



AQUA-NEWS

December 2019

www.swimmingfast.com

Fredericton Regional Aquatic Center Inc.

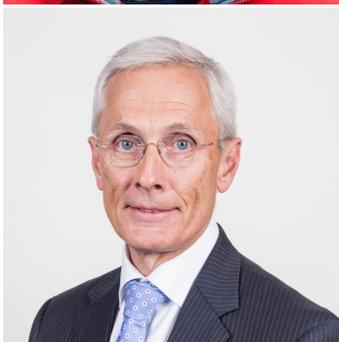
Fredericton Regional Aquatic Center, Inc. (FRAC) has been very busy behind the scenes over the last year. They have worked with numerous stakeholders and secured funding from Oromocto, Hanwell, New Maryland, City of Fredericton and the Province of New Brunswick to fund a feasibility study to determine the needs of the new pool. Once this study is complete, they will enter the design and development stage of the project.

FAST sincerely thanks the FRAC whose board members are Chris Ramsey, Bruce Lewis and Isabelle Scholten. They have spent numerous hours planning, meeting, strategizing and negotiating on behalf of all of our swimmers to ensure there is a place for them to swim in the future.



Here is a bit of information about the FRAC Board.

Chris Ramsey – many of you will recognize Chris’s name. He is a former FAST parent and current FAST Board member. Chris founded and built Radian6, a hi-tech company that was acquired by Salesforce.com in 2011. Since then he has been spending his time helping other entrepreneurs with their businesses and has helped a team to save Crabbe Mountain and transition it to new local owners. Chris is an avid mountain biker, windsurfer, photographer and trail runner.



Bruce Lewis – Bruce is a retired Chartered Accountant, former Partner at Grant Thornton, and Director on the Board of the JT Clark Family Foundation. Bruce has been in and around pools his entire adult life, is married to a UNB Masters swimmer, Val Biskupski, and has had all three of their adult children go through the FAST swim program. Bruce is an avid walker, dog lover, and enjoys time with family and friends.



Isabelle Scholten – Isabelle has 3 FAST swimmers and is currently FAST Treasurer. Isabelle stepped up immediately when FAST first sought a parent group to help take on a public awareness campaign for the new pool initiative. This group expanded as she invited different aquatic representatives to join the Make Waves campaign. Together, the voice of the aquatic’s community was heard. She spent many hours at the Regent mall and going door to door to gather signatures for our petition. With the help of the Make Waves group, she organized a March to City Hall in 2018 where the 6,942 signatures were presented. Since then, Isabelle remains involved with the new pool project and is now a member of the FRAC board of directors.

Volunteering: Let us know your interest.

Its not always easy to volunteer for a position. We've all been there! Time is precious and we value yours. At the same time, it takes a lot of volunteers to keep this club running smoothly.

We often have smaller/temporary jobs, that don't involve meetings and larger time commitments, that arise throughout the season. To this end, would like to build a database of contact information to identify your interest and skills - so when we need

[Interest
Survey](#)



help in a certain area, we will know who to contact. If the areas you are interested in are currently being taken care of by someone else, we will keep your name on file and contact you should an opportunity arise.

Please fill out this short survey. By completing this survey, you are not committing to any job/position. We are simply compiling information to have on hand. We will contact you directly should we need your help.

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Check out www.swimrankings.net to search for your swimmer's times



[Click Here to Watch](#)

We all struggle to find our role in our child's "athletic life". Here is a great video by the National Federation of State High School Associations that is worth your time to watch!

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates

Group

Date	Event	Notes	PC	Fit	CD	C2	C1	PD	P2	P1
Dec 1	Officials Clinic Recorder Scorer/Clerk of the Course/Chief Finishing Judge	A206	All interested parents/guardians							
Dec 6	Deadline to Sign Up	Christmas Party		x	x	x	x	x	x	x
Dec 14	Christmas Party	Currie Ctr Gym 3-6pm		x	x	x	x	x	x	x
Dec 16	Deadline to Sign up	PD Swim Camp Jan 6	purple		x	x	x			
Dec 20	Last Day of Practice Holiday Season			x	x	x				
Dec 21	Holiday Practice Schedule begins	Schedule will be emailed when confirmed					x	x	x	x
Dec 23	Deadline Registration	Pre Comp Winter 2020	x							
Jan 6	Regular Schedules in effect		x	x	x	x	x	x	x	x

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

A note to our Volunteers at the PEI Invitational meet from Summerside Dolphins Swim Club.

