



# AQUA-NEWS

February 2020

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

## Swimmers/Parents: Groups CD, PD, C2, C1, P2, P1

We have almost reached the mid way point of our swim season and it is time for us to reflect on how things are going so far and make minor adjustments to our programs as necessary.

All of this information will be communicated to your swimmer, however it is also important for our FAST families to be aware of what is going on. Especially for those who are not able to attend our Parent Meetings and AQUA Talks.



*FAST Coaches attending the 2019 MLTC Swim Meet: (l to r) Ian Smith, Bea Lougheed, Andrea Creer, Marta Belsh, Wendy Sinclair, Vikki Hallihan*

## Swimmer's Practice Attendance

*Note - The [minimum practice attendance rates](#) are currently being reviewed and this information will be communicated to you and your swimmer once the review is complete (est. late February).*

There will be an increased focus on swimmers attending practices (including dryland and yoga). As communicated at the beginning of this season, coaches use practice attendance rates as one of the factors when making decisions about changing groups and swim meet participation. More emphasis will be placed on this area. This will be done not to "punish" your swimmer, rather the opposite. Regular attendance at practices is important for a number of reasons (see article on page 6). We believe it is necessary to hold swimmers back from competing at swim meets if they are not physically or mentally ready for the race. Especially during this time of the swim season when we are entering into distance and Long Course meets. We have seen the detrimental effects when a swimmer is not meeting their expectations at a swim meet due to being unprepared. In addition, we are focusing on reducing risk of injury - if their body isn't prepared for competition, risk of injury is very high.

## Swimmers Changing Groups

Another thing you may see more of lately is swimmers participating in different groups. The past 4-5 months have given our coaches and swimmers adequate time to reflect on what group the swimmer is in. We do not see these changes as "moving up or down" or "promotion/demotion". We see this as swimmers changing their group to best fit with their current physical and mental ability, as well as their goals and how swimming fits in their lives (ie. Do they live to swim, or do they compete in other activities in addition to swimming).

## FREDERICTON AQUANAUTS SWIM TEAM

There is a place for everyone in FAST and it is our coaches job to ensure the swimmers are matched to the correct group given all these factors. The coaches will be talking to all swimmers about this way of looking at swimmers changing groups. Please help us enforce this philosophy by talking about this with your swimmer as well. We all need different things at different times, and swimming isn't any different. We want to ensure our swimmers continue to love their sport for life, not burn out or injure themselves trying to fit into a group for the wrong reasons.

### Injuries

Finally, one last point we would like to leave you with. We are constantly reminding our swimmers to focus on technique at all times – especially when you add your speed to the set. However, we are all human and when the competitiveness kicks in, sometimes the swimmers' desire to keep up with the pace time over-rides their focus and/or ability to do the stroke properly, and injuries could happen.

Our coaches reinforce this constantly with the swimmers, however, it is important that you are aware of this and please support this message with your swimmer. Sometimes fast isn't always best - that is a difficult concept in sports like swimming when the "time clock" is always front and center. But injuring their body will do nothing to help them get faster in the long run. This message is especially important to swimmers who are going through a growth spurt – this is a crucial time where they may need to take a step back until they can adjust to their growing limbs before they add their speed.

**Marta Belsh, Head Coach**

### FAST Tattoos & Stickers Now Available



Stickers  
4 for \$5.00

[Order Here](#)

Are you on track to earn an  
All Star Badge this year?



**Junior All Star** – has completed all Premier Division events (50s, 100s, 200s, and 400s)

**Senior All Star** – has completed all Invitational Level events (50s, 100s, 200s, 400s, 800s, and 1500s)

## 5 Fun Facts About Swimmers and Sleep

by Olivier Poirier-Leroy

You can [join his weekly motivational newsletter for competitive swimmers, coaches and parents by clicking here.](#)

Competitive swimmers understand how important it is to work hard in practice, crush it in the gym, and to eat well.

You spend an endless amount [of time drilling your technique](#), [working your core strength](#), and developing the conditioning and strength to become a faster swimmer.

And yet, for way too many of us, we pass on one of the easiest ways to supercharge our performance in and out of the water. Getting lots of sleep is the easiest and dare I say it—most enjoyable—thing you can do to become a faster swimmer.

Quality time between the sheets is the ultimate performance booster: it helps you to recover faster, improves your mood profile (we all get a little cranky when short-rested), and yes, will help you swim faster over the long run.

