



AQUA-NEWS

June 2020

www.swimmingfast.com

Our Graduates



Jacob Gallant



Kassidy Hamilton



Congratulations to our 2020 graduates, Jacob and Kassidy!

We are all very proud of both of you and your accomplishments! We will miss you but know we are always here and you are welcome to come and jump back in the pool with us anytime!

May your dedication and dreams take you far!

Message from our New Assistant Head Coach Alex Blais

FAST Families,

Swimming isn't just a sport, it's a habit. Waking up at 5 am, diving into the cold water when your eyes are barely open, going to school with your hair still wet and doodling swim drawings in your agenda or making goals for the next meet. It's more than a sport, it's a way of life. You swim against a constant resistance and your entire body has to work perfectly to make you move forward. During any given practice, you have to hold your breath for many minutes and repeat arm strokes 3000 thousand times. It is incredibly hard to become a swimmer and from my point of view, it makes it the most beautiful sport on earth.

The Fredericton Aquanauts Swim Team under the direction of Marta and the Board of Directors has given me an incredible opportunity to make a difference and give my passion to the clubs' swimmers. I am truly blessed to join the team as Assistant Head Coach for the next season. I am known to be a very demanding coach and to put my swimmers out of their comfort zone. I do this to help develop great athletes but more importantly to encourage my athletes to be their best version of themselves. I have a lot of faith in respect, hard work and attitude. I am very excited to meet you all and unite to make this the best season ever!

Coach Alex

Family Participation Plan Update

Due to the lack of opportunities for volunteering this season the FAST Board of Directors have voted to cancel this years volunteer requirement for all members. **This means no one will be charged for hours not earned for the 2019-2020 swim season.**

Bingo Prize!

We have had 46 submissions for the Bingo Draw! Stay tuned to see who won this bag of FAST swag. And a "high-five" to all the swimmers to participated in this challenge!



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**](#)



SNB Outreach Committee - Recruitment Announcement

SNB wishes to recruit volunteers for the Outreach Committee to contribute to the planning and publication on our social networks. If you are into social media, web platforms, tools available on the internet and in particular passionate about swimming, we kindly invite you to send your CV to swimnb@nb.aibn.com

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates			Group							
Date	Event	Notes	PC	Fit	CD	C2	C1	PD	P2	P1
May 29	Deadline for Bingo submissions	Winner will be drawn on May 30		x	x	x	x	x	x	x
June 1	Deadline for equipment order through Team Aquatic (Equipment that needs replacing not new equipment for your swimmer)	Email fastswimmingoffice@gmail.com to order		x	x	x	x	x	x	X

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

Parent Survey Results

Response Rate 63% overall groups!!!

We made history – highest response rate ever!

We are going through the survey results with a fine tooth comb. There is so much great information and feedback – thank you!

We have highlighted the main points that were repeated multiple times so you know what most are happy with and what we need to work on improving.

What we need to work on:

- We need to work on the perception that our swimmers are not given equal opportunities
- Coaches need to make themselves available to talk when asked
- More feedback to swimmers
- More consistency in who is coaching a group
- Letting people know about volunteer opportunities
- Letting you know how to support your swimmer at home
- Communicating practice/schedule changes
- Orienting new swim parents

What your happy with:

- Our amazing coaches!
- Great Team Spirit & Culture
- Supporting our swimmers
- Discipline
- Challenging the swimmers
- Providing the right amount of communication
- Our website being useful and easy to navigate
- The AQUA Newsletter
- Offering enough Fundraising Activities
- Majority of parents do not want Fundraising fee added at registration. They would rather participate in a number of different fundraisers throughout the season.
- Majority feel our Fundraising policy (20% to FAST and 80% to the swimmer's account) is just right.
- 82% would like to see Photos continue as a fundraiser next season.
- 85% are satisfied with the FAST apparel and merchandise available.

The One Quality Great Teammates Have in Common

BY [JOHN O'SULLIVAN](#) / TUESDAY, 13
OCTOBER 2015 / PUBLISHED
IN [LEADERSHIP](#), [MESSAGES FOR
KIDS](#), [MOTIVATION](#), [TEAM CULTURE](#)
By John O'Sullivan

"Coach, can I talk to you?"

"Sure," I said. "What's on your mind today Michael?"

"Well, I just want to know what I can do so I get to start more games and get more playing time as a center midfielder. I don't think I am showing my best as a winger, and my parents tell me I am not going to get noticed by the college scouts unless something changes."

