



AQUA-NEWS

January 2022

www.swimmingfast.com

FAST Wins Banner Marianne Limpert Team Cup

FAST takes the banner at the Marianne Limpert Team Cup (MLTC) which took place at the Canada Games Aquatic Center last weekend.

FAST was joined by 12 other swim teams from across New Brunswick to race in the MLTC. FAST walked away with 122 metals, 50 gold, 46 silver and 26 bronze. Club De Natation Bleu Et Or (CNBO) from Moncton placed second with 33 gold, 23 silver and 19 bronze; Saint John Fund Aquatic Club (TIDE Swimming) took third place with 25 gold, 17 silver and 15 bronze.

Four FAST swimmers qualified for the Eastern Canadian Championships which will be held April 21-24 in Pointe-Claire, Quebec. Sarah McNabb, Ethan Nestoruk, Jonathan Tselichtchev and Tom Wielemaker.

Long standing Team record for men's 50 breast was broken by Ethan Nestoruk. Chris Garcelon held this record which he swam March 1, 2008 in a time of 30.34. Ethan's time was 29.72. Michael Tselichtchev broke three team records in 50 free (32.74) (previously held by Tom Wielemaker (32.78), 100 free (1:11.41) (previously held by Tom Wielemaker (1:12.47), and his own record in 200 back (2:57.59) (his previous record time was 2:59.00). The Men's 15&Over 200 Medley relay also broke a Team Record in a time of 1:50.81. Relay team members included Jack Addison, Ethan Nestoruk, Tom Wielemaker, and Ryan O'Connell.

Jesse Canney broke his three current Para Provincial S14 Records in 50 fly (30.38), 100 free (1:01.57), and 100 breast (1:23.74)



Other top three finished in their age group include:

[Click Here](#) for Full Results
from all Meets

Jack Addison: gold 100 back (1:03.90) and 200 back (2:19.03), silver 50 back (29.48); Mark Addison: silver 200 back (2:45.53); Gabrielle Anne Banquicio: silver 400 IM (6:39.71); Jesse Canney: gold in all events, 1500 free (18:06.52), 100 breast (1:28.12), 50 back (33.57), 200 IM (2:35.66), 100 free (1:01.57), and 50 fly (30.38); Jagger Canney: silver 400 free (5:00.36) and 400 IM (5:39.58); Xander Chiasson: silver 200 free (2:52.61), 50 back (39.60) and 200 back (3:11.11), bronze 100 breast (1:47.01) and 50 breast (49.14); Jillian Davis: gold 100 fly (1:15.97), silver 200 free (2:23.85), 200 IM (2:42.08), 50 breast (38.47), and 200 back (2:42.38); Addison Deap: bronze 200 back (3:23.79); Daniel Duguay: gold 100 fly (1:02.48), silver 200 fly (2:28.36) and 400 IM (5:10.60), bronze 50 fly (28.43); Nicolas Duguay: gold 400 free (4:39.06), silver 100 free (54.34); Matéa Duvall: bronze 200 breast (3:22.78); Mohamed Elshahat: silver 400 IM (5:57.99), bronze 100 fly (1:20.02); Rori Gaines: gold 50 back (34.23), bronze 100 back (1:15.17); Caleb Griffiths: bronze 200 breast (3:49.85); Jessica Hickey: gold 200 IM (2:31.96), silver 200 free (2:12.54), 400 free (4:48.05), 200 back (2:28.42) and 800 free (9:54.12), bronze 100 IM (1:10.01); Olivia Jenkins: bronze 100 breast (1:29.17); Judy Luo: bronze 800 free (12:09.46); Briana Lydon: silver 800 free (12:06.67); Anna MacDonald: bronze 200 breast (3:18.31); Sara McNabb: gold in all events, 200 free (2:14.94), 100 back (1:09.62), 400 free (4:49.03), 200 IM (2:36.39), 100 free (1:00.07) and 200 back (2:30.93); Maeleigh Murphy: bronze 200 IM (3:34.26); Ethan Nestoruk: gold 100 fly (58.39), 200 breast (2:29.46), 50 breast (29.72), and 800 free (9:38.42), silver 200 free (1:58.60) and 200 fly (2:16.19); Mackenzie Norris: gold 800 free (11:22.53), silver 50 free (30.31); Samantha Norris: silver 100 breast (1:18.43), 200 breast (2:51.32) and 400 IM (5:26.93); Ryan O'Connell: bronze 100 back (1:06.32), 100 breast (1:14.09), 200 breast (2:44.74) and 50 free (25.98); Anna O'Connor: silver 50 free (28.78); Lily Porter: gold 50 breast (36.31), silver 100 breast (1:21.46) and 200 breast (2:59.58), bronze 200 free (2:25.14); Beatrice Sinclair: gold 200 fly (3:43.30); Emma Sinclair: gold 100 fly (1:06.20), 200 IM (2:30.37) and 400 IM (5:23.32), silver 200 fly (2:35.61) and 800 free (10:01.61); Rosalie Sinclair: gold 200 fly (3:37.25), 50 back (40.04) and 800 free (12:54.37), bronze 100 IM (1:33.76); Jesse Theriault: silver 100 back (1:20.03), bronze 200 breast (3:05.05); Jonathan Tselichtchev: gold 200 free (2:05.55), silver 50 free (25.96), bronze 1500 free (19:12.44) and 400 free (4:33.57); Michael Tselichtchev: gold 200 free (2:40.19), 100 breast (1:33.70); 400 free (5:41.92), and 200 back (2:57.59), silver 50 free (32:74) and 100 free (1:11.41); Angelina Wang: gold 200 free (2:42.07), 200 IM (2:59.16), 50 free (33.15) and 200 back (2:58.37), silver 100 breast (1:34.26) and 50 breast (43.44); Samantha White: gold 200 free (2:15.00), 100 back (1:08.05), 50 back (31.90), and 200 back (2:26.02), silver 200 IM (2:31.59); Tom Wielemaker: silver 50 fly (26.52)



