

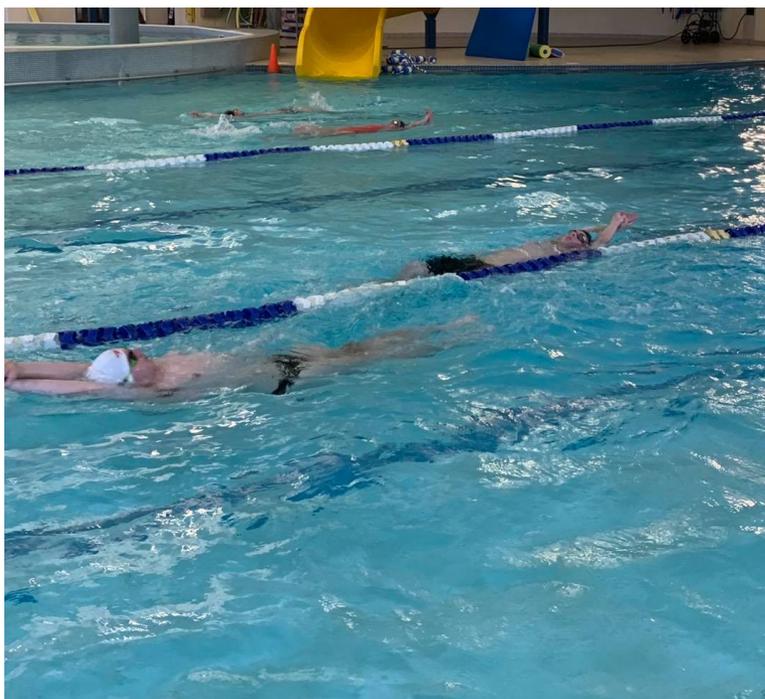


AQUA-NEWS

July 2020

www.swimmingfast.com

Back to Dryland & the Pool!!



FREDERICTON AQUANAUTS SWIM TEAM



EVOLUTION ATHLETIC GEAR

is an importer of high-quality swimwear and equipment based in Nova Scotia. We would like to congratulate FAST on 50 years of excellence and offer a special discount to members on Funkita/Funky Trunks and Michael Phelps products.

<https://evoathleticgear.com/>

DISCOUNT CODE: FAST15

FUNKY TRUNKS

FUNKITA

phelps



Fredericton Aquanauts Swim Team



Bingo Prize!

Congratulations to
Sammy White!

Winner of the FAST Swag
Prize from the Bingo
draw in June.

LAST CALL! Do you have a Nomination for Volunteer of the Year?

We are requesting nominations for the 2019-2020 Volunteer of the Year award. Each year FAST presents this award at the Awards Banquet held in Oct. If you know of a fellow FAST member who you feel is deserving of this award, please complete and submit the nomination form below.

Criteria:

- Any member of FAST may submit a nomination.
- All nominations are reviewed by an Awards Selection Committee who will make their recommendation to the Board of Directors.
- All nominations are kept confidential to respect privacy and avoid disappointment if the nominee is not selected. Nominators and others involved are asked to respect this policy.
- Awards cannot be made to a repeat recipient. Previous recipients are:
 - 2018-19 – Cynthia Duguay
 - 2017-18 – Marie Johnson
 - 2016-17 – Wendy Sinclair and Chris Ramsey
 - 2015-16 – Jill Ramsey
 - 2014-15 – Beverly Thibodeau

Nomination Form



12 Stages of a Hero's (Swimmer's) Journey

1. Status Quo

There you are, just a regular kid... a land dweller. You probably did "team sports" and things with a ball. The only time you ever hit the water was at the Rec or for a shower. This is your world, the ordinary world and you have never known any different.

2. Call to Adventure

You ask your friend to come over and stay the night to play video games, but they reply with "Can't, I got swim practice." They've said that before, but this time it's different because they follow up with "Wanna join me at practice?"

3. Refusal of the Call

Practice? At six in the morning? ON A SATURDAY!? Yeah right... maybe next time. I like my sleep, my time, and my land activities. Why would I ever give that up to jump into freezing water two hours before the sun comes up and force myself to hold my breath constantly while I use every muscle in my body... no thanks.

4. Meeting the Mentor

For some reason PE class is at the pool and you have to go back and forth... back and forth. Boring, but easy enough. After class on the way to the locker the teacher, who is also the swim team coach, stops you and says "You have some good feel for the water (whatever that means) and a lot of potential. If you want that potential to mean something you need a teacher... a team. Practice, tomorrow, be there."

5. Crossing the Threshold

You never refuse a dare or a challenge, so you are here at the pool for your first practice. Everyone seems to have a lot of stuff with them: goggles, caps, fins... You didn't bring any of that. But the team hands you what you need, teaches you how

to read a clock and swim in a circle. And for the first time you jump into the pool as a swimmer, into the special world of clocks and water.