Just wanted to reach out and say thank you for being part of this years Fall Splash! We are very pleased with how well it ran.

We should all be proud of our swimmers, not only did they come to compete, we also heard from the pool staff complimenting us on how they treated the facility and how respectful they were towards the staff!

One of the best parts of this years meet was the volunteers, we had all spots filled before the officials briefing started for all sessions, AND had spares for some of the sessions.

Please pass on our thanks to your clubs and the folks that volunteered – this sport can't function without volunteers and we made it look easy this weekend!

As a small token of our appreciation we drew a name for a bridge pass from each sessions volunteers – Anna T. from FAST, Amy Esson from CVAC, Drew Kingston from CBAC and Charlene VanLeuwen from CBAC had their names drawn!

Thanks again for being part of this and thanks to the volunteers!

*Best Regards
Bill Meisner
(SDSC President)*

Pre Competitive News:

We have had a successful Fall 2019 Session and registration for Winter 2020 is underway!

To help manage group capacity and service for our returning members, we have opened registration for our returning swimmers and their siblings 2 days before new-to-FAST swimmers are able to register.

This will give you a chance to secure your spot in the group as many groups had wait lists for the Fall Session.

Components of competitive swimming in a fun and safe environment.

Swimmers learn proper stroke technique, mechanics and breath control.

The goal is to progress to the competitive program of FAST.

FAST

Pre-Competitive Program

White Yellow Orange Green Blue Purple

Six levels: learn-to-swim to introduction to competitive swimming

Go to www.swimmingfast.com and click the Pre Competitive tab for more information

Registration

Session	Start Date	End Date	Registration opens
Winter	Jan 6	Feb 28	Nov 23 (returning swimmers) Nov 25 (new swimmers)
Spring	Apr 6	May 29	Feb 29 (returning swimmers) Mar 2 (new swimmers)
Summer	Jun 22	Aug 14	May 30 (returning swimmers) Jun 4 (new swimmers)

Please send us your feedback!

[Pre Comp Survey](#)

Congratulations to our swimmers graduating from Purple to Competitive Development!
We are excited for your journey in the competitive swimming world with FAST!

Fredericton Aquanauts Swim Team



Season 2019-2020

FAST Leadership Group

Leadership IS NOT
A POSITION OR A TITLE,
IT IS action and
example. -Cory Booker

Successful teams have strong **leaders!**

The FAST coaches recognize how influential peers and teammates are in creating a healthy, positive team spirit and culture on and off the pool deck.

On one level swimming is an individual sport but to be a successful swimmer you cannot just be swimming for yourself, swimming is also a team sport and supporting each other is essential for success.

We have started a leadership group which will meet at least once a month on Wednesdays from 4:45-5:45 pm (look for it on the weekly update).

Our goal is to develop leadership skills as well as plan activities to cultivate a fun, encouraging environment for everyone on our team.

Coaches of the competitive and performance streams have already spoken to the swimmers in their groups about this opportunity and they have identified swimmers interested in being part of the leadership group.

Stay tuned for more news from FAST Leaders...



Christmas Party

Who: Competitive, Performance & Fitness Group Swimmers

Where: Currie Centre Rec Gym
Games, Pizza & Cider!

When: December 14, 2019
3:00 – 6:00 pm

Cost: \$8 per swimmer
Will be charged to your FAST account

We will be collecting new or gently used unwrapped gift donations for the Pediatric Wing at the DECH again this year. More information regarding gift donations will follow.

[Sign Up Required by Dec 6, 2019](#)

Select Attend or Decline and please let us know about any dietary requirements in the notes section of the sign up.

FAST
Fredericton Aquanauts Swim Team

PD days for teachers = no school =
Swim Camp for kids!