FAST takes home the Banner

MLTC 2021
Dec 10, 11, 12

4 Qualifiers for Easterns

5 Team Records Broken

3 Provincial S14 Para Records Broken

Hundreds of Best Times

40 New AA Times
18 New A Times
37 New B Times
11 NextGen Times

FAST Swimmers were on fire at the 2021 MLTC swim meet last week in Saint John. Not only did FAST take home the Banner:

- Four Swimmers qualified for Eastern Canadian Champs to be held in April 2022 in Pointe-Claire, QC. BIG Congratulations to our Easterns qualifiers:
 - **Sara McNabb**
 - **Ethan Nestoruk**
 - **Jonathan Tselichtchev**
 - **Tom Wielemaker**
- Five Team Records Broken!
 - **Ethan Nestoruk** broke the 50 breast Record (Chris Garcelon 2008)
 - **Michael Tselichtchev** broke 3 records; 50 free (Tom Wielemaker), 100 free (Tom Wielemaker), 200 back (Michael Tselichtchev)
 - Mens 15&Over Relay Team: **Jack Addison, Ethan Nestoruk, Tom Wielemaker and Ryan O'Connell** broke the 200 IM relay record
- **Jesse Canney** broke three of his current Para Provincial S14 Records in 50 fly, 100 free, and 100 breast



