



# AQUA-NEWS

November 2020

[www.swimmingfast.com](http://www.swimmingfast.com)

## Swim Meet – Finally!

FAST swimmers were really excited to finally get a chance to compete since the Covid-19 pandemic started early March, 2020. Thanks to the Canada Games Aquatic Center in Saint John, we were able to host a swim meet attended by all our competitive swimmer groups.

Much preparation went into preparing and planning to host this meet while ensuring the safety of our 71 swimmers; plus all our officials, volunteers and coaches.

Thanks to all who stepped up to volunteer.



A special thanks to our Meets & Officials Committee  
Mike MacDonald, Cynthia Duguay and Gisèle Hickey



Mike MacDonald



Cynthia Duguay



Gisèle Hickey



## Volunteer Spotlight

### Denis Tselichtchev

We were all “wow’ed” by Denis’s photos and amazing video from the FAST Swim Meet in Saint John on Nov 14. These priceless photos and videos add so much to making these events memorable for our swimmers and their families. Thank you so much Denis for taking the time to do this for the Team!

### Martin Wielemaker

Thank you Martin for going above and beyond to provide live stream results from our Swim Meet at the Saint John Aquatic Center! I think it goes without saying all of our FAST parents were thrilled finally be able to “see” their child performing! Thank you Martin!

[Click here to watch the Team Video Swim Meet #1](#)



**#SWIMAGAIN CHALLENGE**  
**DÉFI #NAGERDENOUVEAU**

### Top 50 Winners

#### 100 IM



Michael



Angelina



Jesse

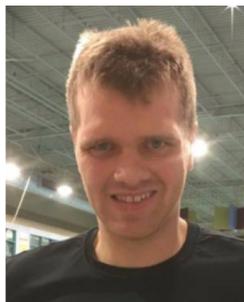


Tom



Ethan

#### 200 Kick



Jesse

### SNOW DAYS!

Practices are ON unless you receive an email

**Even if school is cancelled**

# Fundraising



## Holiday Wreath Fundraiser

319 Wreaths Sold

\$1650 raised for FAST

\$2063 raised as credits on member's accounts

### Top Fundraiser

**Jeanne Van den Broeck!**

*Thank you Max Health Institute for the donation of a 60 minute massage session.*

## Fundraising Recap

319 Wreaths Sold  
152 boxes of Salmon Sold  
3+ trucks of bottles recycled

\$2258 Raised for FAST  
\$4495 Raised for credits on member accounts  
\$3547.28 Raised for Swim Meet Expenses

**Total Raised \$10,280.28**

## FlipGive

\$405.68 Earned to date (Nov26)

**With only 17 users!** We can do better than this!!!

## Bottle Drive

August Drop Offs \$99.40  
Sept/Oct Drop Offs \$152.40  
Misc. Donations \$208.50  
Bottle Drive \$2681.30

**Total \$3141.60**

**These funds will be used to offset the meet expenses for the Swim Meets held this season.**

Remember you can always **drop your recyclables anytime at Best Metals** on the Wilsey Road.

Let them know to apply the credit on FAST's account with them.

## Salmon Fundraiser

152 Boxes Sold  
\$608 raised for FAST  
\$2432 raised as credits on member's accounts



Winners of the random draw for a Ly Sports \$15 Gift Card are:  
**Samantha and Jesse!**

## Swimmer's of the Month

Aqua 1



Hazel W

APJ

Aqua 2



Rori G

Aqua 3



Mark A

Aqua 4



Veronica B

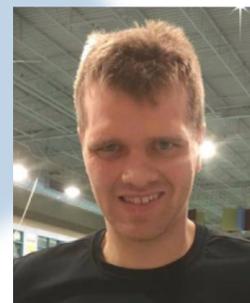
APS

### TRAINING AWARD

*Improvement in training times, focus, and concentration during workout*



Samantha N



Jesse C



# 10 Ways to Control Emotions in Sport

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)

- 01 MUSIC** Listen to songs that get you in the right state of mind
- 02 SELF TALK** Take control of how you talk to yourself make it positive and rational
- 03 RELAXING IMAGERY** Visualise things that reduce stress and anxiety
- 04 CHALLENGE** Self-handicapping thoughts consider alternative options
- 05 FACE YOUR FEARS** With support from others, face your fears head on
- 06 RELAX YOUR BODY** By clenching and then releasing your muscles, you will feel calmer
- 07 LEARN FROM OTHERS** What do other athletes do to manage their emotions
- 08 DEVELOP SELF-AWARENESS** Keep a diary or do some match analysis
- 09 REFRAKE** Can you view the upcoming match as an opportunity not a threat?
- 10 TAKE DEEP BREATHS** Lowering your heart rate will help you relax