Here are some fun facts about swimmers and sleep:

### 1. WE DON'T GET ENOUGH OF IT (DUH).

Swimmers have a gong-show schedule. During high school it looked like I was going on holidays each morning as I shuffled out the door for morning practice. With [an overflowing bag for my swim gear](#), a bag for school books, and a bag full of food for the day, it looked like I was getting ready to conquer Everest.

By the time I got home I was generally exhausted, but still had to push through and get homework done before doing it all over again the following day. The days were never long enough for everything I needed to do.

As a result, when I needed more time to catch up with friends, finish homework, or whatever, it meant



that sleep was the first thing to go.

While sleep deprivation isn't particularly unique to competitive swimmers, we are particularly bad at getting anywhere near 7-8 hours a night.

When [researchers followed a group of elite Australian swimmers](#) during preparation for the Beijing Olympics, they found that the athletes averaged only 7.1 hours of sleep on rest days, and a paltry 5.4 hours when there was a [morning workout the next day](#).

### 2. THE HARDER YOU TRAIN, THE MORE SLEEP YOU NEED.

The amount of sleep our body requires scales with how hard you are exerting yourself while you are awake. **The harder the training, the more sleep you need to recover and bounce back.** Some nights your body will need ten hours, others you will feel great after seven. Shooting for an exact number of hours of sleep per night isn't realistic as your sleep demands will be different depending on how training is going. The amount of sleep your body requires after a 1,500m loosen up swim is going to be different than the recovery needed after doing 20x400s best average.

Knowing this, plan naps and earlier bed times during particularly aggressive phases of training

(your [holiday training camp](#) for instance).

Olympic champion [Nathan Adrian focuses on getting 10-12 hours of sleep](#) when training at altitude at the Olympic Training Center. It's 8-10 hours at night, with a solid nap between workouts to help recover from the daily thrashings in the water.

### **3. THE MORE INTENSE YOUR WORKOUTS, THE HARDER IT WILL BE TO SLEEP.**

The inability to get good sleep after a high-intensity thrashing at the pool is one of the odd experiences of being a high-performance swimmer.

It doesn't make sense on the surface of it: You go to the pool, sprint your brains out for a couple hours to the point that you are crumpled up on the pool deck, and then when you get home you have a hard time falling asleep.

Those super intense workouts stress the body in a big way. As you limp out of the aquatic center there is a lot going on inside of you: cortisol (the stress hormone) and norepinephrine (adrenaline) are spiking. It takes a while for your body to return to normal, with [norepinephrine taking up to 48 hours](#) to level out after all-out exercise.

This is another great reason to make sure you tack on a generous amount of [active recovery to the end of those speed and power workouts](#).

In my own experience I've found that getting to sleep after those brutal speed-and-power workouts is much easier if I allow time for a 15-20 minute warm-down.

### **4. MORE SLEEP MAKES YOU MENTALLY TOUGHER.**

Think back to the last time you were running on low sleep. What was your mood like? Probably not awesome, right? Sleep deprivation makes us grumpy. No big surprise there.

Restless nights of sleep also makes training feel harder than it would when regularly rested. [Study after study has shown that perceived effort](#)—how hard you *feel* you are working—spikes from sleep deprivation. Which means that we are less likely to push ourselves when groggy and tired.

The dryland and [swim workouts](#) are hard enough already, no need to make them feel more difficult than necessary. In this way, being properly rested makes you mentally tougher.

### **5. AND YES, MORE SLEEP MEANS FASTER SWIMMING.**

Being rested is a great feeling. We feel fresh, energized, and ready to rock and roll. This translates into faster swimming.

When a group of varsity swimmers were told to increase their nightly diet of sleep by an hour they experienced significant drops in times in the water in just six weeks.

The [study](#), done with swimmers at Stanford, found that reaction time off the blocks improved, turn time improved, and most impressively of all, the swimmers shaved an average of half a second on their time to 15m.

That's an absurd amount of improvement for something as simple as getting a little more shut-eye each night.

## THE NEXT STEP

Knowing you need more sleep isn't the issue swimmers face—it's managing your time and making it a priority to get into bed earlier that is the challenge.

