



# AQUA-NEWS

January 2020

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

## A New Year – A Fresh Start!

Do you like a challenge?  
Or are motivated for a fresh start – a clean slate?  
This is your opportunity!

Here are 12 New Year's resolutions every swimmer should consider:

### **Eat healthy**

Put good in, get good out. Although we need a higher number of calories than the average person, that doesn't mean we should fulfill that need with junk food. Healthy fats, vegetables, fruit, carbohydrates and protein should be properly balanced. Consider talking to a nutritionist or your coaches about improving your eating habits.

### **Stay engaged at meets**

Many of us get caught up in the outside world, pre-race jitters or other distractions during a swim meet. Whether we're on our phones or too nervous to think straight, staying focused on the atmosphere and taking in the experience of each meet will help not only performance but emphasize a strong team dynamic.



### **Reinforce quality over quantity** (ie. Technique over speed)

Don't forget about the little things! Don't sacrifice good technique while trying to hit a goal time in a meet or in practice. Chances are, bad technique will not improve your performance and could hurt you in the long run. Focus on the details! Although sometimes quantity is necessary, quality should always be the priority.

### **Get more sleep**

Recovery is a crucial portion of the training process that is often forgotten. Your brain and body both need to rest in order to perform at a high level.



**Spend time with your teammates outside of the pool**  
Your teammates understand your daily struggles. They can probably relate to you more than anyone else. You and your teammates should use each other as resources for advice, encouragement and friendship.

**Train your brain**  
You might be ready to race physically, but what about mentally? Swimming often seems like a mental game when it comes to confidence and preparation. Invest some time in getting your brain ready to race.

## Try new events

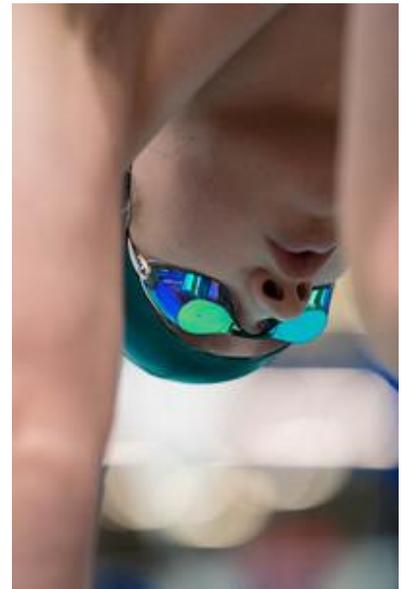
I'm not saying to change your prime stroke or best event, but don't be afraid to swim your worst stroke in practice or swim a distance you aren't used to swimming. You might not be good at it, but sometimes it can be fun to try new things. If nothing else, it will serve as a good break from training the same stroke or event all the time. Who knows, maybe you'll end up liking what you try!

## Keep a practice log

Many swimmers benefit from keeping track of best practice times, sets they liked or disliked, or changes in their stroke. A practice log can also help you to reflect on your progress at the end of each season or the end of each year. A little extra time to keep a practice log could help take a little extra time off your races!

## Reflect, don't react

It's OK to be upset about a bad race. Although these emotions are normal, use bad performances as a time of reflection rather than reaction this year.



## Communicate with your coach

Coaches, nutritionists, sports psychologists, athletic trainers and strength coaches are all there to help you. Utilize the resources available to you, even if you're not in a situation where you have all of the above. Talk to your coach. It can give you an extra edge on your competition.

## Spread your knowledge

There are plenty of young swimmers who would benefit from your knowledge and experience. Consider working or volunteering with younger swimmers to help them improve or simply enjoy swimming a little bit more. You might change their perspective on swimming or spark their motivation.

## Have fun!

Remember to have fun with the sport this year. You've spent years working hard—make sure you keep up the hard work, but try to make this year the most fun.



By Maddie Strasen, Dec 20, 2016 Swimming World College Intern



## From the Board of Directors

The past 4 months certainly have been busy! Here is a recap of what we've been up to:

- Held 2018-19 AGM and Awards Banquet
- 2 FAST fundraisers. The Salmon Fundraiser raised \$2464 for members and \$616 for FAST; and the FSI Auction raised a total of \$13,185 for new equipment for swim meets at our pool.
- 2 Fundraisers for the Senior March Break Training Camp (Chapters & Tagging at Canadian Tire earning \$856.06 (Chapters) and \$2384.20 (Canadian Tire) for families to help pay for this trip.
- Successful Fall Pre Competitive Session and Registration for Winter Session is almost at max capacity.
- Trained 38 new Officials in various courses.
- Two All team "teambuilding" practices
- Held a Mindfit Session for our older swimmers and their parents.
- Attended 3 Tri-Meets, 2 Premier Meets and 2 Invitational level meets.
- Held inaugural Aqua Talk for Parents to ask questions of Board and Coach representatives. Received an update on the New Pool Initiative.
- And last but not least, spread holiday cheer at our Christmas Party, donated many gifts to the DECH.