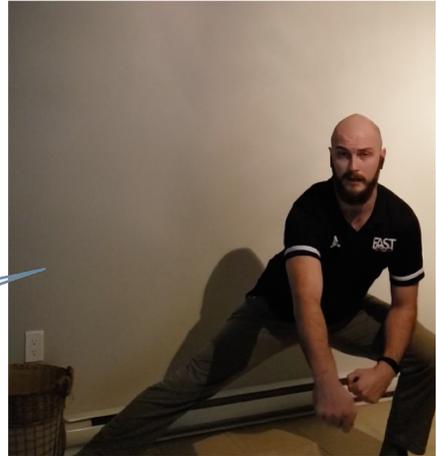
Ref: Based on research by Jones (2003) Controlling Emotions in Sport. The Sport Psychologist.



## Stretching with your Coach!

We are noticing a lot of our swimmers muscles are “tight” – they need to be stretched. Given that we can’t do activation or cool down on the pool deck before and after practices, our amazing Coaches have put together a series of their favourite stretches. We will be featuring one per month in the Aqua News, however you can view them all by [going to our website.](#)

[CLICK HERE](#) to watch Coach Ian’s favorite Stretches



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## 10 Top Tips to help control your emotions in sport

*InnerDrive Oct 29, 2019*

What does it take to really excel in the world of elite sport? The ability to deliver your best when it matters the most is a fundamental part of performing under pressure. Can this ability be taught, learned and developed?

We have previously explored why some [athletes perform better under pressure than others](#) and what it takes to [thrive in a pressurized environments](#). However, what makes emotions in sport so complicated is that **no emotion is truly good or bad during competition**. For example, anger can make you try harder, but it can also make you lose focus on the task at hand.

Even two people experiencing the same emotion can react in different ways. So a footballer who is embarrassed about missing too many shots may shy away from receiving the ball, whereas another might react by calling for it more to get a chance to redeem themselves.

Research by [Professor Marc Jones](#) at Staffordshire University offers fascinating insight into [how athletes can better manage their emotions when competing](#). Here, we are going to look at 10 tips to control emotions in sport that we use with elite athletes, based on his research.

Music

[Listening to music](#) is a great way for an athlete to get into the zone. Upbeat or inspirational music for example **improves an athlete’s confidence and motivation**, leading to better on pitch performance. Music acts as a way to boost arousal levels whilst also helping to block out distracting thoughts.

However, listening to music to prepare for an event can also have its cons — to learn more about them, check out our blog about [the impact of music on performance in sport](#).

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## Self-Talk

Negative self-talk leads to a poor emotional state, which in turn hurts athletic performance.

Replacing it with positive self-talk such as “*I played really well in my last match*” or “*I’ve succeeded at this before, I know I can now*” counters negative emotions and creates positive ones too.

This positive self-talk creates helpful emotions such as happiness. As many as [76% of elite level figure skaters utilise this technique](#) to cope with the stress of competition. Some great [ways to improve your self-talk](#) include:

Saying “stop” right after a negative thought  
Asking yourself questions to start focusing on solutions rather than problems

Talk to yourself in the second person  
Give yourself instructions

Use upbeat, energising language  
Surround yourself with positive people  
Relaxing, Positive Imagery

If you find yourself stressed out over competing or are worried about failing, **try imagining positive scenarios like scoring a goal**. As a young athlete, [Wayne Rooney](#) used to lie in bed imagining himself scoring goals and dribbling around defenders. He uses these visualisation techniques to this day and credits them for his accomplishments.

[It has been found that](#) imagery focused on toughness, control, and confidence leads to increased motivation, emotion regulation, and self-belief. This is a great technique to use [the night before a match](#) or just before you go out to compete.

Challenging Self-Handicapping Thoughts  
It’s important to consistently review your behavior both on and off pitch to ensure it is helping, not hindering your performance. If you are exerting energy and focus on behavior that is hurting you, **you’re wasting energy**.

One elite tennis player in [this study](#) was asked how many times in her career she argued with the referee and how often it had actually resulted in a call being changed (very rarely). The massive difference in the energy wasted compared to the result she gained helped her realise there were better things to choose to focus on.

## Face Your Fears

Psychologists believe that there are three ways people cope with situations:

- Avoidant
- Emotional
- Problem Focused.

Let’s say you are worried about snakes in your garden. You could decide to never go into your garden again (avoidance focused), or convince yourself that having snakes in your back garden isn’t that bad (emotion focused) or go into your garden and get rid of the snakes (problem focused).