There are some [simple things swimmers can do to get more sleep](#):

- Turn off the smartphone at night.** Laying in bed while scrolling through your social feeds will keep ya perked up. Power down the screen in bed and put the phone across the room to remove the urge to check it.
- Plan out naps.** If you can't get more sleep at night work on getting a power nap somewhere in the middle of your day. A 30-minute nap is [enough to help boost](#) mental and physical performance after a 4-hour night of sleep.
- Time management.** At the end of the day this is the biggie—you need to prioritize sleep by wrangling the rest of your schedule. Stay on top of your schedule by working to get ahead of your schoolwork, [planning and prepping meals](#), and creating a cut-off time each night for you to begin preparing for bed.



*About the author - Oliver Poirier-Leroy.*

*My name is Oliver Poirier-Leroy and I am the fellow behind YourSwimLog.com and the author of YourSwimBook and Conquer the Pool: The Swimmer's Ultimate Guide to a High Performance Mindset. Since 2013 Oliver has been writing like crazy about our sport. From struggles of being a (reformed) distance swimmer to more science backed material that covers strength training for swimmers to mental training. He has regular columns with Swim Swam, USA Swimming, and STACK.*

Aqua Dates			Group							
Date	Event	Notes	PC	Fit	CD	C2	C1	PD	P2	P1
Jan 31	Deadline to Decline	Invitational #3						x	x	x
Feb 27	Last Day Pre Comp Winter Session	Groups White, Yellow, Orange (1 & 2), Green (1)	x							
Feb 28	Last Day Pre Comp Winter Session	Groups Orange (3), Green *(2), Blue and Purple	x							
Feb 28	Deadline to Decline	NBLC Champs						x	x	x
Feb 29	Registration Opens for Spring Session	For Returning FAST Swimmers & siblings	x							
March 2	Registration Opens for Spring Session	For New-to-FAST Swimmers	x							

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



**Ciana Chiasson**  
Comp Dev

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

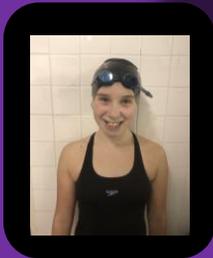
## AQUA SPOTTED!

### Positive Mindset Award

*Swimmer whose mental and emotional attitude focused on the bright side, expected positive results and approached challenges with a positive outlook.*



**Nicole Kirby**  
Perf 1 & 2



**Ruby Smith**  
Comp 1 & 2



**Emerson Scott**  
Perf Dev

## Why Practice Attendance is so important to your swimmer

We understand that everyone needs a break now and then – this is not what we are talking about. We are talking about when chronically missing practices becomes a concern.

It is really important for your swimmer to maintain attendance rates within the groups criteria for a number of reasons.

- **Endurance** - even small amounts of time away from regular swim practice affects a swimmers endurance. Missing multiple practices makes it difficult for them to keep up with the groups' pace time when they return to practice.
- **Coach's Plan** – Behind the scenes, our coaches spend a lot of time planning practices. Each practice isn't a "one off practice". Quite often each practice is a building block to a much larger goal. This is often the case for practices leading up to a swim meet. When your swimmer misses a practice their ability to meet that goal could be hindered. When possible, if they have to miss a practice please have them ask their coach if there is a preferred day/time to miss that would minimize their missing out in the coaches larger plan for that group.
- **Injury** – given their endurance could be suffering, they may push themselves to keep up the pace at the expense of their technique which could result in overuse injury due to improper stroke/kick technique.

*Continued on page 15*

## Quick and simple tips to fuel your athlete in the pool



### Proper nutrition during multiple training days and meets provides:

- Sustained energy from foods and fluids high in carbohydrate, adequate in protein, and lower in fat and fibre;
- Mental focus for best technique and skill execution in the pool;
- Adequate hydration and electrolyte balance;
- Adequate energy and nutrients to recover and prepare for the next training session or meet.



### How much fluid do swimmers need?

Training and competing in hot humid pool environments can increase sweat loss which is difficult to determine since athletes are wet from the pool and varies from athlete to athlete. Here are some general guidelines to follow:

Athletes should weigh themselves pre-and post-training: For every 1 kg lost, replace with 1.5 litres of fluid;

Athletes should check their urine! If they have not produced any urine, or if it is bright yellow, they should drink 3 to 5 ml of fluid per kg body weight (about 150 to 350 ml fluid) about 2 hours before exercise;

- Drink 0.4 to 0.8 litres per hour during exercise or according to sweat rate.