A huge thank you to all the volunteers and coaches whose work went into making all this happen.

The next three months will be full of more Swim Meets, our Senior swimmers heading to St. Luis Potosi, Mexico for a high altitude Long Course training camp, teambuilding and much more! We will be holding our Semi Annual AGM and will start the process of hiring an Assistant Head Coach, and seeking volunteers for next season. If you have any interest in, or would like more information about, Board and/or Committee positions please let us know by emailing [fastswimminggeneral@gmail.com](mailto:fastswimminggeneral@gmail.com).

We ask that you continue to talk to your swimmer about appropriate behaviour before and after swim practices, swim meets and in the locker room. All members of FAST sign a Code of Conduct at registration and we take this Code of Conduct very seriously. We ask that swimmer's remember the locker room is a shared space with members of the public as well as other swimmers who may be very young. They and their parents do not wish to hear inappropriate language. Please talk to your swimmer about what FAST expects of them and encourage them to remind their fellow swimmers, help them to remember, to think about who else may be around listening when they are in shared spaces.

Here is a [link to our Code of Conduct](#) for your reference. Its helpful to review this document with your swimmer.

Regards,  
Jeanne Van den Broeck, FAST President

# FREDERICTON AQUANAUTS SWIM TEAM

## Aqua Dates

## Group

Date	Event	Notes	PC	Fit	CD	C2	C1	PD	P2	P1
Dec 31	Four Pts Sheraton Moncton, Hotel Block Released	NB Open Cup Meet						x	x	x
Jan 3	Deadline to Decline	Premier #3 Sussex			x	x	x			
Jan 3	Deadline to Decline	Distance Meet			x	x	x	x	x	x
Jan 3	Deadline to Decline	NB Open Cup						x	x	x
Jan 6	Regular Practice Schedule Resumes		x	x	x	x	x	x	x	x
Jan 6	Pre Comp Winter Session Starts	Purple	Purple							
Jan 7	Pre Comp Winter Session Starts	White, Yellow, Orange, Green, Blue	x							
Jan 14	Parent Meeting	5:30-6:30 pm Room C210							x	x
Jan 15	Parent Meeting	4:30-5:30 pm Room C210			x	x				
Jan 15	Parent Meeting	5:30-6:30 pm Room C210					x	x		
Jan 26	FAST @ Louise's Kitchen cooking workshop	12:00 – 2:00 pm Louise's Kitchen New Kin Bldg							x	x
Jan 31	Deadline to Decline	Invitational #3 Saint John						x	x	x

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

## Swim Meets – when can you leave?

Once you have committed to attend a Swim Meet, you are asked to stay at the meet until your Coach says its OK to leave.

## Alternates and Finals

When you train for hours & hours, day after day, going to a Swim Meet is very important to a swimmer – it's a chance for them to put what they have learned/worked very hard for into "action". While we understand that these meets are very long and many have to get up early for school the next day, its incredibly important to not leave early. Especially if your swimmer made finals and/or is an alternate for finals. Please support your swimmers training and their commitment to attending a swim meet – the whole swim meet.

## Volunteering - Let us know your interest.

### [Skills & Interest Survey](#)

It's 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 FAST 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, we would like to build a database of contact information to identify your interest and skills - so when we need 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.

### Performance 2 Coach Update:

Alex Thibodeau will be spending more of his time working on his Master's Thesis and won't be able to coach as much in the new year. Marta has taken over this group's training plan and will be sharing the coaching of this group with Alex, Wendy Sinclair and Vikki Hallihan after the holiday.

## 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)

## FAST Tattoos & Stickers Now Available



Stickers  
4 for \$5.00

[Order Here](#)





**Comp Dev**  
Luke Addison

Our Swimmers of the Month  
have been...

## AQUA SPOTTED!

Team Spirit Award

Supporting teammates and  
wearing team gear in practice and  
competitions.



**Perf 1 & 2**  
Jamie Lougheed



**Comp 1 & 2**  
Sadie Deap



**Perf Dev**  
Addie McCallum-  
McLean



There is a reason why  
FAST's Team Suit is  
Speedo brand. The  
**Speedo Endurance** swim  
suit is FAST's suit of  
choice among those that  
are **FINA approved for  
racing in Swim Meets.**  
Please ensure your  
swimmer wears their  
FAST Speedo Team Suit  
for all Swim Meets.