6. Trials

At first, you were at the end of the lane behind all the other swimmers. But you didn't quit because every day you got better (and the friends weren't so bad either). Soon, you were leading your lane. Soon after you were leading your heat. And after a season of training, racing and making friends and worthy rivals... the time had come to face your biggest challenge.

7. The Approach

The big meet was just a few weeks away and taper had begun. Throughout the season you had never felt so tired and hungry so constantly. But now that the resting had begun, you can feel your body and mind get sharper... it's time to race!

8. The Ordeal

Four days of prelims and finals, what kind of swim meet is this!? It is the most grueling event you have ever done, but your body is staying strong and performing beyond your expectations. The coach, your team and yourself are beyond impressed with the results and everyone is killing it!

9. The Reward

After the meet, you discover this was just a stepping stone swim meet and that you actually made cut times for the next level! On top of that, you get some mail from college programs around the country asking you to swim for them. Coach is proud and says "I saw all this from the beginning of course."

10. The Return

You return to the pool, except this time it's a new team and a new season. By now, the season is familiar to you: Train, taper, race, win. But this season is different. Injury plagues you, school is overwhelming and even though you did everything right and tried your best, the end of the season results in you losing. Not only losing, but you don't even go a best time!

11. Resurrection

You never quit though, you've learned that much from the water. You slug out a few more years training, a couple best times here and there, but for the most part your swimming career is over and it's time to become a swimmer, to return to the ordinary world of land dwellers.

12. Resolution

Years later you have a successful career based on the lessons you learned from the pool: dedication, toughness, even ingenuity. All of a sudden, your local club has a vacancy and they need a coach. They need you and your experience.

Adapted from Christopher Vogler's 12 stages of a Hero's Journey who adapted it from Joseph Campbell's 17 stages who wrote about it in *The Hero with a Thousand Faces* which is a theory about how all mythology and hero's journeys are based on this similar sequence, called the Monomyth... aka the story of humans.

Did you know?

FAST coaches are not paid an hourly fee when they attend a swim meet? Rather they are paid \$50/session for their time and meals. FAST also pays for their hotel accommodation and gas (when applicable).

This expense is divided equally between all swimmers who are attending the swim meet and is, along with Swimming New Brunswick's Meet Fee, what make up the swimmers meet fee.

New Swimmers & Assessments

At this time, FAST will not be accepting any new members or holding assessments for group placement.

If you know of anyone who is interested in FAST, please have them email fastswimmingoffice@gmail.com and we will keep their information on file and let them know when there are any changes.

July Birthdays

Edrick Belczewski

Thomas Holloway

Nicholas Parks

Jesse Canney

Mingyue Hu

Anson Sutherland

Olivia Cummins

Guanwen Huang

Abigail Theriault

Jacob Ebbett

Jamie Lougheed

Makayla Wang

Claire Finley

Sara McNabb



Once an injury is identified as either a sharp pain OR if it is a dull ache/strain that doesn't improve within 72 hours – the swimmer will not be allowed to participate in swim practices and/or competitions until they have been cleared by a medical professional.

Check out our new Injury Management Policy

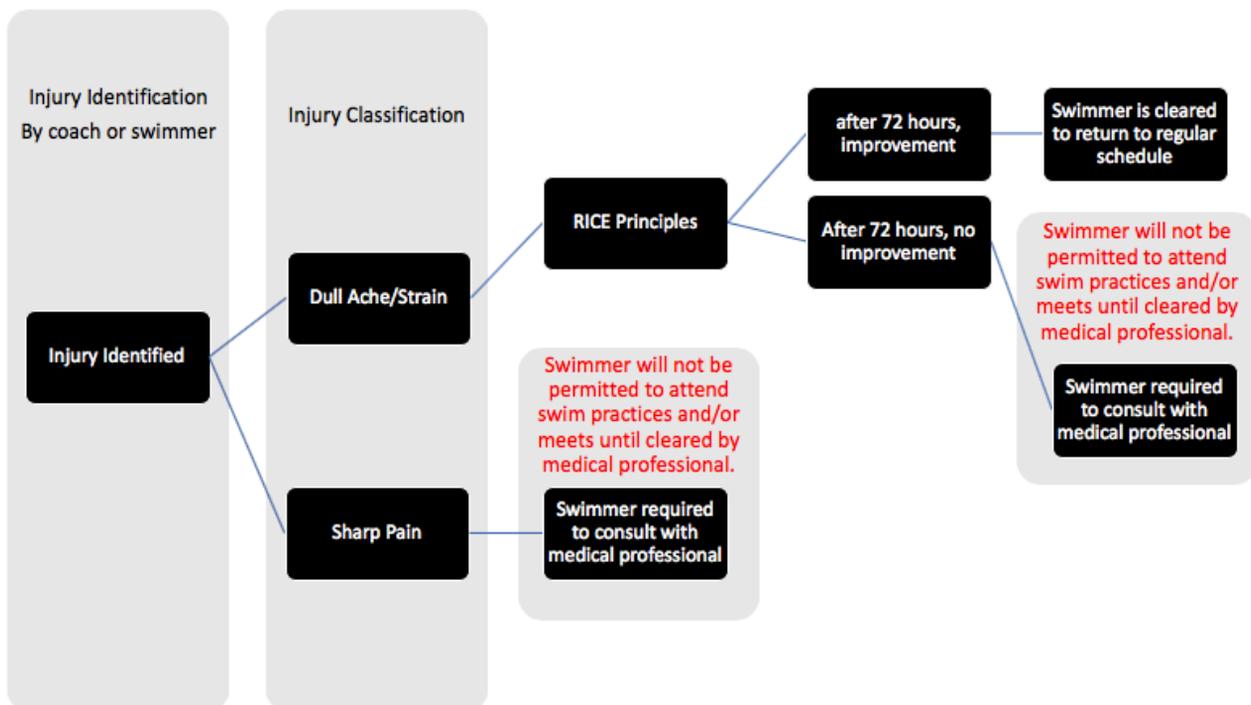
FAST takes injuries and recovery very seriously and has developed this policy to ensure clear process, rules and responsibilities regarding any of our swimmers with an injury.