### Examples of Portable Pool Snacks

- Fruit: Fresh, frozen, canned, dried fruit bars, raisins
- Trail mix
- Low fat muffins/cookies
- Sandwiches(ex. nut butter, egg, tuna)
- Bagel/pita/tortilla with hummus
- Fruit yogurt and granola parfaits
- Pretzels
- Dry cereal (muesli, low fat granola, Shreddies)
- Fruit smoothies (low sugar)
- Cereal/sport/granola bars
- Veggie sticks (carrots, peppers, etc.)
- Low fat crackers and cheese
- Low fat milk and chocolate milk (including rice and soy alternatives)
- Greek/North American low fat yogurt

Athletes should experiment with fluids and foods **during training** to find out what and how much is comfortable. Never try unfamiliar foods or drinks before or during competition. Include foods that contain some salt to promote thirst and to help retain fluids.

### What to eat after training and meets:

Refuel with carbohydrate-rich foods (including 1 to 1.5g carbohydrate per kg body weight) to replenish muscle glycogen stores in preparation for subsequent meets/competitions; Include a lean protein source with 10 to 25g (or 0.3g per kg body weight) of protein for muscle tissue repair and growth; Consume recovery foods/fluids within 30 minutes for optimal recovery; Consume a meal containing high carbohydrate and adequate protein within 2 to 4 hours.

### What to eat, when to eat?

Develop a practical plan and identify times to eat and drink before training and between heats. Do not rely on swimming venues to provide appropriate food between heats! Keep a cooler packed with drinks and snacks/sandwiches by the pool.

## February Birthdays

Hayden Bird	Vivi Luo	Sally Smith
Caitlyn Blair	Shay Mozgovo	Claire Van den Broeck
Tia Fonagy	Talia Nixon	Liam Weber
Xihang Fu	Ewan O'Connor	Grace Wood
Ellison Hatt	Sydney Penney	Tianrun (Sky) Yu
Eunyeong (Esther) Jeon	Andrew Phillips	
Quinn Lamontagne	Rosalie Sinclair	

## Sleep, Recovery, and Human Performance

A Comprehensive Strategy for Long-Term Athlete Development Post-exercise recovery and regeneration (PERR) is as important as the training regimen to the complex adaptive process of increasing athletic performance. The foundation of PERR is sleep. Sleep constitutes the passive recovery, regeneration and rest process.

The effect of sleep on athletic performance has become a topic of great interest due to the growing body of scientific evidence that has demonstrated a relationship between critical sleep factors (sleep length, sleep quality and circadian sleep phase) and human performance.



**Pre Competitive White Group  
Sleep Recommendations**

**Active Start**  
(Females & Males 0-6 years) **Duration:** 13-16 hrs

**Quality:**

- Establish and maintain a sleep/ nap routine
- Ensure a comfortable/safe sleep environment
- Avoid stimulation 1-2 hrs before bed; minimize "screen time"

**Phase:**

- Consolidate nighttime sleep period
- Decrease naps to 1-2/day in the first year
- Natural light exposure first thing in the morning

**Key Points:**

- Establish stable sleep routines and a bedtime routine
- Use a sleep transition object • Introduce independent sleep initiating behaviors

[Click here for more information](#)

*Continued on page 9*

## Pre Competitive Yellow, Orange, Green & Blue Groups

### Sleep Recommendations FUNdamentals

(Females 6-8, Males 6-9)

**Duration:** 10-11 +30 min nap between 2-4pm

#### Quality:

- Maintain a regular sleep/nap routine
- Ensure a comfortable sleep environment
- Establish independent sleep initiating behaviors
  - Observe sleep for sleep disorders

#### Phase:

- Establish a neutral sleep pattern between 9pm and 8am.
  - Encourage predictable afternoon nap/rest
- Establish reliable meal routines (breakfast is the most important meal of the day)

#### Key Points:

- Reinforce 15-30 min bedtime routine
- Avoid stimulation 1-2 hours before bed, control "screen time" • Good nutrition and meal routines reinforce sleep routines object • Introduce independent sleep initiating behaviors

## Purple & Competitive Development Groups Sleep Recommendations

### Learn to Train

(Females 8-11, Males 9-12)

**Duration:** 9.5-10 +30 min nap between 2-4pm

#### Quality:

- Maintain a regular sleep/nap routine
- Ensure a comfortable sleep environment
  - Observe sleep for sleep disorders

#### Phase:

- Maintain Neutral sleep pattern
- Get early morning light exposure for 30 min. daily\*
  - Maintain reliable nutrition routines (breakfast is the most important meal of the day)