Well Michael," I said, "there is something that all coaches are looking for from the players they recruit. In fact, it is exactly what I am looking for from you as well. If you approach every practice, every fitness session, and every match with this one thing, I think you will see a huge improvement in your play, regardless of where you play. Interested?"

"Of course, coach. What is it?"

I waited a moment before I answered to make sure he was listening.

"You have to stop asking what you can get, and start asking what you can give. You must serve."

Michael furrowed his brow as he tried to process what I told him.

"You want me to serve the team, like with food?"

I smiled, "No Michael, serving others is the one thing that unites successful people, from friends to employees to athletes to business owners. The great ones know that to be more they must become more, and to become more they must serve others."

"So, you are saying that instead of asking what I can get from the team, I should be asking what I can give to the team?"

I wanted to leap out of my chair and hug him.

Michael got it. It's not about him. It's not about me. It's about service. The tool that would eventually earn him more playing time and increase his chances of playing in college serving others by focusing upon what he could give, instead of what he could get.

My great friend and coaching mentor [Dr. Jerry Lynch is the founder of Way of Champions](#) is the winner of 34 NCAA titles and one NBA World Championship as a sport psychologist and consultant. He calls this paradigm-shifting question the most effective question an athlete can ask, and an attitude that every coach must try and instill in his or her team.



Did you know?

Did you know that when participating in a swim meet, the suits that the swimmers wear must be a "FINA" approved brand in order for the swimmers time to be official? This is why FAST has selected the SPEEDO brand endurance flyback style swim suit as the REQUIRED swim wear for our team.

We do allow swimmers to use any brand of swimwear for practices as we understand the SPEEDO suits are not cheap. However, we do require the suit to be all black or black with red trim in keeping with our Team spirit!



Speedo Suits for Swim Meets



Morning Practice Suits – Swimmers Choice!

We do allow swimmers to wear colourful suits to morning practices. Swimmers choice in the mornings!

June Birthdays

Ethan Nestoruk (May 31)

Zachary Fonagy

Rori Gaines

Quinn Harvey

Brittany Harvey

Alexander Johnstone

Nicole Kirby

Yutong Li

Bea Lougheed

Rebecca Massie

Addison McCallum-McLean

Kayla Scholten

Luke Staeben

Kate Stewart

Nicholas Wallace

From the Kitchen...

Summer Salad

By Jenna Traboulee

<https://www.facebook.com/Jenna-Traboulee-Nutrition-Services-423826044491604/>

Handful of each:

- Baby spinach
- Broccoli chopped
- Red & orange bell peppers chopped
- Cucumber, chopped
- Pickles, chopped

[Yves veggie cuisine veggie burger](#) (cooked and chopped into bit sized pieces)

Drizzle with [Presidents choice blue menu tzatziki sauce](#) or chipotle ranch dressing



Equipment for 2020-21 season

Last season we ordered our clubs equipment in October and were faced with many items being back-ordered. Many swimmers didn't receive their gear until late 2019 or early 2020 and if their fins were the wrong size, it took even longer to reorder the correct ones.

To avoid this, we will be bulk ordering equipment for our groups by estimating and ordering a variety of sizes of fins/paddles to have on hand. We are planning for this equipment to be sold to swimmers at the beginning of the 2020-21 season.

We are placing this bulk order soon. If you have an item that needs replacing, please email our office by June 1 and we'd be happy to add your item to our order.



Volunteer Spot Light

Mike O'Connor

Mike O'Connor has been involved with the FAST Board of Directors since 2018, and his three children have, at varying times, been part of FAST over the past 10 years. Mike's area of expertise has been working behind the scenes on FAST's policies and guidelines. He has spent numerous hours in meetings and working on revising, updating and revamping many of these documents. Our policies and guidelines are used to govern and guide FAST and its operations. It's a tedious job and one that requires much thought, patience, consideration and an open mind. Mike has all of these and we thank him very much for his efforts in this regard.

Have some spare time?

Now is a great time for our swim parents to take online Officiating Courses.