For SWIMMERS in:
Competitive Development
Competitive 1
Competitive 2
Pre-competitive Purple

UNB
Drop off: 8:30 AM
Pick up: 4:30 – 5:00 PM

Ages 12 and under

Minimum 12
Maximum 30 swimmers

\$50 per camp

NEXT CAMP:
JANUARY 6, 2020
(ASDW PD DAY FOR TEACHERS)

DEADLINE TO REGISTER:
DECEMBER 16, 2019

www.swimmingfast.com to register

10 Reasons Why Swimmers Are The Best Kids

By SWIMSWAM27
July 11, 2017

Courtesy of Elizabeth Wickham

Swimming teaches our children so many life lessons on a daily basis. They learn time management, perseverance, discipline, goal setting, plus develop character and grit. Through the process of a tough schedule with heavy physical demands, our children expand their accomplishments and possibilities. Someday their swim careers will be over, but they'll take wonderful memories of best times, fun with teammates, plus all the life skills swimming has given them.

Here are ten reasons why swimmers are the best kids:

ONE

They are too tired to get into trouble. They'd rather be tucked into bed watching Netflix than going out late at night.

TWO

They have unbelievable appetites and are open to trying new things. In fact, they'll eat pretty much whatever you put in front of them.

THREE

They are clean. They get a daily rinse in chlorine as well as take long showers.

FOUR

They are good students. They know they won't have time—or will be too tired to do homework later—so they work ahead and try to get homework done before practice.

FIVE

They're comfortable around adults. They communicate with coaches, other swim parents and officials regularly.

SIX

They've experienced failure and know it's not the end of the world. They understand that there's another chance and with hard work, they can do better.

SEVEN

They're strong and fit. Working out is something their bodies crave and they're in better shape than most of their classmates.

EIGHT

They are there for their teammates and friends. If someone is upset or has a problem, they're more than willing to listen and help out. They also have fun with their friends and can make hours at a meet pass by with silliness and laughter.

NINE

They are confident. They put in long hours and hard work to reach their goals. With each improvement along the way, they build self-confidence.

TEN

We know their swim friends and their families—and that they are good kids we want our children to hang out with.

Why do you think swimmers are the best kids?



Elizabeth Wickham volunteered for 14 years on her kids' club team as board member, fundraiser, newsletter editor and "Mrs. meet manager." She's a writer with a bachelor of arts degree in editorial journalism from the University of Washington with a long career in public relations, marketing and advertising.

Her stories have appeared in newspapers and magazines including the Los Angeles Times, Orange County Parenting and Ladybug.

[You can read more parenting tips on her blog.](#)



Para development camp

8 swimmers and 6 coaches from NB, PEI and NL enjoyed 3 days of training and classification in Sussex provided by Janet Dunn, Para Swimming Performance Pathway Coach and National Classification Lead. Taylor Belczewski from FAST attended.

We thank SWRD for the excellent organization and also our champion Danielle Dorris for being a source of inspiration for all participants.

SNOW DAYS!

Practices are ON unless you receive an email

Even if school is cancelled

Cell Phone use is prohibited in any Pool Locker room



Please respect other patrons

December Birthdays

Lucas Connell	Lily Porter
Declan DeWolfe	Sophie Ricketts
Caitlyn Evernden	Emma Sinclair
Olivia Gebrael	Da-Bin Song
Jessica Hickey	Michael Tselichtchev
Judy Luo	Samantha White
Samantha Norris	Dan Wielemaker

New Stock of Black Team T-shirts and Hoodies have arrived

[Click Here to Order](#)





Comp Dev
Declan Dewolfe



Perf 1 & 2
Tom Wielemaker

Our Swimmers of the Month
have been...

AQUA SPOTTED!

Breakthrough Award

Making significant improvements in training or at meets. Success by overcoming obstacles.



Comp 1 & 2
Hafsa Seifeldin



Perf Dev
Elizabeth Waugh

Volunteer of the
Month

Jenny Scott

Jenny Scott took on the huge task of organizing and soliciting, picking up and delivering donations for the FSI Auction, not to mention a whole lot of meetings and admin work involved in this initiative. All so FAST could earn fundraising revenue for needed swim meet equipment. We thank you for your generosity of time and effort. Your support has not gone unnoticed!

Thank you, and all
of our many
volunteers!

