



AQUA-NEWS

August 2021

www.swimmingfast.com

That's a Wrap!

It has been quite a year for FAST, and we're happy to say "That's a wrap!" and "good-bye Season 2021". We have our sights set, with great hope & anticipation, for a "more" normal 2021-2022 Season. We know things won't be completely back to pre-pandemic operations, but we hope it will be a bit closer than this season.

We started this the season with many restrictions and unknowns. Hats off to all our swimmers, their families, our Board of Directors and coaches for handling the many ups-and-downs of this season with stride – we know it hasn't been easy on anyone! Rules, masks, sanitizer, temperature checks, operational plans, schedule changes filled our season; not to mention we spent most of the year competing against ourselves!

We said good bye to nine graduates and it was really nice to be able to finally hold a non-zoom celebration for this celebration at the end of June. We wish everyone all the best.

Ending the season with the Atlantic Cup was likely this season's highlight. We have heard many swimmers say "this is what was missing" as the excitement of the July meet was heightened with much tougher competition having 11 other teams from across NB, and as far as NLFD, finally able to participate. It was also great to have FAST alumni Jacob Gallant, fresh from Olympic Trials, able to join us at the Canada Games Aquatic Center.

Resilience, adaptation, dealing with missed expectations are skills we have tackled this season and in the end we are stronger for it. Here's to a great 2021-2022!

Jeanne Van den Broeck
FAST President

Registration 2021-2022

Opens Aug 16, 2021 at 9:00 am – for returning competitive swimmers & new and returning pre competitive swimmers

Opens Aug 30 – for New-to-FAST competitive swimmers

Space is limited, competitive swimmers who are not registered before Aug 30 are not guaranteed placement in the 2021-2022 swim season

Registration Checklist for Aqua and Performance Groups Only

- Read, sign and return the last page only of the "[Registration 2021-2022](#)" document emailed to you on Aug 1 (last page only, one per family)
- Complete your Group's Google form re: Clothing & Gear before Aug 29 (see links on page 5)
- Check your [RIS Certification](#) is current, if it isn't or you don't have it, complete the online program by Sept 7
- Hand in your original paper copy of the [2021 UNB Waiver](#) if you did not swim with FAST last season
- [Register Online](#) between Aug 16 – Aug 29

UNB Waiver – all swimmers

- FAST rents pool time from UNB as they own and are responsible for the Sir Max Aitken Pool building & pool
- UNB requires all users of their facility (including FAST) to complete a waiver annually
- They require this waiver to be turned into them in original hardcopy (paper) form and completed properly (each item initialed on right side column and a witness provided)
- [All FAST swimmers from last season are covered under the 2021 waiver until Dec 31, 2021](#)
- We expect to receive another waiver that needs to be completed and handed in for the 2022 year. Stay tuned
- Any new to FAST swimmers need to [complete and return this waiver](#) before participating in any FAST activity
- Completed waivers can be handed into your coach on your first day of practice, or dropped off in the FAST mailbox on Marta's office door, room A206

NEW Aqua 1 only

Two pairs of speedo vanquisher goggles and two swim caps will be included in your registration fee. We are doing this for the Aqua 1 group because many swimmers who are new to competitive swimming are not sure about appropriate goggles and will need caps. We have selected the Speedo Vanquisher brand/style (very popular) and have negotiated a lower cost due to bulk ordering

Respect in Sport Certification (RIS) – all swimmers

- In an effort to foster respect in sport, last year, FAST added the requirement of one parent/guardian from each swim family to complete their RIS certification
- RIS Certification is valid for 5 years, after your certification has expired you must retake the online course and have your RIS certification renewed
- Any new to FAST swim families will need to complete this certification before participating in any FAST activity
- RIS Certification is transferrable if you already have this certification
- To view your certification status, please [log into your RIS account](#).

Refund Policy

- Details are found in our [Fee & Refund Policy](#)
- We require 30 days notice of any cancellation (Competitive groups)
- No refunds will be given for any cancellations received after January 1, 2022 (Competitive Groups)
- Pre Competitive groups are given 1 week to cancel with a refund. After the first week, no refunds will be given
- Insurance fees are non refundable
- SMA Pool Fund Fees are non refundable
- There is a \$25 fee for all cancellations

About #FASTPROUD and our Team Clothing

We take great pride in our team clothing and it is very important to us. FAST stands out when our “sea of swimmers” are all dressed in their team clothing. We believe having team clothing instills a sense of pride and enhances team comradery. We are also very proud of our swimmers outside of the pool as well. Often, they wear their team clothing while at functions or general activities. This gives the public an opportunity to associate our club members as responsible community servants, as we try to instill this value in our swimmers.