#### Key Points:

- Maintain 15-30 min bedtime routine
- Monitor and control "screen time" • Monitor caffeine intake

*Continued on page 10*

*Save the Date!* May 2, 2020

50<sup>th</sup>  
*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 50<sup>th</sup>



**Special Edition  
50<sup>th</sup> Anniversary  
Clothing Line**



Order deadline April 15 2020

[Click Here to Order](#)



## Competitive 2, 1 & Performance Development Groups

### Sleep Recommendations

#### Train to Train

(Females 11-15, Males 12-16)

Duration: 9 +30 min nap between 2-4pm

#### Quality:

- Ensure a comfortable sleep environment
- Initiate regular napping strategy • Monitor for excessive sleepiness & fatigue

- Observe sleep for sleep disorders

#### Phase:

- Maintain a regular sleep/nap routine
- Get early morning light exposure for 30 min daily\*
- Monitor for a delayed sleep phase (difficulty falling asleep and waking up for school)
- Maintain reliable nutrition routines (breakfast is the most important meal of the day)

#### Key Points:

- Reinforce the importance of sleep routine
- Monitor for cumulative sleep debt (<9 hours/night or <56 hours/week)
  - Monitor caffeine intake
- Do not train on an unrested body

## Performance 2 Group Sleep Recommendations

### Train to Compete

(Females 15-21+/-, Males 16-23+/-)

Duration: 8 -10 +30 min nap between 2-4pm

#### Quality:

- Ensure a comfortable sleep environment when travelling and competing
- Monitor for competition stress & anxiety → insomnia

- Monitor for excessive sleepiness & fatigue

- Observe sleep for sleep disorders

#### Phase:

- Maintain regular sleep/nap routine
- Monitor for a delayed sleep phase (difficulty falling asleep and waking up for school)
- Get early morning light exposure for 30 min. daily
- Maintain reliable nutrition routines (breakfast is the most important meal of the day)

#### Key Points:

- Focus on reducing sleep debt. Get 56-70 hours of sleep/week
  - Do not train if unrested and sleep deprived
  - Avoid technology (screen time) before bed
    - If your sleep is poor seek help

## Performance 1 Group Sleep Recommendations

### Train to Win

(Females 18+, Males 19+)

**Duration:** 8 -10 +30 min nap between 2-4pm

#### Quality:

- Ensure a comfortable sleep environment when travelling and competing
- Monitor for competition stress & anxiety → insomnia

- Observe sleep for sleep disorders

#### Phase:

- Maintain regular sleep/nap routine
- Monitor for a delayed sleep phase (difficulty falling asleep and waking up for school)
- Get early morning light exposure for 30 min. daily
- Maintain reliable nutrition routines (breakfast is the most important meal of the day)

#### Key Points:

- Focus on reducing sleep debt. Get 56-70 hours of sleep/week
  - Do not train if unrested and sleep deprived
  - Avoid technology (screen time) before bed
    - If your sleep is poor seek help

## Fitness Group

### Sleep Recommendations

#### Active for Life

(Females & Males 13+)

**Duration:** 7-9 +30 min nap between 2-4pm

#### Quality:

- Maintain regular sleep/nap routine keep your sleep debt to a minimum

- Ensure a comfortable sleep environment
  - If your sleep is poor quality seek help

#### Phase:

- Maintain regular sleep schedule
- Get early morning light exposure for 30 min. daily
- Maintain reliable nutrition routines (breakfast is the most important meal of the day)

#### Key Points:

- Get your sleep!
- Maintain meal routines and always eat breakfast
  - Learn to nap
- Do not train if you are fatigued or sleep deprived

## From the Kitchen...



### Jo-Ann's Power Bars

#### Ingredients

1 cup	quick cooking rolled oats
1/2 cup	whole wheat flour
1/2 cup	wheat & barley nugget cereal (e.g. Grape-Nuts™)
1/2 tsp	ground cinnamon
1	egg, beaten
1/4 cup	applesauce
1/4 cup	honey
3 Tbsp	brown sugar
2 Tbsp	vegetable oil
1/4 cup	unsalted sunflower seeds
1/4 cup	chopped walnuts (omit for nut-tree)
7 oz	chopped dried fruit (your choice)

1. Preheat oven to 325 degrees F (165 degrees C). Line a 9 inch square baking pan with aluminum foil. Spray the foil with cooking spray.
2. In a large bowl, stir together the oats, flour, cereal, and cinnamon. Add the egg, applesauce, honey, brown sugar, and oil. Mix well. Stir in the sunflower seeds, walnuts, and dried fruit. Spread mixture evenly in the prepared pan.
3. Bake 30 minutes, or until firm and lightly browned around the edges. Let cool. Use the foil to lift from the pan. Cut into bars or squares, and store in the refrigerator.