Did you know?

FINA requires swim teams to wear an approved brand of suit in competitions? This is one of the reasons FAST requires competitive & development swimmers to have the Speedo Team swim suit.

The Role of Nutrition in Sport Concussion Recovery



Sport concussions have been a hot topic over the past few years, with the launch of the [Canadian Guideline on Concussion in Sport](#) in 2017 and SIRC's associated [We are Headstrong campaign](#), and the passing of Rowan's Law (Concussion Safety) on March 7, 2018 in Ontario. Despite increased awareness, recognition and treatment pursuits, the role of nutrition is often overlooked as a supportive means for sport concussion recovery. Many treatment protocols do not include the integration of a qualified sport dietitian and their support around optimizing specific neuroprotective nutrients, nor are sport dietitians embedded in the interdisciplinary support teams within high concussion risk sports.

Although much of the research is still in its infancy, the integration of a safe and low risk nutritional approach may not only be protective, but have the potential to enhance recovery. Outlined below are some key interventions that should be considered in post-sport concussion treatment. This is the first of a two-part series in which the neuroprotective roles of specific nutrients will also be examined from a sub-concussion injury perspective.

MANAGING APPETITE

Sport concussion symptoms such as nausea, headaches and fatigue often contribute to decreased appetite which can limit energy and key nutrient intake to support recovery. It is crucial throughout the recovery process that athletes regularly consume healthy meals and snacks. The injured athlete may consider enlisting family and friends for support with things like grocery shopping and cooking, or consider healthy meal delivery programs within their area that can save time and energy.

If athletes are experiencing low appetite, consider the following:

Consume small, frequent snacks throughout the day from easily digestible foods including crackers, toast, soups, yogurt, avocado or rice puddings, oatmeal, nut butters, chicken and fish. Small, frequent meals can also help manage nausea because an empty stomach will worsen symptoms.

Liquid meal replacement options can provide vital nutrients and support daily hydration.

Examples include:

Homemade Smoothies: 1 cup dairy or fortified dairy alternative with ½ cup of plain 0-2% Greek yogurt and your choice of the following combinations:

- 1 banana + 2 Tbsp. natural peanut butter
- 1 cup strawberries + ½-1 banana
- 1 Tbsp cocoa + 1 cup raspberries
- 1 handful of spinach + ¼ avocado + ½ cup mixed berries

Store-bought liquid meal replacement drinks such as Boost, Ensure, Carnation Breakfast, Vega or Rumble Super shake.

HYDRATION

Headaches are a common symptom of post sport concussion syndrome (Institute of Medicine, 2011), and dehydration can worsen symptoms. A simple pee colour check can be the first step. Urine should be pale yellow in colour – if darker, work on drinking more fluids to rehydrate.

To improve hydration, consider the following: Consume hydrating beverages throughout the day including water, dairy or dairy alternatives, smoothies, coconut water, electrolyte beverages including Nunn, meal replacement drinks, 100% fruit juice, and cold or hot soups.

Drink extra fluid at meals and snacks. Choose liquid meal replacement options when appetite is low.

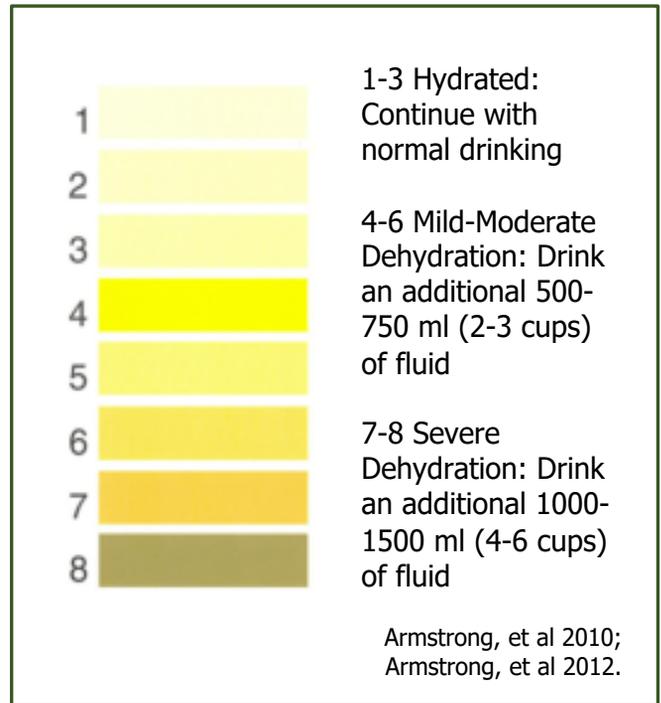
Avoid alcohol, which can contribute to dehydration.