We have developed a process for our coaches to follow in managing injuries and recovery.

We have a partnership with Max Health Institute, however we will work with any medical professional you have a relationship with.

[Click here for a link to the policy.](#)

FAST Injury Management & Recovery Process



FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates			Group							
Date	Event	Notes	PC	Fit	CD	C2	C1	PD	P2	P1
July 6	All "C" group swimmers water practices start				x	x	x			

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



Code of Conduct – what is this and why do we need it?

FAST exists to provide a positive sport experience for all members that is fostered in an environment of respect, camaraderie and the promotion of a healthy lifestyle. To maintain this positive experience, FAST has developed its Code of Conduct to clearly communicate what behaviour is acceptable/not acceptable in all your, and your swimmer's, dealings with the Team.

The following Codes are designed to provide targeted information about behaviours expected/not expected from Parents/Guardians, our swimmers and our swimmers when travelling on team trips. Every parent/guardian/swimmer/coach/staff must sign and abide by these codes. They are extremely important to FAST and breaches are taken very seriously.

***note**, for the 2020-21 season we have created a separate code of conduct specifically for swimmers – written in language they are better able to relate to and understand.

Code of Conduct - Parents

signed electronically at the time of registration

Code of Conduct - Swimmers

signed beginning of season at group meeting with coach

Code of Conduct – Team Travel

signed before Team Travel with coach

5 PRACTICAL SELF-CARE TIPS FOR YOUTH ATHLETES

From dealing with pressure on social media, to balancing academics, [sports](#), and extracurricular activities, teenagers [are under more stress than ever](#).

Amy Saltzman, MD, author of *A Still Quiet Place for Athletes*, believes that athletes who practice mindfulness develop a more balanced approach to self-care, which ultimately helps them achieve peak performance in sport and in life.

According to Saltzman, "Being mindful means simply being aware of what is happening here and now with kindness and curiosity, so that we can choose our behaviors." She adds that young athletes who "bring kind and curious attention to all aspects of their health and well-being have an advantage in learning what works best for them during training, competition, and in life."

Saltzman, a long-time athlete herself, explains that "in the long run, it's up to young athletes to [learn](#) from [coaches](#), [parents](#), [nutritionists](#), athletic trainers, sport-specific articles and books, and most importantly their own bodies, and develop and refine the self-care routines that create the opportunity to perform at their best."

With that in mind, Saltzman shares five scientifically proven self-care habits athletes can practice to improve their physical health and maximize their ability to compete at their best.

Prioritize rest

According to the [American Academy of Sleep Medicine](#), getting [extra sleep](#) over an extended period of time improves athletic performance, mood, and alertness.

Saltzman says, "Oftentimes in sports, young athletes are encouraged to push beyond their perceived limits to progress, but pushing too hard and too often can result in injury and physical, mental, and emotional [burnout](#)."

Overtraining doesn't help anyone. Creating and actively implementing a [proper rest and recovery](#) schedule can prevent young athletes from reaching the brink of burnout and injury. By avoiding [unhealthy extremes](#) and prioritizing rest, you can help your athlete improve their physical and [mental capacity](#).

Make healthier food choices

It's essential to the development of young athletes to fuel their bodies with well-balanced meals of [nutrient-rich foods instead of processed foods](#). In addition to preventing major health issues like osteoporosis, diabetes, and heart disease, healthier, whole foods develop their brain function.