- Introduction to Swimming Officiating
- Safety Marshal Clinic
- Judge of Stroke & Inspector of Turn Clinic
- Chief Timekeeper Clinic & Quiz
- Chief Finish Judge & Chief Judge Electronics Clinic & Quiz
- Starter Clinic & Quiz
- Meet Manager Clinic & Quiz
- Referee Clinic
- Clerk of Course Clinic & Quiz
- Recorder Scorer Clinic & Quiz
- Intro of Open Water Swimming Officiating – Level 1

[CLICK HERE for more information](#)

Contact Us

www.swimmingfast.com

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[Click here for more Contacts](#)

FREDERICTON AQUANAUTS SWIM TEAM



FAST CLUB RECORDS

Senior		15-17		13-14		11-12		10 & U		EVENT
25.89	26.22	25.81	26.22	26.72	27.03	28.58	28.71	31.21	33.48	50 FREE
CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	MEAGHAN SEAGRAVE	VERONICA BELSH	MAIA REYNOLDS	
EAST COAST CHAMPIONSHIPS	CANADIAN WORLD CHAMPIONSHIP	ONTARIO JUNIOR INTERNATIONAL	CANADIAN WORLD CHAMPIONSHIP	YOUTH CUP	EASTERN CANADIAN TRI MEET			EAST COAST SHORT COURSE	EAST COAST LC CHAMPS	
FEB 28, 2013	APRIL 3, 2013	DEC 5, 2014	APRIL 3, 2013	DEC 1, 2011	MAY 12, 2012	JAN 29, 2010	AUG 1, 1995	FEB 27, 2014	JULY 7, 2011	
55.32	56.54	57.20	58.56	58.18	1:00.29	1:00.98	1:02.89	1:09.48	1:10.38	100 FREE
MARIANNE LIMPERS	MARIANNE LIMPERS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	VICTORIA LALLY	HILARY SEAGRAVE	HILARY SEAGRAVE	VERONICA BELSH	SARA MCNABB	
		YOUTH CUP	TAS LC CHAMPS & NB CANADA GAMES TRIALS	YOUTH CUP				EAST COAST SHORT COURSE	MAINE SWIMMING INTERNATIONAL	
JAN 1, 1995	JAN 1, 1994	Dec 1, 2012	MAY 24, 2013	DEC 1, 2011	JAN 1, 1998	JAN 1, 1998	MAY 1, 1987	FEB 27, 2014	JULY 25, 2019	
1:58.96	2:02.77	2:05.76	2:08.99	2:09.06	2:11.33	2:09.63	2:15.27	2:38.16	2:35.79	200 FREE
MARIANNE LIMPERS	MARIANNE LIMPERS	LEAH SMAL	LEAH SMAL	JENNA BULL	HILARY SEAGRAVE	HILARY SEAGRAVE	HILARY SEAGRAVE	VERONICA BELSH	SARA MCNABB	
		YOUTH CUP	SPEEDO EASTERN CANADIAN OPEN					EAST COAST SHORT COURSE	MAINE SWIMMING INTERNATIONAL	
JAN 1, 1995	JAN 1, 1994	DEC 4, 2014	FEB 19, 2015	FEB 1, 1997	JAN 1, 1989	MARCH 1, 1997	MAY 1, 1987	FEB 27, 2014	JULY 25, 2019	
4:17.59	4:29.29	4:28.77	4:31.92	4:33.09	4:38.99	4:34.77	4:42.46	5:30.28	5:28.15	400 FREE
MARIANNE LIMPERS	SIENNA QUIRK	HILARY SEAGRAVE	SIENNA QUIRK	JENNA BULL	JENNA BULL	HILARY SEAGRAVE	HILARY SEAGRAVE	VERONICA BELSH	SARA MCNABB	
								CNBO INVITATIONAL	MAINE SWIMMING INTERNATIONAL	
APRIL 1, 1995	JAN 1, 2001	JAN 1, 1991	JAN 1, 1999	DEC 1, 2006	JUN 1, 2007	JAN 1, 1998	MAY 1, 1987	DEC 13, 2013	JULY 25, 2019	
9:06.69	9:13.38	9:20.89	9:22.50	9:13.72	9:40.67	10:04.60	10:26.12	11:43.83	12:34.66	800 FREE
SIENNA QUIRK	SIENNA QUIRK	HILARY SEAGRAVE	SIENNA QUIRK	JENNA BULL	HEIDI MORRISON	HILARY SEAGRAVE	KELSEA VESSEY	GABRIELLA BELSH	KAITLYN YOUNG	
APRIL 1, 2002	JAN 1, 2001	JAN 1, 1991	JAN 1, 1989	MARCH 1, 2007	JAN 1, 1996	JAN 1, 1987	MAY 1, 2012	NOV 23, 2009	MAY 1, 2003	
17:17.72	18:33.59	18:02.40	18:33.59	18:08.71	18:37.41	19:16.58	20:01.35	23:17.96	23:40.23	1500 FREE
HILARY SEAGRAVE	ALYSON MOORE	ALYSON MOORE	ALYSON MOORE	JENNA BULL	KELSEA VESSEY	KELSEA VESSEY	VERONICA BELSH	SARA MCNABB	SARA MCNABB	
					TAS LC CHAMPS & NB CANADA GAMES TRIALS	MARIANNE LIMPERS TEAM CHAMPIONSHIPS	TAS NB LONG COURSE	DISTANCE QUALIFIER	FAST/CNBO/TIDE INVITATIONAL #3 LC	
APRIL 1, 2002	JULY 1, 2005	APRIL 1, 2005	JULY 1, 2005	DEC 1, 2006	MAY 24, 2013	APRIL 13, 2012	MAY 29, 2015	JAN 19, 2019	FEB 16, 2019	