## Pre Competitive News

It is so nice to see so many returning and new swimmers to our Winter 2020 Session of our Pre-Competitive program.

The Winter Session ends Feb 27 or 28, 2020 depending on the group.

Registration for the Spring Session opens Feb 29 for Returning swimmers and their siblings and March 2 for new-to-FAST members. The Spring Session runs April 6 – May 29, 2020.

We have three newly trained Pre-Competitive Coaches, Ceilidh Baker, Caitlyn Blair, Emma Sinclair, and Abby O'Connor has returned to coaching for the Winter session.

We will be changing the format of our Mid and end of year report cards to electronic form this session. We are continually looking for ways to reduce waste and save resources.





Kids Help Phone 



## What You Need To Know

Teens > Bullying

### WHAT IS BULLYING?

**Bullying is when someone uses their power to hurt, frighten, exclude or insult someone else.**

#### BULLYING:

- usually happens between peers and usually happens more than once
- is almost always done on purpose (though sometimes the person doing the bullying may think and say "it's just a joke")

#### HERE ARE SOME OF THE TYPES OF BULLYING:

- Physical bullying: harassing someone by hitting, shoving, tripping or any other use of physical force.
- Emotional or psychological bullying: harassing someone with verbal attacks, hurtful comments, name-calling or teasing.
- Social bullying: harassing someone by excluding them, spreading rumours or giving them "the silent treatment."
- Discriminatory bullying: harassing someone based on sexual orientation, ethnicity, gender identity, religion or anything else perceived as making them "different."
- Cyberbullying: harassing someone over social media, text, email, websites and other digital channels.

Bullying often involves the abuse of social power (popularity, influence, etc.) to harm a person or their reputation.

### CONNECT WITH KIDS HELP PHONE

If you need one-on-one time with someone who gets what's going on in your life, you can connect anonymously with Kids Help Phone. Our counsellors are available 24 hours a day, seven days a week to support you with whatever you're going through.



**CALL** Kids Help Phone at  
1-800-668-6868.



**LIVE CHAT** at KidsHelpPhone.ca.



**TEXT** with a Crisis Responder at  
686868.

## What You Need To Know

Teens > Bullying (continued)

### If you're being bullied

**No matter what, it's not your fault. You can take steps to protect yourself and stop bullying — wherever it's happening.**

### WHAT TO DO

#### Report it

Reporting bullying isn't tattling — it's about your safety and the safety of others.

#### Get support

Try opening up to people you trust about what you're going through, and ask them for help.

#### Stay safe

If you need help coming up with a plan to keep yourself safe, you can always contact Kids Help Phone at KidsHelpPhone.ca or 1-800-668-6868.

#### Take care of yourself

It's stressful to experience bullying, so try to be kind to yourself. Find activities that make you feel good such as journaling, listening to music or being in nature.

### BYSTANDERS CAN HELP!

People who witness bullying are called bystanders. Standing around and watching bullying sends a message to the bully that you're OK with their behaviour. Laughing, encouraging the bullying behaviour or joining in can be really damaging to the person experiencing the bullying.

### Here's how bystanders can make a difference:

Most of the time, bullying stops in less than ten seconds when a bystander speaks up.

- Young people are more likely to convince each other to stop bullying than adults are.
- If you step in, other people are more likely to step in, too. Most young people disapprove of bullying — they're just waiting for someone else to take the first step to stopping it. Remember, you should only step in if it's safe to do so.
- The more people who take a stand against bullying, the safer your school or community will be for everyone.

### I DON'T KNOW WHAT TO DO

If you're unsure how to stop bullying when you see it, a Kids Help Phone counsellor can help you brainstorm ways to intervene in bullying situations. Call us 24/7 at 1-800-668-6868. It's free and always confidential.

Ways you can help:

- If you feel safe, talk to the person who's bullying privately, and ask them what's going on. Let them know you're aware of the bullying and that it's not OK.
- If you see someone being bullied online, report it.
- It's important to tell a teacher or other safe adult if you're afraid for your safety or someone else's. If someone is being physically harmed, you can call the police or 911.