Tip: When trying to improve your hydration, check how often you are waking in the night to use the toilet. If more than once or twice, reduce your fluid intake in the evening to support needed sleep recovery.

OMEGA 3 FATTY ACIDS

The most researched nutrient relating sport concussions recovery are omega-3's which is a type of fat known as polyunsaturated fat. There are three types of omega 3's, and of these docosahexaenoic acid (DHA) is most abundantly found in the brain. (Arterburn, Hall, & Oken 2006; Scrimgeour & Condlin 2014). DHA has been the focus of much research around sport concussion recovery and studies have shown promise in its role on reducing brain damage and cognitive decline after a concussion injury (Rawson, Miles & Larson-Meyer 2018).

Although there is no current dosing consensus, injured athletes should increase their dietary intake of omega 3 fatty acids, especially DHA. Fish is the richest source of DHA (see Table 1). If considering a supplement, speak to a qualified sport dietitian who can recommend an appropriate and safe option and dose. Table 2 shows Health Canada's safe recommended doses of DHA and eicosapentaenoic acid (EPA), another omega-3 fatty acid.



For athletes over the age of 18, a carbohydrate and protein recovery supplement can also be considered, but only after speaking to a qualified sport dietitian or sport medical doctor to discuss options.

Looking for more recipes? Speak to a qualified sport dietitian for quick and easy snack and meal ideas.



TABLE 1: FOOD SOURCES OF DHA (NATIONAL INSTITUTE OF HEALTH, 2019).

FOOD	PORTION	EPA/DHA (MG)
Salmon, Atlantic, farmed, cooked	3oz.	1240
Salmon, Atlantic, wild, cooked	3oz.	1220
Herring, Atlantic, cooked	3oz.	940
Sardines, canned in tomato sauce drained	3oz.	590
Salmon, pink, canned, drained	3oz.	440
Oysters, eastern, wild, cooked	3oz.	230
Sardines, canned	3oz.	740-1050
Sea bass, cooked	3oz.	470
Tuna, light, canned in water, drained	3oz.	170
Cod, Pacific, cooked	3oz.	110

TABLE 2: HEALTH CANADA RECOMMENDATIONS FOR DHA AND EPA (HEALTH CANADA, 2018).

SUBPOPULATION		EPA + DHA (MG/DAY)	
		MINIMUM	MAXIMUM
Children	1-8 years old	100	1,500
Adolescents	9-13 years old 14-18 years old	100 100	2,000 2,500
Adults	≥19 years old	100	5,000

CREATINE

The brain uses approximately 20% of the body's total energy (Institute of Medicine, 2011). Concussion causes an energy crisis where the brain's energy requirement goes into overdrive and looks for alternative energy options to meet demands and support healing (Ainsley Dean, Arikan, Opitz & Sterr, 2017; Giza & Hovda, 2015). This is where creatine can come into play. Creatine is a protein made in the body, but can also come from external sources such as animal proteins or a creatine supplement. After a sport concussion, creatine can cross the blood-brain barrier and provide an energy reserve to the brain, supporting the increased energy requirement to aid recovery (Institute of Medicine, 2011; Petraglia, Winkler & Bailes, 2011; Dolan, Gualano & Rawson, 2018). Sakellaris et al. (2006 & 2008) examined therapeutic creatine supplementation in children and adolescents with severe concussions. Not only did the treatment group's length of stay in hospital decrease, they also showed improvements in cognitive function, communication, self-care, and a reduction of

communication, self-care, and a reduction of headaches, dizziness and fatigue symptoms. Although therapeutic dosing strategies have not yet been set, creatine is a highly promising area for both neuroprotection before and recovery after a sport concussion (Ainsley Dean, Arikan, Opitz & Sterr, 2017; Dolan, Gualao & Rawson, 2018).