FREDERICTON AQUANAUTS SWIM TEAM



FAST CLUB RECORDS

Female

Senior		15-17		13-14		11-12		10 & U		EVENT
SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
29.84	30.13	29.59	30.01	30.91	31:97	32.68	33:51	36.94	36:97	50 BACK
JESSICA PELLETIER	LEAH SMAL	LEAH SMAL	LEAH SMAL	CASSIDY RICHARDS	CASSIDY RICHARDS	ALEXIA NORMAND	KASSIDY HAMILTON	TALIA NIXON	LAURA HEFFERNAN	
INVITATION DECEMBRE DEV A-AA-A	CANADIAN SWIMMING TRIALS	YOUTH CUP	CANADIAN SWIMMING TRIALS			EAST COAST SC	TAS NB LONG COURSE	NB OPEN CHAMPIONSHIP		
DEC 4, 2015	APRIL 1, 2015	DEC 4, 2014	APRIL 1, 2015	FEB 6, 2011	JULY 1, 2011	MARCH 3, 2011	MAY 29, 2015	JAN 29, 2016	APRIL 1, 2006	
1:03.93	1:04.38	1:03.36	1:03.92	41.36	1:08.59	1:11.09	1:11.16	1:19.84	1:20.03	100 BACK
JESSICA PELLETIER	LEAH SMAL	LEAH SMAL	LEAH SMAL	EMILIE ANNE LUND	TALIA NIXON	HILARY SEAGRAVE	HILARY SEAGRAVE	VERONICA BELSH	SARA MCNABB	
INVITATION DECEMBRE DEV A-AA-A	CANADIAN SWIMMING TRIALS	YOUTH CUP	CANADIAN SWIMMING TRIALS	NAGE LE VENT D'HIVER	EASTERN CANADIAN CHAMPIONSHIPS			NB OPEN CHAMPIONSHIP	MAINE SWIMMING INTERNATIONAL	
DEC 4, 2015	APRIL 1, 2015	DEC 4, 2014	APRIL 1, 2015	DEC 3, 2016	APRIL 11, 2019	JAN 1, 1998	JULY 1, 1987	JAN 31, 2014	JULY 25, 2019	
2:15.52	2:24.57	2:15.52	2:19.49	2:24.50	2:28.43	2:32.30	2:33.31	2:48.53	2:53.52	200 BACK
CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	LEAH SMAL	JENNA BULL	CASSIDY RICHARDS	HILARY SEAGRAVE	HILARY SEAGRAVE	VERONICA BELSH	SARA MCNABB	
EAST COAST CHAMPIONSHIPS	TAS LC CHAMPS & NB CANADA GAMES TRIALS	EAST COAST CHAMPIONSHIPS	CANADIAN SWIMMING TRIALS		EASTERN CANADIAN TRI MEET			NB OPEN CHAMPIONSHIP	ATLANTIC CUP	
FEB 28, 2013	MAY 24, 2013	FEB 28, 2013	APRIL 1, 2015	FEB 1, 2007	MAY 12, 2012	JAN 1, 1987	MAY 1, 1987	JAN 31, 2014	JULY 4, 2019	
32.94	34.07	32.94	34.07	34.16	34.97	37.41	37.27	40.05	44:75	50 BREAST
DANIELLE LOSIER	DANIELLE LOSIER	DANIELLE LOSIER	DANIELLE LOSIER	DANIELLE LOSIER	MORGAN KIERSTEAD	MONICA MACDONALD	DANIELLE LOSIER	VERONICA BELSH	ISABEL VAN DEN BROECK	
								EAST COAST SHORT COURSE	MARIAIANNE LIMPET TEAM CHAMPS	
FEB 1, 2009	JUNE 1, 2008	FEB 1, 2009	JUNE 1, 2008	NOV 1, 2005	JUNE 1, 2003	DEC 1, 2003	MAY 1, 2004	FEB 27, 2014	APRIL 22, 2016	
1:11.30	1:13.82	1:11.30	1:13.82	1:12.97	1:14.54	1:21.63	1:15.16	1:29.08	1:36.14	100 BREAST
DANIELLE LOSIER	MARIANNE LIMPET	DANIELLE LOSIER	MARIANNE LIMPET	MORGAN KIERSTEAD	MORGAN KIERSTEAD	LAUREN ADAM	MORGAN KIERSTEAD	LAUREN ADAM	SARA MCNABB	
									MAINE SWIMMING INTERNATIONAL	
MARCH 1, 2008	JAN 1, 1989	MARCH 1, 2008	JAN 1, 1989	FEB 1, 2003	JULY 1, 2003	DEC 1, 2007	AUG 1, 2001	FEB 1, 2006	JULY 25, 2019	
2:37.65	2:43.09	2:37.92	2:43.09	2:37.65	2:50.87	2:56.77	2:43.31	3:05.08	3:30.59	200 BREAST
MORGAN KIERSTEAD	MARIANNE LIMPET	DANIELLE LOSIER	MARIANNE LIMPET	MORGAN KIERSTEAD	LYNAE RIOUX	LAUREN ADAM	MORGAN KIERSTEAD	YEDAM LEE	SARA MCNABB	
					SPRING NB LC CHAMPIONSHIPS			NB OPEN CHAMPIONSHIP	LC INVITATIONAL #4	
NOV 1, 2002	JAN 1, 1989	APRIL 1, 2008	JAN 1, 1989	NOV 1, 2002	MAR 23, 2018	FEB 1, 2008	AUG 1, 2001	FEB 1, 2013	JUNE 1, 2019	