Whereas avoidance and emotional focused coping may provide a short relief, **problem focused coping addresses the issue head on**, allowing you to make long term gains. Don’t be an ostrich and bury your head in the sand. If something is worrying you, work out how you can make it better.

## Relax your body

Try tensing your muscles for a few seconds and then consciously relaxing them to feel a sense of calm, physically as well as mentally. [Research shows](#) that this leads to a reduced heart rate, lesser feelings of physical exhaustion, and diminished anxiety.

## Learn from others

Try to emulate athletes that deal with emotionally difficult situations well; this is an effective strategy to manage anger and stress.

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For instance it has been shown that [role-playing exercises](#) off pitch reduce angry behavior on pitch. The ability to learn from others is a hallmark of [developing a growth mindset](#) and a very important life skill.

## Develop self-awareness

[Keep a journal](#) or review film of situations where strong emotions arise during play and how you dealt with them. This allows you to **identify which emotions are healthy, competitive ones for you and which are not**. This is important to know so that you can get the best from your emotional state.

This can be incredibly effective when combined with challenging self-handicapping thoughts as your newfound awareness can help you identify which thoughts and emotions need challenging.

## Reframe

The more important you believe the situation to be, the more likely you are to have a strong emotional response to it. [Research suggest](#) that reminding yourself that *“it’s just another match”* can help reduce the noise and intensity that emotions can bring.

[Reframing your ideas of failure and success can also be effective](#). In the earlier mentioned research by Professor Jones, he details an example where a Premier League striker was struggling to score goals, and feeling down because of it. Helping him reframe his definition of success to include all the other things he was doing well helped raise his spirits and find his goal scoring form again.

## Take deep breaths

Much like muscle relaxation, focusing on taking deep slow breaths can be an important factor in regulating emotion. [These breaths](#) increase feelings of relief and lead to lower physical symptoms of negative emotions such as muscle tension. It also provides a sense of control of the situations, slows things down and gives you space to consider how best to proceed.

Every athlete, no matter their level, needs to learn how to balance their emotions. As we have noticed with all the different athletes we work with, **there is no perfect formula**. What works well for someone else is no guarantee that it will work well for you. Using some of the above techniques will provide a strong platform to explore what works best for you.

Working with a sport psychologist will also help you with all aspects of performing under pressure and developing your mindset — find out more about [what we can do for you on our website](#).  
*We would like to thank Professor Jones for allowing us to blog about his research.*

[Originally published at https://blog.innerdrive.co.uk](https://blog.innerdrive.co.uk).



## FAST Giving Back!

### Annual Donation Drive for the DECH Pediatrics and Neonatal Department

Each year FAST swimmers gather donations and deliver them to the Pediatric Department at the Dr. Everett Chalmers Hospital here in Fredericton. We have been in touch with them and they would still love to receive our donations but there are a few requirements due to Covid-19.

- donations must be new in box/packaging, they cannot accept used items
- cannot accept clothing or stuffed animals
- items must not be gift wrapped as they need to be wiped down/sanitized by their department
- we will not be able to have a large group drop off the donations
- we will arrange for 2-3 drop off times/locations during the week of December 14<sup>th</sup> to 18<sup>th</sup>– stay tuned for details

Here are some examples of items they accept:

- sealed books/journals **without** metal or coiled bindings
- puzzle/crossword books for all ages,
- Zen type colouring books (they do NOT need any colouring materials including coloured pencils) they are quite low on the colouring books as they are not able to share them between patients,
- craft items/kits that are sealed or boxed together (vs individual items),
- Dollarama style canvas paint kits that come with paints and sometimes stencils to paint over
- the little kits that are usually on sale/bargain near the front of Chapters for things like origami, crochet etc.
- **\*updated** comfort toiletry items *such as toothbrush, small shampoos/conditioners, nail polish, comb/brush, etc.*
- *sealed puzzles*
- gift card from Michael's or Dollarama
- **\*updated** *packaged* newborn sleepers/newborn undershirts/receiving blankets
- **\*updated** *packaged* books or book sets (like ones from Costco)



# FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates			Group						
Date	Event	Notes	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Nov 30	Registration Opens for Pre Comp Winter Session	Returning Swimmers only	x						
Dec 2	Registration Opens for Pre Comp Winter Session	public							
Dec 20	Practices Break for Christmas Holiday			x	x				
Dec 21	Christmas Training Schedule in effect					x	x	x	x
Jan 4	Regular Practice Schedule in effect			x	x	x	x	x	x

Please see our [website](https://www.teamunify.com/team/canfast/page/home) <https://www.teamunify.com/team/canfast/page/home> for last minute changes to our schedule as well as Swim Meet & Practice dates



## Is Practice Cancelled?

Just because School is cancelled doesn't necessarily mean swim practice is!