POLYPHENOLS

Polyphenols are a category of plant-based compounds that can have health benefits. Resveratrol is a polyphenol found in foods such as grapes, blueberries and peanuts (HealthLinkBC, 2018), and curcumin is the active ingredient in turmeric spice. Both have shown promising results in reducing inflammation after a sport concussion, along with improving motor performance, visual memory, the brain’s protective membrane and it’s ability to adapt and compensate after injury (Ashbaugh & McGrew, 2015; Zhu., et al 2014; Petraglia, Winkler & Bailes, 2011). Currently, no resveratrol or curcumin supplement doses have been set and so athletes should instead look to add food sources of resveratrol to their diet and consider adding turmeric powder to soups, stews, curries and stir-fries.

Tip: Curcumin is not absorbed well in the body. To improve its absorption, mix with black pepper, combine with healthy fats, or add heat. Adding turmeric powder to a meal like a soup or curry will do all three and help you better absorb the curcumin!

VITAMINS

Animal and clinical studies have examined the antioxidants Vitamin E and C to help reduce cognitive declines after injury, as both are present in high concentrations in the brain (Petraglia, Winkler & Bailes, 2011). Research findings suggest that a combination of Vitamin E and C results in better improvements in brain functioning, compared to results when given separately (Petraglia, Winkler & Bailes, 2011; Ashbaugh & McGrew, 2016). Further research is needed, and at this time supplementation recommendations cannot be made. Both antioxidants are present in a variety of foods that can be added to meals and snacks. Full food list is shown in Table 3.

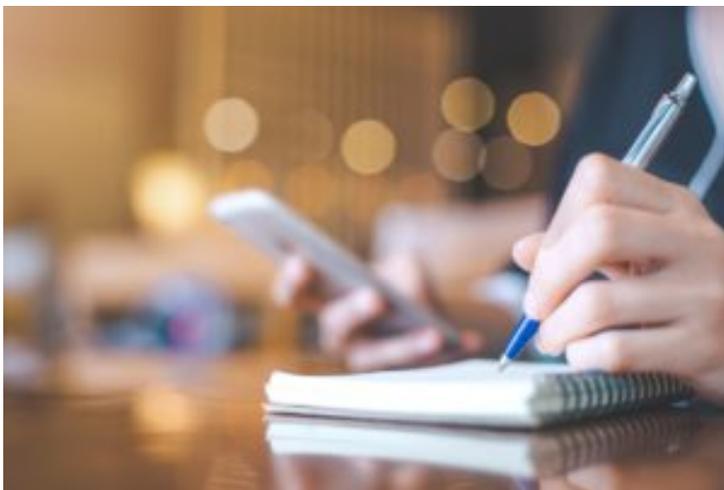
TABLE 3: FOOD SOURCES OF VITAMIN E AND C

Best Food Sources of Vitamin E (Dietitians of Canada, 2016)	Almonds and almond butter Sunflower seeds Hazelnuts	Wheat Germ Eggs Spinach, cooked Avocados
Best Food Sources of Vitamin C (Dietitians of Canada, 2016)	Bell peppers Red Cabbage Brussel Sprouts Guava Papaya Broccoli	Kiwifruit Strawberries Pineapple 100%fruit juice with Vitamin C added Orange

WHAT TO LIMIT

Just as there are many nutrition considerations to enhance recovery, there are also those that have been shown to hinder recovery. Alcohol and foods high in saturated fat and refined sugar are important to avoid throughout the recovery process. Especially after a sport concussion, the consumption of alcohol can lead to dehydration, memory concerns, poor concentration and poor judgement. Drinking may also put an athlete at an increased risk of experiencing another concussion while still recovering from the initial injury, prolonging the recovery timeline (Opreanu, Kuhn, & Basson, 2010).