## Holiday Greetings from your Team Captains



Jacob Gallant, Kayla Scholten, Landen MacDonald

Best of Luck to all our High School Swimmers as they prepare for upcoming exams!

We encourage you to use your swim practices as your study breaks. Leave your studies outside the pool deck and give yourself this beneficial time to rejuvenate after hours of studying. Swimming is a stress reliever that releases endorphins. So, after practice, you will feel refreshed, and more prepared for your exams. And you will feel thankful you held on to your endurance in the water.

## Volunteer of the Month

### Andrea Addison

Andrea is a valued volunteer with FAST. She is on the Board of Directors as Secretary, attends regular Operational Committee Meetings, volunteers as a official at any swim meet her four boys attend and is Chair of the Events Committee. Most recently, Andrea and her amazing Events Committee held the annual Christmas Party. Eighty swimmers attended and you can see from the photos they had a great time! It takes a lot of planning, organizing and running around to make events like this a success. We are very thankful to have Andrea leading this group. We know Andrea would also want us to acknowledge all her committee members and they were integral in the holding this Party for our swimmers.

Patricia Field  
Kelly Gaines  
Maria Griffiths  
Olwyn Klinker  
Leyla Lougheed  
Holly Lydon  
Lori Norris  
Stephanie Savoie  
Christine White  
Ann Tselichtchev  
Jeanne Van den Broeck

Thank you to all of our volunteers. We had a few new faces volunteer at the MLTC Meet: Neal Hickey, Robert Wang, and Vivian Qi.

## Special Recognition to:

### Charlene Cummins

and

### Ann Tselichtchev

Both Charlene and Ann officiated at every session of the MLTC meet in Edmundston.



No, they are not drowning,  
its a Birthday Swim!

## January Birthdays

Kate Beach	Kelsey Hanson	Ian Smith
Bhaves Bhargava	Chanhyeok Im	Shuyao Wang
Thomas Campbell	Anna MacDonald	Angelina Wang
Sophia Carr	Douglas Mitchell	Hazel Wright
Jillian Davis	Hafsa Seifeldin	Ila Wright
Yuxuan Han	Wendy Sinclair	

Do you have an idea that would  
benefit FAST?

Send your suggestion to  
[fastswimmingoffice@gmail.com](mailto:fastswimmingoffice@gmail.com)

## January and February, what to expect...

January and February mark the months we are shifting our focus from a Training phase to a specific Preparation phase; specific preparation for the upcoming Peak Performance Window. We will begin to focus more on race strategy and tactics in long course competitions and Trials.

Competitions for our Invitational level swimmers will move to 50m pools (Long Course). Our Premier division swimmers will still compete in 25m pools (Short Course). January and February is the first check point where we are putting our technical skills and speed together.

## Activation & Cool-down

Both are very important for swimmer development and injury prevention. Continually remind yourself (or your swimmer) to take these activities seriously and focus on taking care of your body before and after practices.

Swimmers should arrive 10-15 minutes before practice time to ensure there is adequate time to do proper activation before practice begins. This time is already build into the FAST schedule – but if a swimmer is late for practice, they miss out on this important component.

## We are looking for Chaperones for Team Travel

FAST's swimmers (13+) go on Team trips to swim meets outside the province once or twice each season. These trips are typically 3-4 days in duration and have been as far away as Ottawa, Ontario.

We like to have a roster of parent volunteers who would be willing to chaperone for these meets.

All Chaperones must have a valid Police Background and Vulnerable Sector Check prior to the date of the trip.

Please [click here](#) for more information about Chaperoning.

This is a great way to help the team out and earn your volunteer hours at the same time!

If you are interested in this please email [fastswimmingoffice@gmail.com](mailto:fastswimmingoffice@gmail.com) and let us know!



*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>

Whenever you  
need to talk,  
we're open.



 Call 1-800-668-6868

 Chat at KidsHelpPhone.ca

 Text 686868

Kids Help Phone 

# Christmas Party 2019



## From the Kitchen...



## Chilaquiles Casserole

### Ingredients

1 TBSP	vegetable oil
1 med	onion diced
1 med	zucchini, grated
1 (19oz) can	black beans, rinsed
1 (14oz) can	diced tomatoes, drained
1 ½ cups	corn, frozen (thawed) or fresh
1 tsp	ground cumin
½ tsp	salt
12	Corn tortillas OR 3-4 whole wheat tortillas, quartered
1 (19oz) can	mild red or green enchilada sauce
1 cup	shredded reduced-fat cheddar cheese

Boost up protein by adding cooked extra lean ground beef or cooked shredded chicken breasts to the vegetable mixture before layering.

