sacrifice stability. This leaves joints vulnerable to injury. It can also negatively affect the amount of force that can be generated in the new range.

Therefore mobility rather than flexibility should be the focus.

INCREASED RANGE OF MOTION + STABILITY = MOBILITY

Mobility plays an important role in improving technical efficiency and swimming with greater ease.

A yoga practice for swimmers focuses on functional mobility. Bernie Clark defines the functional yoga as, "focusing on the intent of the postures rather than their appearance." In our case the intention is to develop mobility on the mat that will give you an opportunity to improve your performance in the water.

2. STRENGTH

For a swimmer, developing [strength](#) is important to increase the ability to generate force, support technical development and reduce the risk of injury.

To move through the water effectively you need to have [strength](#) in different areas of your body as well as a strong connection throughout. This synergy is a key to ensuring your [strength](#) is being used as efficiently as possible.

The importance of this connection is one of the reasons why [yoga](#) is extremely effective in developing swimming-specific strength. The awareness a yoga practice for swimmers requires helps condition the targeted areas of the body as well as creating a stronger connection throughout.

3. BODY AWARENESS

Developing greater body awareness helps us move more effectively and efficiently.

A yoga practice for swimmers develops a stronger connection to the present moment through movement and breath. The connection between the two gives you an opportunity to listen to the body with greater clarity. This is one of the biggest differences between yoga and other training modalities.

You can apply this awareness to develop a greater understanding of how your body moves in space in several different ways.



BALANCE

Balancing poses are an incredible way to develop body awareness. To stay stable you have to first listen to your body then make adjustments, sometimes smaller ones and sometimes larger ones. The ability to listen to your body as well as understanding how to make adjustments is the same process you use to make technical changes in the water.

BODY SCANNING

Body scanning is another effective way to build body awareness. This is a foundational part of a swimming-specific yoga practice. In a body scan you move your awareness from head to toe noticing how you feel at specific points in the practice. You then revisit different poses and use subsequent body scans to build an understanding of how you are responding to different stimuli.

IDENTIFYING DIFFERENCES

By bringing attention to how poses feel differently on each side of the body is another effective strategy to improve body awareness. By doing this you begin to understand how many small differences there are throughout the body both when moving and in stillness.

Does developing body awareness on land help you in the water? This is a very good question since you are working with several different factors including buoyancy and moving through a different fluid medium. From what I have observed when you take the time to learn how to listen to the body it can benefit any activity.

4. WORKING WITH THE BREATH

Swimming is one of the only sports where you cannot breathe at will. For this reason having the ability to work with the breath is one of the keys to success.

A yoga practice designed for swimmers gives you an opportunity to breathe with intention. You can learn to work more efficiently with your breath by creating an awareness of your natural breathing pattern and then manipulating that pattern in different ways. Through this process you learn greater breath control.

In a yoga practice for swimmers the breath connects the mind and the body. By co-ordinating breath with movement it develops the ability to perform with greater ease.

EASY SPEED

A phrase commonly used in yoga is effortless effort. This is synonymous with [Bill Sweetenham](#)'s concept of [easy speed](#). The legendary Australian swim coach uses this terminology to describe how you need to apply both effort and ease to achieve a peak performance.

Combining [easy speed](#) and present moment awareness are key elements in a state of [flow](#) or performing in the zone. [Mihaly Csikszentmihalyi](#), the foremost expert on the subject says there is a strong connection between yoga and [flow](#):

The similarities between Yoga and [flow](#) are extremely strong; in fact it makes sense to think of Yoga as a very thoroughly planned [flow](#) activity. Both try to achieve a joyous, self-forgetful involvement through concentration, which in turn is made possible by a discipline of the body.

A yoga practice for swimmers gives you an opportunity to practice moving in a state of [flow](#). George Mumford worked with **Michael Jordan** and **Kobe Bryant**'s helping them develop their present moment awareness so that they could be [flow](#) ready.

In other words the more you practice this state the more prepared you are to take advantage of the experience of performing in the zone when it presents itself in the water.

5. RECOVERY

For swimmers to adapt to the stresses of training recovery is essential. [Yoga](#) is an effective modality to enhance the recovery process.