- FAST strives to ensure consistency in FAST Clothing & Merchandise (all clothing looks the same, same embroidery/logo/font, etc.). **Outside use of FAST logo is prohibited.**
- The Clothing Coordinator works closely with the Head Coach and members of the Operational Team to establish the clothing and merchandise plan for the year. This ensures the clothing offered is in line with other activities and opportunities the club will be involved with throughout the season.
- FAST ensures any changes to team clothing is agreed upon by the Head Coach and FAST Operational Team.
- FAST will not introduce new clothing lines each year. It costs a lot of money for our FAST families to purchase team clothing. We need to balance having great team clothing while at the same time not continually introducing new clothing lines each season. Our general practice is to introduce new clothing lines staggered or every 2-3 years.

If anyone is in a situation where you are unable to purchase the required suit/team clothing or equipment, please contact us and we will make sure you have what you need. You can email your coach or Jill at our office, fastswimmingoffice@gmail.com.

If you are unable to purchase the required Team Clothing or Equipment, let us know and we will make sure your swimmer has what they need; email your swimmer’s coach or fastswimmingoffice@gmail.com

***NEW this season ***

Aqua and Performance Groups only

Complete this Clothing & Gear Clothing Form by **Aug 29, 2021**

Aqua 1 and 2

Aqua 3, Aqua 4. APJ & APS

Completing this form will:

1. Ensure you know exactly what clothing and gear your swimmer will need next season – depending on your swimmer’s group
2. Give you the opportunity to order what is needed directly through FAST
3. Let you know other ways you can get the required gear if not through FAST

Clothing & Swim Gear Required for 2021-2022

Group	Required	Group	Required
Aqua 1	Goggles (2) – *will be provided to swimmer Team Swim Caps (2) - *will be provided to swimmer skipping rope resistance band FAST T-shirt Team Speedo Swim Suit Kickboard Pull Buoy Fins Snorkel	Aqua 2	Team Swim Caps (2) Goggles (2) skipping rope resistance band FAST T-shirt Team Speedo Swim Suit Kickboard Pull Buoy Fins Snorkel
Aqua 3	Team Swim Caps (2) Goggles (2) skipping rope resistance band Team Speedo Suit FAST T-shirt FAST Hoodie FAST Shorts Kickboard Pull Buoy Fins Snorkel Hand Paddles	Aqua 4	Team Swim Caps (2) Goggles (2) skipping rope resistance band Team Speedo Suit FAST T-shirt FAST Hoodie FAST Shorts Kickboard Pull Buoy Fins Snorkel Hand Paddles
APJ	Team Swim Caps (2) Goggles (2) skipping rope resistance band Team Speedo Suit FAST T-shirt FAST Hoodie FAST Shorts Kickboard Pull Buoy Fins Snorkel Hand Paddles	APS	Team Swim Caps (2) Goggles (2) skipping rope resistance band Team Speedo Suit FAST T-shirt FAST Hoodie FAST Shorts Kickboard Pull Buoy Fins Snorkel Hand Paddles

*included in Registration fee and will be provided to swimmer

See next page for more information and ordering link

Clothing & Equipment Policy will be enforced next season

This past season we were very relaxed about our team clothing policy at practices and swim meets

However, our coaches have been instructed to enforce these policies starting Sept 2021.

What does this mean?

You could be sent home from practice, or not permitted to swim your events at a swim meet, if you are not wearing the Team clothing/gear required.

Clothing & Gear Requirements 2021-2022 – Aqua and Performance Groups Only

- **NEW** Please be advised that the [Clothing & Swim Gear Policy](#) will be enforced this coming season
- Swimmers attending practices or swim meets who do not have the required gear and/or clothing will **forfeit their right to participate in the FAST activity**. **Note:** Last season the policy wasn't enforced due to the different swim season we had because of covid-19
- **NEW** We are asking each swimmer to complete a google form (link below) to ensure
 1. everyone knows what gear/clothing is required,
 2. ease of ordering these items as needed
- No swimmer will go without, if purchasing these items is not financially feasible for your family let us know and we will ensure your swimmer has everything they need (see last question on google form).