Saltzman encourages young athletes to "bring their kind and curious attention to [what they eat, how they eat, and how their body feels after they eat](#)." Over time they can take note of which foods complement their physical exercise and build a meal plan around the foods that help their body function at its best.

In general, Saltzman notes that athletes' "bodies will function best if they eat natural foods, such as fruits, vegetables, whole grains, lean meats, milk, cheese, and eggs."

Drink more water

Saltzman reports that "research shows that exercise performance is impaired when an athlete is [dehydrated](#) by as little as 2 percent of body weight. When the athlete loses an excess of 5 percent of body weight, their performance capacity is decreased by about 30 percent."

Encouraging your young athletes to [properly hydrate](#) is essential to their athletic performance and, more importantly, to their overall health and well-being.

Saltzman adds, "It's especially important for athletes to be aware and properly [hydrate](#) when they're traveling, competing in [hot or humid climates](#), or at altitude."

From the Kitchen... Swim Flip Pancakes

High protein pancakes for swimmers

Ingredients:

- 2 Bananas
- 1 Egg
- 2 tbsp Peanut Butter or Wow Butter

1. Peel the bananas and place them whole into your blender. Next, scoop in two tablespoons of peanut butter and follow with one egg.
2. Blend the mixture until it is completely smooth. At this stage, check the consistency of the batter – it should resemble a runny paste. If the mixture is too thick, add a ½ cup of water and blend again. Repeat this process until your pancake mix is the correct consistency.
3. Now here's the slightly tricky part. Unlike normal pancakes, our special formula cooks a little quicker than most! Once you have prepared your frying pan and sprayed a thin, even layer of cooking oil, place your pan on the hob making sure that it is at approximately $\frac{3}{4}$ of maximum heat. Slowly pour the batter into the pan and thin out with the back of a spoon. Keep a close eye on the pan and make sure you scoop the edges of your pancake regularly so it does not stick. Flip the pancake so each side is cooked.
4. Serve up your delicious, healthy pancakes. For that little extra treat, enjoy your creation with a small amount of caster sugar and lemon juice.



Update: Credits/Refunds 2019-20 Season due to Covid-19

Despite the season being cut short due to the Covid-19 pandemic, FAST has incurred regular club expenses with the exception of some Pool Rental Expenses (for the practices that were canceled when our facilities closed). We have also incurred additional expenses with the re-opening pool times that were not originally planned for in our budget.

We collect most of our revenue in the first 6 months of the swim season; however, our expenses are spread out throughout the the whole year (Sept – end of July).

All registration revenue (from pre comp and up) is used to pay for all Team expenses. Some examples of expenses FAST has incurred this season include:

- Pool Rental Expenses, all facilities
- Coaches Salaries and hourly wage
- Coaches registration, taxes and Work Safe Fees

- Dryland/Yoga – room rental, coaches pay
- Dryland with UNB – gym rental and coach pay
- Office expenses – general admin, monthly accounting software expense
- Bank service fees
- Annual Financial Review
- Website fee
- Recruiting for new Assistant Head Coach
- Coaches Continuing Education
- Officials & Coaches clothing
- Equipment
- Special Speakers/nutrition/Mindshift (FAST subsidized)
- SMA Pool Fund – to keep the pool open for next few years (FAST's portion)

FAST will be waiting until the end of the 2019-20 season before deciding if credits/refunds will be given.

Volunteer Spot Light

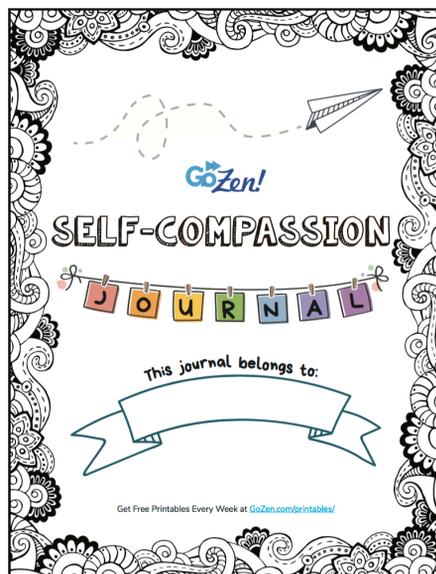


Carolyn Pellow

We want to take this opportunity to thank one of our supportive grandmother's, Carolyn Pellow (grandmother to Daniel and Nicholas Duguay). We often see extended family members lending a hand be it driving swimmers to practices or helping at swim meets. Carolyn has made a noticeable impact in representing our "grand-volunteers". She attends numerous swim meets officiating, even when her family's volunteer requirement have been fulfilled! We love this support and value it dearly! Thank you Carolyn and all our other "grand-volunteers"!



Self Compassion Journal



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