Congratulations to our swimmers who achieved a NB Time Standard

MLTC, Dec 2021

AA	A	B	NEXT Gen
Jack Addison	Mark Addison	Mark Addison	 Jack Addison
Mark Addison	 Gabrielle Banquicio	Gabrielle Banquicio	 Daniel Duguay
Callie Barclay	Callie Barclay	Jagger Canney	 Rori Gaines
Jillian Davis	Jagger Canney	Sophia Carr	 Sara McNabb
Sadie Deap	 Xander Chaisson	Xander Chaisson	Ethan Nestoruk
Daniel Duguay	Sadie Deap	Addison Deap	 Samantha Norris
Nick Duguay	Mohamed Elshahat	Sadie Deap	 Ryan O'Connell
Mohamed Elshahat	Rori Gaines	Matéa Duvall	 Lily Porter
Rori Gaines	Olivia Jenkins	Mohamed Elshahat	 Emma Sinclair
Jessica Hickey	Abby Lamontagne	Rori Gaines	 Jonathan Tselichtchev
Olivia Jenkins	Judy Luo	Caleb Griffiths	Sammy White
Abby Lamontagne	Briana Lydon	Ellison Hatt	Tom Wielemaker
Judy Luo	Anna MacDonald	Guanwen Huang	
Anna MacDonald	Mateo Mbaya	Abby Lamontagne	
 Mateo Mbaya	Addie McCallum McLean	Judy Luo	
Sara McNabb	Aurora Nolan	Briana Lydon	
Ethan Nestoruk	Mackenzie Norris	Anna MacDonald	
Mackenzie Norris	Anna O'Connor	Amro Mahfud	
Samantha Norris	Vera Rosales	Mateo Mbaya	
Ryan O'Connell	Beatrice Sinclair	Addie McCallum McLean	
Anna O'Connor	Emma Sinclair	Jacob McLean	
Lily Porter	Rosalie Sinclair	Maeleigh Murphy	
Vera Rosales	Noémie Sivret	Aurora Nolan	
Beatrice Sinclair	Jesse Theriault	Mackenzie Norris	
Emma Sinclair	Michael Tselichtchev	Claire Ray	
Noémie Sivret	Nick Wallace	Vera Rosales	
Jesse Theriault	Angelina Wang	Rosalie Sinclair	
Jonathan Tselichtchev	Elizabeth Waugh	Ruby Smith	
Michael Tselichtchev		Jesse Theriault	
Nick Wallace		Michael Tselichtchev	
Angelina Wang		Nick Wallace	
Elizabeth Waugh		Makayla Wang	
Samantha White		Elizabeth Waugh	
Tom Wielemaker			



FAST Swimmers under age 12

As you are aware, sports and activities have been suspended for children under the age of 12 years.

Our coaches are doing their best to offer more online sessions for this group. However, we understand this is far from ideal.

For now, FAST will not be refunding fee for these missed practices. If this suspension continues for a longer amount of time, the Board of Directors could possibly revisit this decision.

Governance

Highlights from the Jan 2022 Board of Directors Meeting:

- Teed Saunders & Doyle should be finishing up our Financial Review from last season. Once received, it will be posted on the FAST website
- Due to Covid, a number of meets in January have been suspended
- Swimmers under 12 years - parents have inquired about refunds. Its too early to make decisions on this as there are many unknowns. BOD will monitor the situation
- Coaches will keep swimmers grouped by who they usually swim with to minimize contact tracing if necessary.
- FAST will put together Operational Protocols outlining Return to the Pool following a positive test or illness.
- MLTC was amazing, coaches very proud of the results
- UNB requiring Waivers again
- Head to Head program starting soon virtually
- Pre Competitive Winter 2022 session has been cancelled

Similarities Between Elite Musicians and Swimmers

– source: ASCA Newsletter.

Last week Fitter and Faster's Vice President of Swimming Performance and Education, Brett Hawke (a 2X Olympian as a swimmer and 3X as a coach), was listening to an interview with Flea from the Red Hot Chili Peppers.

Flea was talking about how every single time he picks up his guitar he learns something new. Flea confirmed what we often talk about over here at Fitter & Faster: those who are the best at anything - including swimming - are far more inquisitive than the "above average" person. They understand (and appreciate) that there is always something to learn... and capitalize on it! "The best" know that every experience is a learning experience.

That's the beauty of attending swim camps with Fitter and Faster. Every single camp - no matter how good of a swimmer you are or how long you've been doing it - provides an opportunity to learn something new or to reinforce the importance of something you already know so that you can take it to another level.

A perfect example of that is Kieran Smith - less than 2 years before he broke the American Record in the 500 freestyle - he attended a Fitter and Faster camp. We asked him why he attended and he said because he wanted to learn some new things about the catch and pick Connor Jaeger's brain.

In 2008 Flea took a hiatus from touring with The Red Hot Chili Peppers to study music theory, music composition and jazz trumpet at the University of Southern California. Here's what he told NPR at the time:

"All my career, all that I've really done has been based on emotion and intuition and gravitating toward what sounds good. Music is made up out of these building blocks," he says. "Studying how these

blocks go together and what they consist of and the math of how it works — it's all the same stuff; it's just different aesthetics that we're talking about."