There are four main ways that a yoga practice for swimmers allows for this to occur:

- Activates the Parasympathetic Nervous System
- Reduces Stress
- Releases Muscle Tension
- Improves Sleep

Performing specific poses and working with your breath activates the parasympathetic nervous system, the side of the nervous system responsible for recovery and regeneration. You will also experience greater present moment awareness (mindfulness).

Mindfulness is the awareness that arises through paying attention on purpose in the present moment non-judgmentally (as defined by **John Kabot-Zinn** the creator of MBSR – mindfulness based stress reduction). The practice of mindfulness has been shown to reduce stress.

Combining restorative [yoga](#) poses with [body scanning](#) develops increased awareness of where you are holding tension. Once you have identified areas of tightness you can work with your breath to intentionally relax.

By activating the parasympathetic nervous system, reducing stress and releasing muscle tension your ability to get to sleep and the quality of your sleep will improve.

6. INJURY PREVENTION

Imbalances in the body can create vulnerability to injury. Although these are unique for each individual there are some imbalances that are commonly seen in swimmers.

A yoga practice for swimmers can help create better balance in the body. Creating this balance is an important part of an injury prevention plan. By focusing on developing specific strength, mobility, body awareness as well as enhancing recovery it enables you to support joints that may be vulnerable to injury and rebalance the body.

The development of your body awareness will also help you to listen to your body and understand how different movement patterns can create vulnerabilities.

7. THE MENTAL GAME

Developing strong mental skills is an important part of achieving success in any sport. Even though this is an accepted fact many don't take the time to focus on them. Both time restraints and the lack of practical ways to work these skills makes it a challenge.

Yoga is commonly seen as a series of physical skills that improve strength, mobility and body awareness. One of the amazing things about the practice is it gives you the opportunity to work on mental skills while developing your physical abilities.



In his book *Mental Skills for Competitive Swimmers* world-renowned sports psychologist **Dr. John Hogg** lists several key skills needed to create an ideal performance state.

A yoga practice for swimmers is a practical way to develop a number of those including:

- Self-Awareness
- Relaxation
- Self-Talk
- Visualization (Imagery)
- Attentional control

Through a swimming-specific yoga practice all of these areas are developed in very purposeful ways.

MENTAL WELLNESS

To excel in sport an athlete must be disciplined, focused, hard working, dedicated and continually look for new ways to improve their performance. All of these characteristics can be seen as extremely positive and beneficial life skills. They are qualities that should be taught, promoted and embraced.

Although the positive qualities listed above can lead to great success they have the potential to create unhealthy ways of thinking. Many athletes have a hard time getting out of the performance mindset, which can lead to being overly self-critical as well as having a lack of self-acceptance and self-compassion.

Developing a mindful practice such as yoga and meditation can help you develop greater self-compassion and self-acceptance, which has the potential to greatly improve your mental health.



About the Author:

I began practicing yoga in 2001. I was attracted to it because of both the physical and psychological benefits that one can gain from developing a personal practice. Yoga has helped me improve both my performance in several sporting pursuits and my overall wellness.

I am trained in vinyasa (flow), hatha, yin, restorative and advanced therapeutic yoga practices. I also have 20 years of experience in the coaching profession. During that time I have developed a unique and proven teaching methodology that has help many swimmers and triathletes achieve their athletic goals at every level.

I have now applied that methodology to how I teach Swimming Specific Yoga.

Volunteer Spot Light

Jeanne Van den Broeck

Just because Jeanne is our President, doesn't mean we shouldn't take a minute to stop and thank her for her volunteerism!

Jeanne has volunteered with the FAST for the past 5 years. She started out as FAST Webmaster then joined the Board of Directors as Communication lead and has served on the Board since then, now as our President.

Jeanne is the person FAST's counts on to pick up the pieces no matter the situation – Jeanne can be counted on. Most recently with the COVID-19 virus issue that has hit FAST very hard, Jeanne has been at the helm guiding the board and having to make extremely difficult decisions for our club. This is not easy for anyone, especially when you have a full time job and a family with young children. Nevertheless, Jeanne's calm presence can be counted on to lead FAST in making incredibly difficult decisions. We are extremely lucky to have Jeanne!

Thanks to you, and all of our
many volunteers!