1. Preheat oven 400 degrees F. Lightly coat a 9 x 13" baking pan with cooking spray or similar.
2. Pan: Heat oil over medium-high heat. Add onion, stir often until start to brown (approx. 5 min). Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook. Stir occasionally, until the vegetables are heated through (approx 3 min).
3. Scatter half the tortilla pieces in the greased baking pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
4. Bake 15 min with foil. Remove foil and continue baking until the casserole is bubbling around the edges and the cheese is melted (approx. 10 min).

## Pre Competitive News

Our Winter 2020 Session begins Monday, Jan 6 for the Purple group and Tuesday, Jan 7 for all other groups.

We have had to add a third Orange group to accommodate all the registrations we received. Needless to say, we are excited to start this session and look forward to seeing all our swimmers at the pool in the new year!

The Winter Session ends Feb 28, 2020.

**Parents are not permitted  
on the  
pool deck.**



Please remember that parents are not allowed on the pool deck. There are a couple of reasons for this 1) facility policy for insurance reasons, and 2) as a club, we begin at a very young age fostering independence in our swimmers. If your child needs help with something please let one of the coaches/shadows know and we will take care of it.

We have had to re-source production of our Pre Competitive Swim Caps and expect to have them ready for the Winter Session. Thanks for your patience.

Registration for the Spring Session opens Feb 29 for Returning swimmers and their siblings and March 2 for New members. This Session runs April 6 – May 29, 2020.

## Screen Time and Athletes: What Should a Parent Do?

January 29, 2018 by Janis Meredith

Screen time and athletes is a nagging issue that parents have to deal with today. Too much screen time for kids isn't life-threatening, but the effects of digital media abuse can add up over the years and turn into bad habits that become harder and harder for parents to control.

And for sports parents, the questions must be asked: *how does screen time actually affect my young athlete?*

Here's what experts are saying about screen time and your child:

### Tiredness

When my husband used to take his softball team on overnight tournaments, he had a rule that the girls had to be off their phones by a certain time, knowing that they are easily tempted to stay up late texting or surfing their social media sites.

If your child is still on their phone after they are in bed, they are robbing themselves of much-needed sleep.

Studies show that motivation, focus, memory, and learning are impaired by shortened sleep. Lack of sleep also results in decreased accuracy and speed, and slower reaction times, which leads to more injuries.

### Eye Problems

This is the most obvious effect of too much screen time. Your child may feel pain and irritation in their eyes. If this continues for months, it can affect their vision in the future.



### Distraction

When kids are enamored with their screens, that means they are not paying attention to something else. Sometimes that's okay; sometimes it's not. When it distracts them from homework, people, sports practice, working out, or even game concentration, then screen time has become a hindrance to your child's progress and growth.

### Decreased Brain Health

An article in Psychology Today states that "Inactivity fueled by excessive screen time is causing our bodies and minds to short circuit. Human beings didn't evolve to spend the majority of our time staring at a two-dimensional screen and living our lives in a virtual reality. Eventually, spending too much time on digital devices day after day has the potential to rob someone of his or her sense of wonder and awe."

We need to move our bodies, explore and connect with other humans in person. This helps maintain brain health, also known as our psychological well-being. Excessive screen time can make kids lazy, unhealthy, overweight, lonely, anxious and depressed.

Excessive screen time can make kids lazy, unhealthy, overweight, lonely, anxious and depressed.

*Fatigue does not only come from lack of rest or poor food choices. Staring at a phone or computer increases your “fight or flight” response and in doing so lowers your immunity. Young athletes cannot recover or adapt adequately when they stare at screens all day.*

## What’s a Parent to do?

What does all these mean for parents of athletes? It certainly doesn’t mean that your kids are doomed to failure just because they like their screens, it just means that parents must learn how to help kids manage screen time and make it work *for* their kids, rather than against.

Here’s a few ideas for how to manage your child’s screen time:

•**Establish your [values](#) as a family.** What sort of movies and games will you allow your kids to play? Make that decision and then talk about it as a family, explaining to your kids why these values are important. This will give them something to hang on to when they go to their friends’ homes where the values may not align with yours.