Foods high in saturated fat and refined sugar include deep fried and battered foods, chips, store-bought baked goods, candy, cookies and pop. These types of foods have not only been linked to the brain’s inability to adapt or compensate after injury, but also impair memory and worsen overall injury results (Wu, Molteni, Ying, & Gomez-Pinilla, 2003; Wu, Ying, & Gomez-Pinilla, 2004; Gomez-Pinilla, & Kostenkova, 2008; Wu, Ying, & Gomez-Pinilla, 2014). Injured athletes should limit intake of food high in refined sugars, and plan to choose healthier fats each day including olive oil, avocados, nuts, seeds and fatty fish.



IMPLEMENTING A NUTRITIONAL APPROACH TO CONCUSSION RECOVERY

With the knowledge of what nutrients may aid in sport concussion recovery, the following steps can help athletes, coaches and other members of the support team apply the above nutrition considerations.

Seek professional assistance: A qualified sport dietitian can educate athletes, coaches, parents and the medical team on key nutrition principles post injury. This includes education on grocery shopping and meal preparation to assist with sport concussion recovery.

Track it: Include appetite and hydration monitoring along with other post sport concussion symptom recovery monitoring.

Plan ahead: When travelling, review hotel and venue menus in advance and consider ways to increase omega-3, polyphenols, and antioxidant rich foods.

Travel protocols: A qualified sport dietitian can work with the medical team to help develop sport concussion protocols that include nutrition consideration and can be implemented if an injury occurs while a team is travelling.

KEY TIPS FOR ATHLETES:

Seek support from loved ones to help with grocery shopping and meal prep.

Stay well hydrated

Avoid alcohol and limit intake of saturated fats and refined sugars.

Increase your intake of omega 3 fatty acid rich foods.

Choose foods rich in resveratrol and add turmeric to your cooking.

Choose vegetables and fruit high in antioxidants on a daily basis (ex. spinach, broccoli, bell peppers, avocados, strawberries and kiwi fruit).

If considering a supplement, speak to your sport medicine doctor or a qualified sport dietitian to discuss the need, safety and specific dosing.

ABOUT THE AUTHOR

Ashley Armstrong is a Registered Dietitian and Certified Specialist in Sport Dietetics, with a Masters in Exercise and Sport Science from the University of Sydney, Australia. From 2013-2018, Ashley supported Olympic and Paralympic athletes at the Canadian Sport Institute in Victoria, BC. She is now working with the Canadian Forces in Ottawa, supporting high end military personnel within their high-performance program. Ashley has recently completed a yearlong sub-concussion research project alongside Texas Christian University, examining the role of DHA in sub-concussion injury risk in elite men's and women's rugby players. She has also developed nutrition focused concussion and traumatic brain injury protection and recovery protocols for high-risk athletes and military personnel.



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Link to original article:

<http://sircuit.ca/nutrition-concussion-recovery/>

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To Sign up or to Not Sign up?

Rule of thumb:

Swim Meets – you don't sign up. Your swimmer is automatically signed up. But you must Decline Attending if you can't go.

Workshops/Non Swim Meet Events – you have to sign up.

Both Swim Meets & Workshops/non Swim Meet Events are all found in the Team Events Section of our Website

From the Kitchen...

Layered Christmas Smoothie

Ingredients – Red Layer

- ½ cup yogurt
- 2 Bananas (peeled)
- ½ mango (without pit or peel)
- 4 Strawberries
- 1/2 beetroot (peeled)
- 1 Slice lemon
- 2 ½ - 3 cups ice
- squeeze of honey (optional)

Ingredients – Green Layer

- 2 Bananas peeled
- ½ mango (without pit or peel)
- 1 Handful of Kale
- 2 Handfuls of baby spinach
- 1 Handful of parsley
- 1 slice of lime
- squeeze of honey
- 2 ½ - 3 cups ice



Raw Blend – a healthy mix for life

1. Put Red Layer ingredients into a blender in the order listed, secure the lid. Blend for 10-20 seconds.
2. Pour into a jug/bottle and repeat the process for Green Layer ingredients.
3. Carefully pour/layer red layer ingredients into 2 glasses so they are half full.
4. Carefully layer the green layer on top of the red layer ingredients, gently spooning mixture around the inside edge of each glass to create a clean line.

Share your healthy(ish) recipe by emailing it to fastswimmingoffice@gmail.com.



Kids Help Phone 



How To Help A Friend

If you're worried about a friend who may be struggling, you're in the right place. Here are some ways you can help.