PLEASE COMPLETE THIS GOOGLE FORM BY August 29, 2021:

- [Google Form for Aqua 1 and Aqua 2](#)
 - [Google Form for Aqua 3, Aqua 4, APJ, and APS](#)
- Items ordered through this form will be given to your swimmer early in the season and your account will be charged at that time

Clothing, Merchandise & Gear Catalogue

- **NEW** FAST [Clothing & Gear Catalogue](#) for your reference. Many costs are estimated at this point as we will not be ordering until after Aug 29
- Required clothing and gear is sold on a cost recovery basis. Optional Clothing and Merchandise may be marked up depending on the price point
- **NEW** We will also be keeping the speedo vanquisher goggles on hand for any swimmer to purchase throughout the season. Many times, it is a last-minute emergency when a swimmer needs a pair of goggles and having them on hand will ensure they are able to get a replacement in a timely fashion. Goggles can be purchased through our website (using the Groups Tab > Clothing & Gear) or through your coach



Other Clothing & Merchandise (not required items)

We will be taking orders for all other non-required clothing & merchandise early in the season (Sept/Oct).

Stay tuned...

Other ordering dates may be available during the season depending on requests (ie. Parkas, Track Suits, etc.). If you have any questions about clothing/merchandise or want to order any special items, please email our Clothing Coordinator at fastswimmingclothing@gmail.com

Not Permitted to be worn at Swim Meets or Practices:

Technical Suits
Racing Suits
FastSkin
Aqua blades
ARENA suits

Only swimmers with prior approval from their coach can wear these types of suits.

Starting Sept 2021, any swimmer who is wearing one of these suits at any swim meet, without coach approval, will forfeit their right to compete at that swim meet.

Time Line	Fundraiser
Fall 2021 and Spring 2022	Bottle Drive - voluntary
Oct – Nov 2021	Salmon – voluntary Holiday Wreaths - voluntary
Nov – Dec 2021	Coffee - voluntary
Late March 2022	Chocolate Bars – Mandatory with option to opt out for a fee
April 2022	Swim A Thon – Mandatory , all swimmers must participate in the swim a thon

Fundraising Requirements

Aqua and Performance Swimmers Only

In an effort to keep registration fees reasonable and to provide FAST families the opportunity to raise credit on their FAST account (to pay for their personal FAST fees), our Fundraising Committee plans annually to take part in a variety of fundraisers.

Most fundraising activities are voluntary, however, we typically select 2 fundraisers each swim season that are mandatory to participate in, with the option to “opt out” at a cost.

Fundraisers are chosen based not only on their profit margin, but also on the amount of time and effort it takes our volunteers to administer the events.

Plans for 2021-2022 Fundraising:

Basically the same as 2020-2021 with the addition of a coffee fundraiser around Dec 2021 – great stocking stuffers and teacher’s holiday gifts!

Pre Competitive Groups are welcome to participate in all fundraisers on a voluntary basis, (with the exception of the Swim a thon)

FREDERICTON AQUANAUTS SWIM TEAM

NEW FAST Swimmer Best Times

Our Competitive Swimmer's Best Times, both SCM (Short Course) and LCM (Long Course) are now listed on our website.

After each swim meet these times will be updated and are available for your reference.

You can also find all of your swimmer's times from sanctioned meets by going to either www.swimming.ca or www.swimrankings.net and searching their name.

Sir Max Aitken (SMA) Pool Fund – all swimmers

As many of you are aware, a few years ago when the Province of New Brunswick, the City of Fredericton, and UNB came to an agreement to keep the SMA pool building open until a new pool is built, there was an agreement on how to fund keeping the UNB pool running. Part of this agreement was for FAST to contribute funds annually to keep the pool open during this time. FAST charges a SMA Pool Fund Fee on each registration (competitive \$60/year and pre competitive \$10/session) to pay for this expense and any other expenses related to the New Aquatics Facility.

Aqua Dates			Group						
Date	Event	Notes	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Aug 16	Registration for 2021-2022 Opens		x	x	x	x	x	x	x
Aug 29	Last day to register for 2021-2022			x	x	x	x	x	x
Aug 29	Deadline to submit Google Form for Swim Clothing and Gear for next season			x	x	x	x	x	x
Aug 30	Registration for opens New-to-FAST (Competitive Groups)								
Sept 6	Deadline for Commitment Contracts							x	x
Sept 6	Deadline for Parents to complete the Respect in Sport (RIS) Certification		x	x	x	x	x	x	x
Sept 13	Dryland Starts			x	x	x	x	x	x
Sept 22	FAST AGM via Zoom	7:00 pm	x	x	x	x	x	x	x
Sept 27	Water Practices Start			x	x	x	x	x	x

Please see our website for last minute changes to our schedule as well as Swim Meet & Practice dates

FREDERICTON AQUANAUTS SWIM TEAM

NEW Registration & Fees – Aqua and Performance Groups only

Last season, we were fortunate enough to be able to share pool time with UReds for many practices. However, this coming season things will be different. Our Reds family has grown a lot (which is great!) but we are not able to share as many pool times with them due to their increased numbers.