•**Set rules and stick to them.** You must first decide what your rules and guidelines are. This is often the hardest step for parents and I think that many struggle with screen time issues because they can’t take the first step of *setting the rules*. Do some research to determine what is best for your child and your family, inform every family member of the rules and then *stick to them!*

*Athletes have a 3000% increase in getting injured when they play fatigued.* Dr. James Andrews

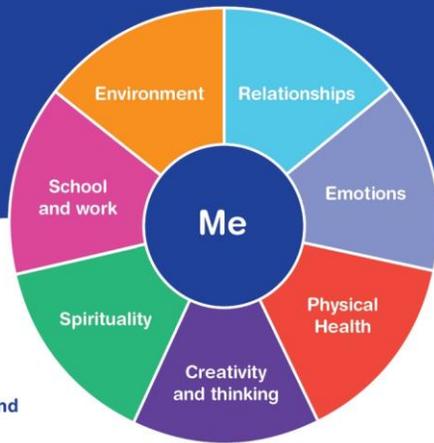
•**Limit screen time.** You may have to get some extra help in your efforts to limit screen time when it comes to phones. There’s just no way to monitor what your kids are doing on their phone. Or is there? I’ve recently partnered with the founders of an app called UnGlue, which allows parents to control and monitor what happens on their kids’ phones. It’s a pretty cool solution that gives your kids the power to learn healthier habits—within your boundaries. Try it for FREE ([click here](#)) for 14 days to see if you like it. There are certainly a lot of good uses for smart phones, but when they keep your kids from being able to focus on their sports and on their responsibilities, and when they rob young athletes of sleep, it may be time to look for ways to help them learn better screen habits.



*As a wife and a mother of 3, I know what it’s like to try to balance several spinning plates at once—taxi driver for 3 kids who played multiple sports, part-time working mom, supportive high school coach’s wife, volunteer mom—and not have any plates go crashing to the floor. Unfortunately, I broke quite a few plates as my kids were growing up! Raising three children who were active sports fanatics from the age of four through college, I developed a passion for helping families raise children who fit that same sports niche.*

Check out Janis’ website [Raising Champion Families](#)

# The Wheel Of Well-Being



Every part of your life helps to shape the way you see the world and your experiences. Different areas of your life — such as school, family, work and physical health — may seem separate, but they're actually all connected. When something in one area changes, it can affect other areas. The Wheel of Well-Being is a visual representation of how these different areas are connected and can help you to think of ways to keep things in balance.

**Relationships:** my connections to friends, family and others; my connection in an intimate relationship; how I express my sexuality; feeling supported by others and offering support back; being able to communicate what I feel and need to those around me.

- » How do I share how I'm feeling with those around me? What may I need from those around me?
- » Who are the people in my life that I can turn to?

**Emotions:** my awareness of what I'm feeling and why; my ability to accept and value who I am; my outlook on life; my ability to manage stress and strong emotions; my sense of hope for the future.

- » What works for me when I'm feeling strong emotions?
- » What resources, strengths and abilities do I already have that I can use to deal with strong emotions?

**Physical:** my overall physical health; my nutrition; my sexual health; how I practice and enjoy physical activity; my body image.

- » How comfortable do I feel in my own skin?
- » What could I start to do or continue to do that is good for my overall physical health?

**Creativity and thinking:** how I express myself in different ways; how I exercise my mind; how I learn from others and the world around me; my appreciation for learning new things.

- » How do I express myself and exercise my mind?
- » How can I continue to learn from the world around me and express myself creatively?

**Spirituality:** my sense of belonging in the world; the meaning and purpose I feel in my life; the comfort I get from community, nature, the universe and/or some higher power.

- » In what ways do I, or could I, connect to something larger than myself?
- » How do I create meaning for myself in life?

**School and work:** how interested I am and how satisfied I feel with school or my job; my education and career goals; my attitude toward school or work; my sense of being able to contribute to my family and community through school or my job.

- » How do I see myself going forward in school or my job?
- » How can I create opportunities to find satisfaction through school and work?

**Environment:** how I experience and relate to my surroundings (e.g. my home, my town or city, nature, etc.).

- » How do I fit into and feel about the environment around me?
- » How can I create, contribute to or improve my environment?

## 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.



Kids Help Phone 

# Marianne Limpert Team Cup 2019 Edmundston, NB

BEST TEAM = **FAST**  
MOST IMPROVED TEAM = **FAST**



Girls < 11 = **FAST**  
Girls 12-13 = **FAST**  
Boys 12-13 = **FAST**  
Boys 14-15 = **FAST**  
Boys > 16 = **FAST**

## Record Breakers:

**Jesse Canney** and **Jacob Gallant** both beat two provincial records at MLTC 2019.

## 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

## Contact Us

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

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