FREDERICTON AQUANAUTS SWIM TEAM



FAST CLUB RECORDS

Female

Senior		15-17		13-14		11-12		10 & U		EVENT
SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
28.04	27.85	28.03	27.82	28.44	28.66	31.17	30.97	35.61	37.30	50 FLY
CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	KASSIDY HAMILTON	CASSIDY RICHARDS	CASSIDY RICHARDS	
EASTERN CANADIAN CHAMPIONSHIPS	CANADIAN SWIMMING TRIALS	NB SC OPEN CHAMPIONSHIP	CANADIAN SUMMER NATIONALS	NB SC OPEN CHAMPS		DEFI ROUGE ET OR-UL	TAS NB LONG COURSE			
FEB 14, 2013	APRIL 1, 2015	JAN 30, 2015	JULY 17, 2013	FEB 3, 2012	JULY 1, 2011	DEC 4, 2009	MAY 29, 2015	FEB 1, 2006	MAY 1, 2007	
1:02.33	1:03.51	1:02.33	1:03.51	1:04.35	1:06.29	1:10.47	1:11.41	1:29.83	1:21.09	100 FLY
CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	CASSIDY RICHARDS	ANNA IVEY	KASSIDY HAMILTON	SARA MCNABB	SARA MCNABB	
EAST COAST CHAMPIONSHIPS	CANADIAN WORLD CHAMPIONSHIP	EAST COAST CHAMPIONSHIPS	CANADIAN WORLD CHAMPIONSHIP	NB SC OPEN CHAMPS		MARIANNE LIMPERT TEAM CHAMPIONSHIPS	TAS NB LONG COURSE	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	MAINE SWIMMING INTERNATIONAL	
FEB 28, 2013	APRIL 3, 2013	FEB 28, 2013	APRIL 3, 2013	FEB 3, 2012	JULY 1, 2011	APRIL 26, 2018	MAY 29, 2015	DEC 14, 2018	JULY 25, 2019	
2:17.09	2:17.10	2:21.68	2:20.92	2:28.81	2:25.92	2:35.87	2:34.17	3:21.68	3:09.90	200 FLY
HILARY SEAGRAVE	HILARY SEAGRAVE	HILARY SEAGRAVE	HILARY SEAGRAVE	KAITLYN YOUNG	HILARY SEAGRAVE	HILARY SEAGRAVE	KELSEA VESSEY	SARA MCNABB	SARA MCNABB	
							EAST COAST CHAMPIONSHIP	DISTANCE QUALIFIER	ATLANTIC CUP	
NOV 1, 1995	JAN 1, 1992	JAN 1, 1990	JAN 1, 1992	MARCH 1, 2007	JAN 1, 1989	JAN 1, 1998	JULY 5, 2012	JAN 19, 2019	JULY 4, 2019	
1:05.55		1:06.74		1:08.08		1:12.88		1:21.90		100 IM
MARIANNE LIMPERT		DANIELLE LOSIER		JENNA BULL		CASSIDY RICHARDS		SARA MCNABB		
								FLYING FINS		
APRIL 1, 1995		APRIL 1, 2008		MARCH 1, 2007		JAN 29, 2010		APRIL 14, 2019		
2:21.94	2:15.75	2:20.04	2:22.29	2:24.82	2:28.68	2:32.29	2:34.02	2:57.13	2:57.30	200 IM
MARIANNE LIMPERT	MARIANNE LIMPERT	MARIANNE LIMPERT	MARIANNE LIMPERT	JENNA BULL	MARIANNE LIMPERT	HILARY SEAGRAVE	HILARY SEAGRAVE	YEDAM LEE	KAITLYN YOUNG	
								NB OPEN CHAMPIONSHIP		
MARCH 1, 1995	MAR 1, 1996	JAN 1, 1989	AUG 1, 1989	FEB 1, 2007	APRIL 1, 1987	MARCH 1, 1987	MARCH 1, 1987	FEB 1, 2013	JULY 1, 2003	
4:52.61	5:00.87	4:58.24	5:00.87	5:04.84	5:13.31	5:19.40	5:24.01	6:06.82	6:14.42	400 IM
MARIANNE LIMPERT	HILARY SEAGRAVE	HILARY SEAGRAVE	HILARY SEAGRAVE	JENNA BULL	HILARY SEAGRAVE	HILARY SEAGRAVE	HILARY SEAGRAVE	VERONICA BELSH	SARA MCNABB	
								EAST COAST SHORT COURSE	ATLANTIC CUP	
NOV 1, 1995	JULY 1, 1995	JAN 1, 1992	JUNE 1, 1995	FEB 1, 2007	JAN 1, 1989	JULY 1, 1987	JULY 1, 1987	FEB 27, 2014	JULY 4, 2019	

