



AQUA-NEWS

February 2022

www.swimmingfast.com

Swim Meets Revised – a message from SNB

Upcoming Swim Meets:

A subcommittee of the Swimming New Brunswick (SNB) Board of Directors met January 27, 2022, to review the announcement and discuss the technical challenges with this announcement surrounding the return to competition.

For the month of February, all meets are cancelled and SNB is encouraging all clubs to focus on a return to sport.

Revising the meet calendar

The following Swim Meets are now cancelled and will not be held during the 2021-2022 season:

- Distance Qualifier North/South January 15
- NB Open SC Cup January 28 to 30, 2022
- Premier 3 at FAST, BLAST & CNBO schedule for February 5, 2022
- Invitational 2 February 19 to 20, 2022

SNB encourages clubs to organise Time Trials or Club-meets in late February and into March to help their swimmers prepare for competitions and get qualifying times. SNB will rapidly approve sanction requests that follow existing templates.

Adjustments to the meet calendar for March 2022 and beyond will proceed as follows, subject to Government issued guidelines and restrictions.

- NB LC March 24 to 27, 2022 will proceed but possibly as an Invitational. This will not be a CG Trials event.
- Premier 4 North/South/Central April 9, 2022 will proceed as planned.
- We are looking at options for other meets and training camps in March and April.

SNB is reviewing meets that will allow swimmers to post eligible times for the Canada Games, but the final selection will still be the CG Trials on 5-8 May. SNB's goal is to give our athletes the best opportunity to prepare and to qualify for the team and to select the best team possible.



Head-to-Head

As you are aware, FAST has been participating in Martha McCabe's program Head-to-Head since the end of January and most of February. Swimmers are sent a weekly video and worksheet to complete and discuss with their group/coach.

We've had the pleasure of having two one-hour virtual sessions with Olympian's Brittany McLean and Yuri Kisil and will have our final Olympian virtual Session with Chantal Van Landeghem Feb 16th.

Swimmers have learned about many important topics through these virtual sessions, and we are pleased run this program for our swimmers.

White Board Wins

One of the Head-to-Head topics was Accountability. This is somewhat of a difficult thing for swimmers to understand as accountability tends to develop with age and experience. However, at FAST encourage swimmers to start taking accountability and responsibility for themselves at a young age.

To help teach the swimmers about accountability, our Coaches developed "White Board Wins" (WBW). At the beginning of each practice, the swimmers are asked to put on the white board a specific goal they have for themselves during that practice. Once the practice is over, the swimmers are asked to go back to the white board and initial beside their goal. Whether the swimmer achieved their practice goal or not, this exercise reinforces the concept of accountability.

Once a swimmer enters Aqua 1, we like to encourage more independence and accountability. Here are a few things we encourage:

- Communicate with their coach directly when appropriate
- Pack their own swim bag/gear for practices and swim meets
- Pack their own healthy snacks before practice and after
- Take responsibility for their Activation and Cool down
- Have them set their alarm clock and wake up/get ready for morning practice without you having to do this for them. They eventually should be coming to wake you up when it is time to drive to practice.

2020-2021 FAST Financial Statements

FAST's 2020-2021 Financial Statements have been reviewed by Teed Saunders & Doyle, and approved by the BOD on Feb 7, 2022

[Click here to view](#)

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.

UNB REDS Swimming
March Break Camps
are
1 MONTH AWAY
and registration is
now extended until
March 2nd 2022



**DEADLINE
EXTENDED!**

[CLICK HERE TO REGISTER](#)

Governance

Highlights from the Feb 7, 2022 Board of Directors Meeting:

- The New Pool initiative will soon be in its design phase. A sub group of the BOD will get together and put together one last appeal for a 50 m facility
- Succession – there are a couple BOD positions whose term is up (Treasurer and Secretary), in addition to any chairpersons and/or parent liaisons who do not wish to renew their volunteer commitment. Jeanne will be determining what roles need to be filled next season, then we will send membership a call for interest
- The 2020-2021 Financial Statements have been reviewed by Teed Saunders & Doyle and approved by the BOD unanimously. The statements will be sent to members and also included in the Semi AGM Presentation
- SNB revised the meet schedule, membership has been informed

FACT SHEET

Here are some facts about the Canadian 24-Hour Movement Guidelines to help you make every day a best day!



VISIT BUILDYOURBESTDAY.COM AND CREATE THE BEST DAY EVER!

Deep belly breathing



Get ready

1. Have your child get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed.
2. If they're comfortable with it, ask them to close their eyes.
3. Have your child place their hands flat on their stomach.



Go

- Now, ask your child to breathe in deeply through their nose, filling the belly with breath.
- Point out how hands move out.
- Encourage them to hold their breath.
- Slowly breathe out through the mouth to feel the stomach contract and hands move in.
- Repeat 5-6 times.
- Practice deep belly breathing any time your child seems stressed or upset.



School Mental Health Ontario / Santé mentale en milieu scolaire Ontario

www.smho-smso.ca

Snowstorm in a bag



Get ready

1. Collect items from around your home.
2. Gather straws, baggies (or a see-through container with a lid that you can make a hole in for a straw), light materials that will float such as Styrofoam, feathers, glitter, and tissue paper.
3. Put some of the materials inside the container/baggie, close it and place the straw in the hole.