- Flea, Red Hot Chili Peppers

NPR wrote, "As he takes these classes, Flea says, he sees what concepts his band has been using all along. But now, learning the basic formations of chord progression and harmonies, he's looking to expand himself as a composer and a musician."

Swimming is a lot like music. Talent and hard work will only get you so far. The continuous process of cultivating technique, learning about how other swimmers swim and figuring out what works best for you... evolving and readjusting - is essential to get the most from your swimming career.

We shared this post on Facebook over the weekend and Mark Hesse, a former Performance Development Manager at USA Swimming made a poetic comment:

"Love the connection of music and swimming , so many parallels- rhythm, tempo, fundamentals - scales and drills, improvisation, curiosity, passion and risk-taking. Can you see it? ...look real close... "the music is in the space between the notes, the speed is in the space between the strokes and the beauty is in the space between the moments."

The best in the world at anything - never stop asking questions and put more "tools" in their toolbox so they can bring it out at the appropriate time!

"All my career, all that I've really done has been based on emotion and intuition and gravitating toward what sounds good. Music is made up out of these building blocks," he says. "Studying how these blocks go together and what they consist of and the math of how it works — it's all the same stuff; it's just different aesthetics that we're talking about."

- Flea, Red Hot Chili Peppers



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.

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](#)
- If your swimmer has recovered from being positive for Covid-19, please See our [Return to Pool progression](#) for your swimmer.

January Birthdays

Jillian Davis	Sophia Carr	Ila Wright	Ian Smith
Liam Moore	Anna MacDonald	Thomas Campbell	Mateo Mbaya
Emmett English	Ryan O'Connell	Jacob McLean	Angelina Wang
Wendy Sinclair	Hazel Wright	Kate Beach	

FREDERICTON AQUANAUTS SWIM TEAM



Salmon Fundraiser



Total Boxes Sold: 137

Total Profit to Members
Accounts: \$2176

Total Profit for FAST: \$548

Thank you to everyone who participated in this fundraiser. A special shout out to Jeanne van den Broeck for leading this Fundraiser!

Aqua Dates

Group

Date	Event	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Dec 24 – Jan 2	Holiday Break		x	x	x	x	x	x
Jan 3-9	Modified Holiday Schedule		x	x	x	x	x	x
Jan 10	Regular Schedule resumes		x	x	x	x	x	x
Jan 15	Tentative: In House Time Trials			x	x	x	x	x

Please see our [website](#) for last minute changes to our schedule as well as Swim Meet & Practice dates

Hear Them Out

You've opened up a conversation, now **let them speak!**

Being a good listener means striking a balance between listening, asking questions, and sharing your experiences.

Learn to listen

Listening is the most important skill when being there for someone. Don't preach, pry, or pretend to have all the answers, just try to understand where they're coming from and be as supportive as you can.

Balance the Conversation

Most conversations are a mix of listening, asking questions and sharing your thoughts or experiences. Being there for someone means prioritizing those elements of the conversation in that order.

Listen.

That's the most important thing and if that's all you do, you've done just fine.

Be Curious.

Keep your questions open-ended and ask follow-up questions based on what they say.

Share Wisely.

Most of the time it's not necessary (or helpful) to share your own experience or give advice.

Listening is **pretty simple**, but we all get it wrong sometimes.

We try to fill the "awkward silence" or fix problems by offering advice. That's not really listening. Here's some tips on being a better listener.

- Pay attention. Make eye contact. Put your phone away
- Nod to show you're listening but don't interrupt or cut them off
- Allow space for silence and time for them to collect their thoughts
- Paraphrase and summarize their thoughts back to them
- Use your body to show you're listening. Turn to face them, lean in, uncross your arms and relax
- Validate how they're feeling. E.g. "That sounds really hard." "I can see how frustrating that would be."
- Ask for clarity when you need it

Remember this conversation is **about them**, not you.

If you've been in their shoes, being open about a similar experience you've had can help build trust in the relationship, but share wisely and acknowledge where there are differences and that although something worked for you it may not be what works for them. The goal is to empathize with them not fix them; to offer hope, not impose a solution.

[Bethere.org](https://www.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](#)