Registration fees have increased this year by approx. 3% (see below). This increase is to partially cover our projected deficit next year due to unexpected increased pool costs/hour & amount pool time booked at some facilities. We will use this projected revenue from season 2021 to further finance the deficit next season. Budget information will be provided at the AGM (September 2021).

Fees this season are all inclusive; they include registration, dryland, Sir Max Aitken Pool funding; (and for Aqua 1 only, some swim gear - 2 caps and 2 pairs of goggles). [See our website](#) for a breakdown of these fees.

Dryland fees are included in registration and are based on projected expenses. Unfortunately, we are not able to fit yoga classes into the schedule this season.

Registration Fees 2021-2022

Group	Registration Fee Last Season (annual)	3 % increase	Registration Fee 2021-2022 (annual)	Dryland, SMA Pool Fund, *Swim Cap & Goggles	Total Annual Fees <u>before</u> SNB Insurance	Instalment fee per month for at registration, Oct 1, Nov 1, Dec 1, Jan 1, Feb 1
Aqua 1 *	972	29.16	1001	176+60+62	1299	217
Aqua 2	1093	32.79	1126	176+60	1362	227
Aqua 3	1200	36.00	1236	300+60	1596	266
Aqua 4	1492	44.76	1537	475+60	2072	345
Aqua 5 <i>**min 6 required to run this program</i>	na	na	958	60	1018	170
APJ	1595	47.85	1643	700+60	2403	401
APS	1881	56.43	1937	700+60	2697	450

OTHER FEES

2021-2022

Long Course Practices in CGAC at end of season - will be charged per swimmer based on attendance	est. \$12/practice
Respect in Sport for Parents (if required) - paid to Respect Group Inc. when you take the course online	\$12/family
Family Participation Plan - depends on group and if you meet your hourly requirement	See Volunteering below
2 Mandatory Fundraisers - chocolate bars and swim a thon, fully recoverable through fundraising	est. \$150/family
Clothing - depends on group and if needed	See above
Gear - depends on group and if needed	See above
Admin Fees - NSF payment, Returned Item, Late Fee, Convenience fees for credit card transactions	\$25 and 4%

FAST Accepted Method of Payments

Aqua and Performance Groups only

1. Pre Authorized Debit (PAD)

FAST offers PAD payments with no extra service fee

Sign up and your fees will be automatically taken from your bank account on the 1st of each month

2. Credit Card (CC)

Add your credit card to your secure FAST account and your fees will automatically be charged to your credit card on the 1st of each month. Each charge has a 4% convenience fee that is used to pay for this service.

3. Email Transfer (EMT)

Each month, before the 1st, you have to remember to send our Treasurer an EMT for the amount owing on your FAST account

You send EMT's through your personal bank website and most charge a fee (approx. \$1) per transaction. We also have to pay \$1 to receive the EMT.

HOW YOU PAY FOR REGISTRATION (PAD, CC, OR EMT) IS CONSIDERED YOUR METHOD OF PAYMENT FOR THE ENTIRE SWIM SEASON UNLESS YOU LET US KNOW OTHERWISE

Easiest and most cost effective payment method is Pre Authorized Debit (PAD)

[Sign up for PAD Payments here](#)

Payment Options

Aqua and Performance Groups only

1. Pay Fees in Full at Registration
2. Pay fees in 6 monthly instalments due before the 1st of each month

August Birthdays

Luke Addison	Sadie Deap	Abigail Lamontagne	Bridget van Driel
Gabrielle Banquicio	Mohamed Elshahat	Briana Lydon	Joshua Yin
Marta Belsh	Caleb Griffiths	Anna O'Connor	
Hannah Benjamin-Gillies	Jinghan Hu	Noemie Sivret	
Ciana Chiasson	Mackenzie Kidd	Jesse Theriault	

Volunteering and our Family Participation Policy

Aqua 2, Aqua 3, Aqua 4, APJ and APS groups only

Families in groups Aqua 2, Aqua 3, Aqua 4, APJ and APS are required to volunteer a specific number of hours/season, depending on their group. [Click here](#) for more information about # hours required/group and the Family Participation Plan (FPP). These families are charged \$15/hour for the time they have not volunteered based on their group. Families with multiple swimmers will be required to volunteer the hourly amount of their highest level swimmer.