FREDERICTON AQUANAUTS SWIM TEAM

April Birthdays

Jack Addison	Gracelyn Goss	Alexander Ray
Andrea Creer	Katie Hamilton	Beatrice Sinclair
Nicolas Duguay	Zhou Hua	Yiqi Tang
Braelyn Edwards	Ada Landry	Tom Wielemaker
Mally Garsh	Thomas Morgan	Qianou Xu
Patrick Gibson	Alex Pope	



David Fry NS Provincial Championships Halifax, NS Mar 5-8, 2020

Ethan Nestoruk Broke Club 2 Records
50 Back/28.86, previous record holder Noah Brake 2019 at a time of 29.10
50 Breast/31.49, previous record holder Chris Garcelon 2008 at a time of 31.65



Alex Ebbett 1 silver (100fly/1:03.84); Sara McNabb 1 gold (100fly/1:13.82), 1 silver (200back/2:42.53), 3 bronze (1500free/20:42.44, 400IM/5:55.00, 100back/1:17.33); Ethan Nestoruk 3 gold (50back/28.86, 200IM/2:18.77, 50breast/31.71); Lily Porter 1 bronze (100breast/1:27.55); Kate Stewart 1 silver (50breast/39.85)

Relays

Callie Barclay, Lily Porter, Sara McNabb, Kate Stewart 1 silver (400IM/5:17.40)

FREDERICTON AQUANAUTS SWIM TEAM



Team Travel

FAST organizes two types of Team Travel for its swimmers aged 13 and over; national team travel and international team travel.

National Team Travel

About 1 or 2 times each season, FAST chooses a swim meet for swimmers aged 13 and over to go to that requires team travel by chartered bus. In the past, these locations have been mostly in Quebec and Ontario - it really depends on what meets are being offered and if FAST can attend them (there are many rules!). We also look for meets that have qualifications whereby a good number of our swimmers are able to attend.

Typically we have about 40 swimmers, 4 chaperones and 2-3 coaches attend these types of meets. The cost? The cost averages to about \$450 for everything; bus, meals, accommodations, meet and coaching fees. Now we realize that is a lot of money, but just think about how much you paid to attend the last multi day swim meet. Likely this much, most times more, not to mention the experience your swimmer is getting – the intangible as we call it.

We have a separate Code of Conduct Policy specifically for Team Travel.

[Click here to take a look](#)

International Team Travel

In 2018 we arranged the first ever International Team Travel to a swimming training centre in Italy. Most recently a group of 22 swimmers/coaches attended the high altitude training center in Mexico. These camps provide once-in-a-lifetime experiences for our swimmers. They are organized during the March Break which provides much needed Long Course (LC - 50m pool) training before our LC championship meets and Trials begin.

These trips (for high school aged swimmers only) have been so successful and beneficial to our swimmers that FAST decided to plan for this type of travel every 2 years due to the cost (approx. \$2500/swimmer). The idea is to provide fundraising opportunities for 2 years to help families pay for this expensive experience.

The intangible is the value that is there but we cannot "see" it. It's the value your swimmer gets by making friendships with their fellow swimmers – at practice there isn't a lot of time to "socialize", being responsible for themselves, dealing with failures and "wins" on their own – all under the watchful eye of our valued coaches and superhero chaperones! There isn't a better place for them to take this first step into independence from their family.

5 Benefits of Traveling With Your Team

If you're the coach of competitive athletes, chances are you're familiar with long road trips to weekend games, or even the occasional flight to regional tournaments. Playing sports is a huge commitment, and athletes often miss out on other types of travel opportunities because of their dedication to the game.

At Rustic Pathways, coaches and athletic directors can combine passion for sport, travel, and community service into one trip where athletes can bond over assisting local communities with important projects, learning cross-cultural sportsmanship through games with locals, and exploring incredible sites around them. Whether it's a [middle school swim team](#) or high school soccer team, here are five benefits of taking your group of athletes on a purposeful and immersive travel program:

1. Team-Building

Traveling together has an immense impact on a [group of young athletes](#). The bonds created through participating in a ropes course challenge in the jungle, mixing cement for a water tank in a local village, or hosting a sports clinic for younger students can benefit teams throughout the season. The opportunity to spend time with players away from the pressures of school and life back home can help coaches get to know their players on an individual level, and allow space for teammates to bond while sharing a unique and life-changing experience.