Go

- Have your child take a big breath.
- Blow slowly into the straw.
- Watch how the materials float around the container. Does it look like a snowstorm or something else?
- Repeat.
- Ask your child how it feels when they do this.



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www.smho-smso.ca

Registration Instalment Payments

Feb 1, 2022 was the last registration instalment payment for most of our members.

Charges on your account after Feb 1 on will include only incidentals, your volunteer assessment fee (if you didn't meet your hourly requirement) clothing/merch, meet fees, additional fees if your swimmer moved groups and your instalment schedule was extended, fundraising fees, etc.

UNB Requires either Surgical, N95 or KN95 facemasks.

Cloth facemasks are not permitted effective Jan 2022

Covid-19 guidance from FAST

- If your swimmer has any symptoms of Covid-19 please do not send them to FAST practices/dryland
- If your swimmer tests positive for Covid-19 or are ill, we ask that you let your coach, our Head Coach, or President know. This will help us in notifying close contacts *no personal information will be shared*
[Contact Info Here](#)

Isolation requirement:

Swimmers testing positive from either a rapid POCT or PCR lab-based test cannot attend any FAST programming for at least 10 days after the positive test regardless of vaccination status. This restriction includes all household contacts (i.e. siblings) of the swimmer testing positive.

Swimmers may only return to the pool when all three of the following criteria have been met:

10 days have passed since receiving the positive test result

Swimmer has been fever-free for at least 24 hours without using fever-reducing medications

Swimmer's symptoms are improving.

FAST will notify the parents of swimmers in any training group where it is known that a positive case has been confirmed.

If multiple swimmers from a training group test positive FAST may elect to provisionally suspend the activity of that training group.

February Birthdays

Benjamin Counsell

Xihang Fu

Vivi Luo

Rosalie Sincalir

Laila Elshahat

Ellison Hatt

Ewan O'Connor

Claire van den Broeck

Zade Farmer

Amelia Jeon

Know Your Role

Learn to set boundaries to protect your relationship and your mental health.

You're not their therapist or their doctor. You're there to listen. So, **don't fix, don't preach.**

Just be there.

Setting clear boundaries will help you maintain a healthy relationship while still being supportive. Don't judge, just listen and help them get the help they need.

What is your role?

Sometimes, despite our best intentions, we overstep our supportive role and offer advice that causes more harm than good. We're not here to judge, preach or fix anyone. It's not usually helpful to sugar-coat things or compare their experiences with your own.

Your role is to be there for them, period.

Learn to keep your own opinions and biases in check. Remember, it's not about you. This isn't the time to talk about struggles you've had or how you overcame them. It's time to listen.

Don't judge.

Their feelings and experiences are valid whether or not you understand them. Your role is to make them feel heard and supported.

Bethere.org

Learn to be a good listener and balance the conversation

The Golden Rules

1. [Say what you see](#)
2. [Show You Care](#)
3. [Hear Them Out](#)
4. [Know Your Role](#)
5. [Connect to Help](#)



Aqua Dates		Group						
Date	Event	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Feb 7	Pre Comp Winter 2022 starts	x						
Feb 16	Final Virtua Session with Olympian – Head to Head		x	x	x	x	x	x
Please see our website for last minute changes to our schedule as well as Swim Meet & Practice dates								

Don't preach.

Giving advice can come off as dismissive of their problems. Unless they directly ask for your opinion, resist the urge to give advice or try to fix things.

Don't downplay

the situation or be the eternal optimist. Sometimes trying to make them feel better can imply that they are overreacting.

Setting boundaries is important to **maintaining healthy relationships** especially when you're supporting someone struggling with their mental health.

We all need friends we can talk to (and have fun with!), but being there for someone does not mean you become their therapist, personal assistant, or primary caregiver. There are a few different types of boundaries you can set, and a bunch of different ways to set them.

Types of boundaries:

- **Your role.** You're not a therapist or caregiver. You're their friend, being there for them doesn't change that.
- **Your capacity.** You only have so much time, energy and emotional bandwidth. You can't be their only support, you're going to need reinforcements. This is where professional help comes in.
- **Your mental health.** You can set boundaries around anything you feel will help protect your mental health and theirs (e.g. topics that are off limits, means of communicating, etc.)

Here are some tips on setting boundaries, but do what works for you.

- Assume the best of them and talk to their best self. They care for you and want you to be healthy too.

- Revisit the boundaries you set if you feel that you're drifting beyond them.
- Be open to change. Circumstances change and so will your capacity to be there for someone. Don't be afraid to reassess your limits and communicate them.
- Keep on keeping on. Continue to do things you'd usually do together. Don't let the relationship become all about support.
- Be upfront. Communicate your limits and discuss boundaries early.
- Assume the best of them and talk to their best self. They care for you and want you to be healthy too.
- Revisit the boundaries you set if you feel that you're drifting beyond them.

Being in the right frame of mind

Sleep deprived? Hangry? In the middle of super stressful midterms? Sometimes we are just not in the best mood or right mindset to have big conversations. If you don't think you're in the right headspace to have a helpful conversation, that's ok; it might be best to come back to it at a better time.

But what if I'm already having the conversation?