LISTEN. BE THERE.

Let them know you care and are concerned — as many times as they need to hear it. Tell them that they can count on you to be there for support.

Spend time together. Do things you enjoy together such as watching a movie, going for a walk or having dinner.

When your friend is ready to talk in person or online, it's important to listen to them and let them know you hear them. Don't interrupt, judge or give advice, unless they ask. Feeling heard and supported can be very helpful, and talking to you may be the first step your friend takes to getting professional help.

Provide hope — let your friend know that things can get better. Share how you're feeling. Tell your friend how honoured you are that they reached out to you, if you're feeling that way.

... Having a friend who is going through something difficult can be hard on you, too. Talk about it with someone you trust.

CONNECT WITH KIDS HELP PHONE

Kids Help Phone counsellors are available 24 hours a day, seven days a week to support young people with whatever they're going through. If you're worried about a friend, we can provide you with support or you can recommend that your friend contact us.



ENCOURAGE YOUR FRIEND to call Kids Help Phone at 1-800-668-6868 or connect through Live Chat at KidsHelpPhone.ca. If they prefer, you can contact Kids Help Phone together.



IF YOU NEED ONE-ON-ONE TIME with someone who gets what's going on in your life, you can connect anonymously and confidentially using the Always There app. Talk about anything. Chat with total privacy.



TEXT with a Crisis Responder at 686868.



How To Help A Friend

(Continued)

LEARN MORE



Educate yourself about mental health and wellness. Knowledge helps us challenge misinformation, stigma, judgments and assumptions. It also helps us provide helpful support and begin to recognize the signs that someone may be struggling. To learn more about different topics related to mental health, visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca).

INVOLVE OTHERS

Encourage your friend to talk to someone who can provide assistance. They could be a:

- Family member (parent/caregiver, sibling, grandparent, etc.)
- doctor or other health professional
- teacher
- school social worker
- counsellor
- spiritual leader
- on-campus residence don

Some secrets are too big to keep. If you're really concerned about your friend or suspect that they're at risk of suicide or other serious harm, talk to someone else about your concerns. The person you tell should be in a position to provide assistance. Ask them what they're going to do about what you've discussed with them, and if they don't quite "get it," tell someone else.

If your friend talks about suicide, encourage them to visit their doctor or a mental health professional immediately. If they're in immediate danger of suicide, call 911 and stay with them until help has arrived.

TAKE CARE OF YOURSELF

Remember, you're not responsible for your friend's wellness. In order to recover from mental health challenges, a person needs a community of support, access to professional resources and a readiness to take steps toward recovery. Try to make sure that you aren't the only person supporting your friend — it's more than you can or should do alone. Draw on other safe and trusted people whenever possible.

If you've reached out to a friend and it didn't go as well as you had hoped, try to be understanding with yourself. It's natural to want to help a friend who's hurting, but there are limits to how much you can do. Be there for your friend by encouraging them to get the help they need, but don't blame yourself for your friend's struggle(s).

Get some support for yourself. Having a friend who is going through something difficult can be hard on you, too. Talk about it with someone you trust. You don't have to go through it alone.



If you're a young person who's struggling with a problem, big or small, you can always contact Kids Help Phone. We're free, anonymous, confidential and available **24/7**.

1-800-668-6868

KidsHelpPhone.ca

Download our free chat app.

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:

- Nov 30, 2019 – 10:00 am - 11:00 am, Room C210
- Mar 14, 2020 – 5:30 pm - 6:30 pm, Room 3-22 (RCC)
- June 6, 2020 – 5:30 pm - 6:30 pm, Room C210



A Huge Thank You to all our FAST families for supporting the FSI Auction Fundraiser.

Contact Us

www.swimmingfast.com

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[Click here for more Contacts](#)

Save the Date! May 2, 2020

50th Anniversary Celebration



Crowne Plaza Hotel

5:00 pm ~ Cocktails (cash bar)
6:00 pm ~ Dinner
7:00 – 9:00 pm ~ Dance

Tickets on sale
January 2020

Follow: FAST 50th

Wishing you a Safe
and
Happy Holiday Season!