The intention of the FPP is to get parents/guardians to volunteer, especially at meets their swimmers are participating in. While meets are the main need for volunteering with FAST, there are also a number of other fundraising events, committees and positions within FAST that require volunteers.

There are numerous opportunities to volunteer with FAST:

- Swim Meets
 - Fundraising
 - Committee Work
 - Parent Liaison
 - Board Member
 - Special projects
- If you feel you do not have the opportunity to volunteer, please email our Meets & Officials Committee chairperson at fastmeetsofficials@gmail.com

[Why can't my swimmers volunteer time count against our Family hourly requirement?](#)

The number one purpose of this plan is to get parents/guardians who do not volunteer to do so. The majority of volunteer opportunities are at Swim Meets (timing, hospitality, officiating, etc). If your swimmer is the person volunteering at a meet they aren't swimming in, it does nothing to help us run the meet that your swimmer is participating in. It is for this reason, we require your swimmer to be participating in (swimming in) the meet where your hours are earned. If all parents volunteered in the meet their swimmer is participating in, we wouldn't have any problem finding people to run the meet.

We do encourage swimmers to volunteer, but for the purpose of giving back to their community, not to earn family volunteer hours.

[Why can't we pay a fee and "opt out" of the Family Participation Plan?](#)

We actually want your time, not your money. The purpose of the plan is to get parent/guardians to volunteer. By offering an "opt out" fee, it defeats the whole purpose of this policy.

We understand some family situations are such that parents/guardians are not able to volunteer (illness or other special circumstances). We ask that these parents reach out to us and ask for consideration to be exempt from their hourly volunteering requirement. Please email fastswimmingoffice@gmail.com to make this request. We will require (in confidence) information about your situation in order to make an informed decision in this regard.

Volunteers Needed for 2021-2022

Financial Review Committee Member

- Responsible for reviewing the FAST monthly financials
- Click here for more information about the [Financial Review Committee](#)
- Must be proficient in generally accepted accounting principles
- Interested individuals are asked to complete this [Letter of Interest](#) and return it to our Treasurer at fastswimmingtreasurer@gmail.com

Meets & Officials Committee Member

- Responsible for working with a team to plan and administer hosting Swim Meets and develop Officiating capacity with FAST
- Committee Members must have:
 - a general interest in Officiating or Managing/Organizing Swim meets;
 - Good communication skills
 - Be a Team Player and ability to work with others
 - Good organizational skills
 - Selling sponsorship and marketing skills an asset
- Interested individuals are asked to complete this [Letter of Interest](#) and return it to our Meets & Officials Committee at fastmeetsofficials@gmail.com



[Watch Video Here](#)

Video: Partnership Parents/Guardians & Swim Coaches

ISCA, The International Swim Coaches Association

Wayne Goldsmith on behalf of ISCA teaches about the partnerships among parents and guardians that are necessary to help swim coaches and programs and so that the children, students, athletes and swimmers flourish.

FAST Code of Conduct



When you registered for swimming with FAST, you electronically sign the FAST Code of Conduct. Please take a moment to go over this document. FAST abides by this Code and takes it very seriously.

[Link to Code of Conduct](#)

Whenever you
need to talk,
we're open.

Text 686868
KidsHelpPhone.ca

Call 1-800-668-6868

Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone

Kids Help Phone 



For more information about
Volunteering Jobs, how to submit
your hours, etc. please refer to
our website:

[Volunteering & the Family
Participation Plan](#)

Pre Competitive Groups

- Registration for the Fall 2021 Session will open on **Aug 16 at 9:00 am** and is on a **first come first served bases**
- We are expecting less pool time next season for a number of reasons. This will mean our pre competitive program will be smaller and have **limited space next season**.
- If your swimmer's group is full at registration, please email fastprecomp@gmail.com to be added to our wait list

Fall 2021

Space will be very limited

Pre Competitive Session Dates

Oct 4 – Dec 4, 2021

Registration – Aug 16, opens 9:00 am

Aqua 5 Group

We currently do not have enough swimmers interested in the Aqua 5 group to add it to the Fall 2021 schedule. We will revisit the need for this group closer to the end of 2021

Minimum of 6 needed to run this group

2020-2021

Annual General Meeting
via Zoom

Save the date

Wednesday, Sept 22
7:00 pm

All FAST parents/guardians are welcome to attend

Contact Us

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[Click here for more Contacts](#)