If a swim practice is going to be cancelled you will receive an email letting you know and it will be posted on social media.

In the event of bad weather, we encourage you to use your own judgement and if you do not feel comfortable travelling, even if practice isn't cancelled, it is ultimately your decision.



*FAST swimmers hoping for school to be cancelled – while at morning practice!*

## Covid Corner – Face Masks

- Ensure your swimmer is wearing a recommended community face mask
- Continue to remind your swimmer to keep their face mask on at all times during the Orange Alert Phase – only exception is when they are physically in the water/pool

### UNDERSTANDING MASK DIFFERENCES AND RECOMMENDATIONS FOR COMMUNITY USE

Mask type						
Community face mask (cloth face covering)	Single use disposable mask	N95 mask	Community face mask with air vent or valve	Face shield	Face gaiters, bandanas, scarves, etc.	
Recommended	✓	✓	✗	✗	✗	✗
Intended purpose	<p>Helps protect yourself and others, especially if someone is infected but has no symptoms.</p> <p>Masks should cover your nose and mouth and fit securely to the head with ties or ear loops. Your mask should be comfortable and not require frequent adjustment.</p> <p>Follow <a href="#">Public Health Agency of Canada's</a> advice on how to make your mask to ensure there are the appropriate layers of protection.</p>	<p>Helps protect yourself and others, especially if someone is infected but has no symptoms.</p> <p>Masks should cover your nose and mouth and fit securely to the head with ties or ear loops. Your mask should be comfortable and not require frequent adjustment.</p> <p>Recommended single use only.</p> <p>Avoid littering by disposing masks properly.</p>	<p>Designed to be used for a single use, and should be saved for use by medical professionals in a hospital or patient care setting.</p>	<p>Vents or valves in masks allow virus particles to escape. They are not recommended during the COVID-19 pandemic.</p>	<p>Ideally worn with a mask and mainly used for eye protection.</p> <p>They do not protect the entire face, nor do they fit securely around the mouth and nose.</p> <p>Workers for whom wearing a face mask would introduce a health and safety risk related to their work environment may substitute a shield for a face covering.</p>	<p>Must not be worn instead of a face mask to protect against COVID-19. They are not effective at preventing the transmission of the virus.</p>
Made of	Tightly woven fabrics, like cotton or linen. Avoid masks that are made of fabric that make it hard to breathe (i.e. vinyl).	Non-woven fabrics and polypropylene.	Breathable synthetic plastic.	Typically made from cloth-like material with the addition of a vent or valve.	Typically made of plastic.	Typically made from a single thin layer of loose thread count material, such as polyester, a poly-cotton blend or cotton. Some are made of fleece or wool.

November 16th, 2020

For the latest information visit: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus)



**Greater Fredericton Region**  
**Aquatics Facility Feasibility Study**  
 Final Report, November 2020




REGIONAL SERVICE COMMISSION  
 COMMISSION DE SERVICES REGIONAUX

Strata Planning and Management  
 SERVICES D'AMÉNAGEMENT

PERKINS+WILL

LYDON LYNCH

[Click here](#) to read the Final Report



For more information about Volunteering Jobs, how to submit your hours, etc. please refer to our website: [Volunteering & the Family Participation Plan](#)



Every female swimmer deals with swimming while on their period – you can conquer it too!

**Swimmers are tough and resilient!**

Generally, swimmers are very open and comfortable talking about their periods. Its likely because they basically live in their swim suits, changing in front of each other often, so there's really nothing they can hide.

In fact, at some point in every girl's swim career she will likely hear "DOES ANYONE HAVE A TAMPON?" being shouted in the locker room in hopes someone will come to the rescue with a menstrual product - and they do! Extra tampons and ibuprofen are usually in supply - you just have to shout out!

- Yes, you can absolutely swim and compete while you are having your period
- Swimming with a tampon is usually the best option, especially if you have just started your period. Another option is a menstrual cup which you can find online or at a drug store
- Quick Tip: Make sure you insert a fresh tampon right before going in the pool, then replace it with a new one immediately after you get out.

## Parents/Guardians

Don't be afraid to buy a box or two of tampons and give them to your swimmer to "practice" with. It takes awhile to figure it out, but once they do it will help them out immensely in the pool!

## TAMPONS, TAMPONS, TAMPONS!

The most popular option for protection while on your period is the tampon.

While swimming, a tampon is your best friend. It is safe to swim in, comfortable to move around in, and it will stop blood from escaping.