## Kids Help Phone

### IF YOU THINK YOU'RE BULLYING OTHERS

- Acknowledging that you have a problem is an important step toward taking responsibility and changing your behaviour.
- You can change! Lots of people who bully others learn how to behave differently, and have healthy friendships with other people.

### GROUP BULLYING

A lot of bullying occurs in group situations. Sometimes, you may be involved in group bullying without really knowing who started it, or why you're doing it.

Here are some things you can try:

- **Walk away:** the next time your group is bullying others, try walking away or telling the rest of the group to stop.
- **Talk it out:** explain to the group that you don't want to be involved anymore, and tell them that the next time it happens, you'll take a stand.
- **Switch things up:** suggest new activities for you and your friends to do together. A change of environment or a new group activity — such as a sport — could be a good way to focus on something positive.
- **Move on:** if your friends don't accept your decision to stop taking part in the bullying, it may be time to end the friendship. Try to focus on making new, healthy friendships.



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.

1-800-668-6868

What You Need To Know | Teens > Bullying | 2

# Volunteer Spot Light

## Sonya Hull & Hilary Ray

Both Sonya and Hilary have a long and deep history with FAST. Together they are working on building a History of FAST document in preparation for our 50<sup>th</sup> Anniversary Celebration.

Many of you will recognize Sonya's name. Sonya was FAST President from 2013-2015 and served on the Board of Directors for years before & after that time. She and her husband Brent are parents to both FAST and UNB Reds swimmer's. When we started planning for the 50<sup>th</sup> Anniversary, Sonya graciously offered to put together a History of FAST document to help uncover much of our rich history that we knew was out there, but needed to be discovered. Sonya has dedicated an inordinate amount of time putting this document together, and will be working with Hilary Ray on its completion in time for the celebration on May 2, 2020.

Hilary Ray (nee Seagrave) began swimming with FAST in 1984. At that time she qualified for several National Teams, Canada Games and she made it to Olympic Trials! Not only is she one of our treasured alumni, she is also a FAST parent as she has 2 swimmer's in our Pre-Competitive program. Given her history with FAST, we reached out to Hilary asking if she'd be interested in helping us dig into FAST's past. She graciously agreed to help us and since then, Hilary has been spending a countless hours contacting previous FAST members, parents, coaches, presidents, etc. In addition to this, she is working on collecting sponsorship funds for this Anniversary Celebration.

We are very grateful for both Sonya and Hilary's effort in this regard. We cannot wait to read and learn about FAST's undiscovered history!

Thanks to you, and all of our  
many volunteers!

## San Luis Potosi, Mexico

Best of luck to our swimmers who will be participating in a LC Training Camp Feb 28-Mar 9 in San Luis Potosi, Mexico.

*Buena suerte y nadar RÁPIDO!*



## 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:

- Mar 14, 2020 – 5:30pm-6:30pm, Room 3-22 (RCC)
- June 6, 2020 – 5:30pm-6:30pm, Room C210

Components of competitive swimming in a fun and safe environment.

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](http://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)

*Continued from page 6*

Why Practice Attendance is so important to your swimmer

- **The Intangible** - There are sometimes social and intangible consequences of a swimmer missing a lot of practices. Its human nature for other swimmers to notice when a swimmer isn't at practice, and we have seen some resent other swimmers for not being at that "hard practice" when they showed up even though they didn't want to either. We certainly are always aware and watching that negative comments are not aimed at your swimmer, however we cannot be everywhere all the time and do not wish to have your swimmer the target of any negativity. Swimming is a different sport, its individual but there is also a Team component to it. Missing a lot of time from your group could hinder your swimmer's ability to feel part of the Team.
- **We miss them!** – quite simply when your swimmer isn't there its like not having one of your family members at the dinner table, something is missing!

## Contact Us

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

Mailing Address:  
PO Box 82, Station A  
Fredericton, NB E3B 9P7

Head Coach	Marta Belsh swimming@rogers.com
Pre Competitive Coordinator	Brittany Harvey fastcoachprecomp@gmail.com
President	Jeanne Van den Broeck fastswimminggeneral@gmail.com
FAST Office	Jill Ramsey fastswimmingoffice@gmail.com

[Click here for more Contacts](#)

## Need FAST Clothing & Merchandise?

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