FREDERICTON AQUANAUTS SWIM TEAM



FAST CLUB RECORDS

Male

EVENT	10 & U		11-12		13-14		15-17		Senior	
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC
50 FREE	32.78	32.92	28.12	28.82	25.14	25.49	24.00	25.30	23.37	24.19
	TOM WIELEMAKER	TOM WIELEMAKER	TOM WIELEMAKER	JACOB GALLANT	DANUSH VISWANATHAN	ETHAN NESTORUK	CHRIS GARCELON	COLIN BAIRD	JASON LUKEMAN	JASON LUKEMAN
	UNB INVITATIONAL #3	EAST COAST CHAMPIONSHIPS	NB OPEN CUP	TAS NB LONG COURSE		INVITATION RBC SHERBROOKE				
	MARCH 28, 2015	JULY 3, 2014	JAN 27, 2017	MAY 29, 2015	FEB 1, 1993	MAY 3, 2019	FEB 1, 2008	JULY 1, 2002	JAN 1, 1997	JAN 1, 1996
100 FREE	1:12.47	1:13.00	1:00.97	1:02.65	55.40	55:29	52.83	54.27	50.70	52.50
	TOM WIELEMAKER	TOM WIELEMAKER	GRAHAM COX	JACOB GALLANT	DANUSH VISWANATHAN	JACOB GALLANT	COLIN BAIRD	JACOB GALLANT	JASON LUKEMAN	JASON LUKEMAN
	AQUA FAB FALL INVITATIONAL	EAST COAST CHAMPIONSHIPS		EAST LC COAST CHAMPIONSHIPS		CANADIAN JUNIOR SWIMMING		CANADIAN JUNIOR SWIMMING CHAMPIONSHIPS		
	NOV 1, 2014	JULY 3, 2014	OCT 1, 1993	JULY 2, 2015	FEB 1, 1993	JULY 26, 2017	FEB 1, 2002	JULY 25, 2018	JAN 1, 1997	JAN 1, 1996
200 FREE	2:32.75	2:42.83	2:12.99	2:12.17	2:01.48	1:59.46	1:52.63	1:57.64	1:55.29	1:56.98
	TOM WIELEMAKER	JACOB GALLANT	GRAHAM COX	JACOB GALLANT	DANUSH VISWANATHAN	JACOB GALLANT	JACOB GALLANT	MATTHEW WALKER	JACOB GALLANT	MATTHEW WALKER
	NB SC OPEN CHAMPIONSHIPS	EAST COAST CHAMPIONSHIPS		EAST LC COAST CHAMPIONSHIPS		CANADA GAMES SWIMMING	NB OPEN CUP		NB OPEN CUP	
	JAN 30, 2015	JULY 4, 2013	MAY 1, 1993	JULY 2, 2015	JAN 1, 1993	AUG 7, 2017	JAN 31, 2020	JAN 1, 1997	JAN 31, 2020	JAN 1, 1998
400 FREE	5:33.12	5:34.60	4:38.06	4:39.30	4:10.59	4:14.15	3:57.91	4:07.43	4:01.58	4:07.43