Additionally, you don't have to worry about a tampon falling out. When properly inserted, the vagina holds it in place securely.

There are many different shapes and sizes of tampons, each tailored to different types of women.

You may need to try a few kinds to find what works best for you. In most cases, your favorite tampon is the tampon you should wear while swimming.

## Why Not Swim in a Pad or Underwear?

When swimming, do not rely on a pad. Pads are worn outside the body in underwear and they absorb the blood that comes out of the body.

Since pads are made to absorb, they will soak up pool water too, and then no longer be able to absorb blood.

The water will also stop the adhesive on the pad from sticking, which could cause it to slip out of your swimsuit, and you definitely do not want that.

## The Cramps

Yes, there are the cramps. If they aren't debilitating and you can muster up the strength to get yourself to practice, you might be surprised! It has been proven that exercise actually decreases menstruation pain, but you need to get yourself moving – as hard as it may seem at the time.

## Swimming with a menstrual cup works well too...

If you do not like tampons, a second option is a menstrual cup.

A menstrual cup is a bell-shaped piece of silicon inserted inside the vagina. Unlike a tampon, the menstrual cup holds the blood instead of absorbing it.

For some, the menstrual cup is more challenging to insert and remove, but it is just as safe as a tampon to use while swimming.

*If you have any questions, please reach out to your parent, a FAST Coach or fellow swimmer – we are all here for each other!*

## December Birthdays

Chloe Charbachi

Jessica Hickey

Samantha Norris

Emma Sinclair

Lucas Connell

Sarah Kelly

Sophie Page

Michael Tselichtchev

James Dick

William Lawrence

Lily Porter

Samantha White

Zoe Dickinson-Leblanc

Judy Luo

Sophie Ricketts

Dan Wielemaker



Fall Session Ends: **Nov 28 – All Pre Comp Groups**

Registration for Winter 2021 Opens Nov 30 for current members

Registration for Winter 2021 Opens Dec 2 for new and waitlisted swimmers

Winter 2021 Session runs Jan 4 – Feb 27, 2021

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[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!

## From the Kitchen...



### Baked Dijon Salmon

[www.allrecipes.com](http://www.allrecipes.com)

- ¼ cup butter, melted
- 3 TBSP Dijon mustard
- 1 ½ TBSP honey
- ¼ cup dry bread crumbs
- ¼ cup finely chopped pecans
- 4 tsp chopped fresh parsley
- 4 (4 oz) fillets salmon
- salt and pepper to taste

Preheat oven to 400 degrees F (200 degrees C).

**Step 2** In a small bowl, stir together butter, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley.

**Step 3** Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture.

**Step 4** Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper, and garnish with a wedge of lemon.

**Per Serving:**

422 calories; protein 24.3g 49% DV; carbohydrates 17.6g 6% DV; fat 29g 45% DV; cholesterol 96.6mg 32% DV; sodium 480.3mg 19% DV.

## Governance

### October 14, 2020 Board of Directors Meeting Highlights:

- Group Transfer Guidelines updated to include “skills” of swimmer and “group size” into the existing criteria for moving groups. Also updated the process for group transfer; involving coaches contacting parents, then the swimmer and appropriate FAST administrators to ensure records and billing are updated.
- UNB Waivers may need to be signed again as the current waivers expire Dec 31, 2020. FAST will ask UNB if this can be done electronically as the process for requiring original paper documents is very complicated for our parents.
- Feasibility Study is almost complete. FAST needs volunteers to ramp up the community voice especially focused on Regional Support for a new aquatics facility.
- Annual Review by Teed Saunders Doyle for the 2019-2020 fiscal year is underway
- FAST received a \$17,000 grant from the provincial government to make up for lost revenue in the 2019-2020 fiscal year due to Covid-19.
- New Record Board has been installed on the UNB Pool Deck. This was paid for using some of the FSI Auction Fundraising revenue from fiscal 2020.
- Bottle Drive and Wreath fundraiser doing extremely well. Next fundraising projects will be Salmon and selling Chocolate Bars before Valentines Day.
- UNB has yet to approve FAST’s proposed Operational Plan to hold Swim Meets at the UNB Pool.
- Stretches for swimmers – coaches are putting together their favorite stretches and these will be given to swimmers to encourage them to do these stretches at home. Swimmers are experiencing tight muscles and not being able to do activation and cool down on the pool deck is not helping. We need to encourage swimmers to do this at home.
- Next Meeting Dec 14, 2020.

## Need FAST Clothing & Merchandise?

[Click here](#) to go to our Online Order Form

# FREDERICTON AQUANAUTS SWIM TEAM



[Sign Up for an Officiating Clinic Here](#)



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## FlipGive