2. Cross-Cultural Connections

Athletes don't need to speak a common language to communicate their love for the game. Playing with and against teams from other cultures can highlight what a particular sport means to a community, and how that relates to playing back home. Coaches and players might even pick up some new friends, and language skills, along the way.

3. New Competition

Playing sports in another country means new competition and a chance to gain new skills. Whether it's a game of baseball in the Dominican Republic, rugby in Fiji, volleyball in Cambodia, or

soccer in Costa Rica, there's a unique opportunity to share strategies from athletes around the world who've grown up playing the sport and learn moves that teams can eventually use on their home court.

4. Break from Routine

Many student-athletes want to go on international trips organized by their schools, but tournaments, practices, and weekend games keep them from participating. Organizing a team trip allows players and coaches to combine travel, sports, and community service during times of the year that are most convenient for the team. Between classes, homework, sports, and a social life, athletes live a regimented lifestyle, and this is an opportunity for them to have the same kinds of experiences other classmates have.

5. Growth in Other Areas

Playing sports in high school has been proven to build character, but why not take it a step further? Rustic Pathways programs are designed with specific [Student Learning Outcomes](#) in mind, like grit, independence, and openness to new ideas and experiences. By traveling on a program that combines immersive service learning with sports clinics and games, students will be challenged to gain skills on and off the field.



About the Author
Ellery Rosin
Program Staffing and
Training Coordinator

Going on her father's university field trips to Costa Rica as a child, Ellery learned the value of experiential education and travel at an early age. She has been working in travel, adventure, and education since before she graduated from the University of Michigan with a degree in culture, health, and the environment. Before assuming her role on the program staffing and training team, she worked as the New Orleans Program Manager, led programs for Rustic in five countries, and spent two years in Ethiopia as a Peace Corps volunteer.



From the Kitchen...

Homemade Bagels

Ingredients:

1 ¼ cup	water
4 ½ cups	bread flour
3 TBSP	white sugar
1 tsp	salt
2 TBSP	vegetable oil
2 TBSP	instant yeast
4 quarts	water
1 cup	honey (optional)



By PLAWHON allrecipies.com

Toppings (all optional):

2 TBSP	poppy seeds
2 TBSP	Sesame seeds
2 TBSP	dried onion flakes
2 TBSP	coarse salt

1. Combine 1 1/4 cup water, flour, sugar, 1 teaspoon salt, vegetable oil, and yeast in the mixing bowl of a stand mixer. Mix on low speed using the dough hook until well-developed, about 8 minutes. To ensure the gluten has developed fully, cut off a walnut-sized piece of dough. Flour your fingers, and then stretch the dough: if it tears immediately, the dough needs more kneading. Fully developed dough should form a thin translucent "windowpane." [Watch Now](#)
2. Transfer the dough to a lightly oiled bowl, cover it with plastic wrap and a kitchen towel, and let rise for 2 hours. [Watch Now](#)
3. Punch the dough down, place it on a lightly floured work surface, and use a knife or dough scraper to divide the dough into 6 pieces (or more, for smaller bagels). Roll each piece of dough into a sausage shape about 6 inches long. Join the ends to form a circle. Repeat with the remaining dough, and let the bagels rest for 15 minutes. [Watch Now](#)
4. Preheat oven to 475 degrees F (245 degrees C). Line a baking sheet with parchment paper. Arrange small plates with poppy seeds, sesame seeds, and onion flakes next to the baking sheet. [Watch Now](#)
5. Bring 4 quarts water to a boil in a large pot. Add honey, if desired (see Editor's Note). Boil the bagels, three at a time, until they rise to the surface of the pot, about 1 minute per side. Remove the bagels with a slotted spoon and place them on the parchment-lined baking sheet. [Watch Now](#)
6. Dip the tops of the wet bagels into the toppings and arrange them, seeds up, on the baking sheet. Sprinkle with coarse salt, if desired. Bake in the preheated oven until the bagels begin to brown, 15 to 20 minutes. [Watch Now](#)

FREDERICTON AQUANAUTS SWIM TEAM



AQUA TALK

FAST will be holding a series of "open-mic" type forums for parents/guardians/swimmers to attend and ask our coaches and Board representatives questions. This will be open to all groups.

Upcoming dates for these Aqua Talks are:

- June 6, 2020 – 5:30pm-6:30pm, Room C210

Contact Us

www.swimmingfast.com

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[Click here for more Contacts](#)

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