	TOM WIELEMAKER	DANIEL DUGUAY	GRAHAM COX	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	MATTHEW WALKER	JACOB GALLANT	MATTHEW WALKER
	BLAST CHRISTMAS INVITATIONAL	SUMMER CHAMPIONSHIPS		EAST LC COAST CHAMPIONSHIPS	NB OPEN CUP	CANADA GAMES SWIMMING	MARIANNE LIMPERT TEAM CHAMPIONSHIPS		NB OPEN CUP	
	DEC 5, 2014	JULY 6, 2018	OCT 1, 1993	JULY 2, 2015	JAN 27, 2017	AUG 7, 2017	DEC 6, 2019	JAN 1, 1998	FEB 1, 2019	JAN 1, 1998
800 FREE	11:31.28	12:22.11	9:45.53	10:12.49	8:41.25	8:48.25	8:34.19	8:41.69	8:34.19	8:42.05
	TOM WIELEMAKER	DANIEL DUGUAY	TOM WIELEMAKER	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	MATTHEW WALKER	JACOB GALLANT	MATTHEW WALKER	JACOB GALLANT
	FAST DISTANCE IN HOUSE MEET	NB LC CHAMPIONSHIPS	NB OPEN CUP	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	NB OPEN CUP	CANADA GAMES SWIMMING		ATLANTIC CUP		RBC CANADIAN SWIMMING CHAMPIONSHIPS
	JAN 10, 2015	MAR 23, 2018	JAN 27, 2017	APRIL 24, 2015	JAN 27, 2017	AUG 7, 2017	NOV 1, 1997	JULY 4, 2019	JAN 1, 1998	APRIL 5, 2018
1500 FREE	23:05.70	26:41.40	18:29.31	19:38.49	16:58.38	17:02.43	16:14.87	16:35.13	16:14.87	16:35.13
	BEN HEBB	NOAH HORWOOD	GRAHAM COX	GRAHAM COX	MATTHEW WALKER	JACOB GALLANT	MATTHEW WALKER	MATTHEW WALKER	MATTHEW WALKER	MATTHEW WALKER
						CANADIAN JUNIOR SWIMMING				
	NOV 1, 2006	JAN 1, 2008	MAY 1, 1993	JAN 1, 1992	JAN 1, 1995	JULY 26, 2017	FEB 1, 1996	JAN 1, 1998	JAN 1, 1998	JAN 1, 1998

FREDERICTON AQUANAUTS SWIM TEAM



FAST CLUB RECORDS

EVENT	Male									
	10 & U		11-12		13-14		15-17		Senior	
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC
50 BACK	38.80	38.88	32.59	35.23	28.90	29.80	27.28	28.86	27.28	29.43
	TOM WIELEMAKER	JACOB GALLANT	GRAHAM COX	JACOB GALLANT	ETHAN NESTORUK	ETHAN NESTORUK	COLIN BAIRD	ETHAN NESTORUK	COLIN BAIRD	NOAH BRAKE
	NB SC OPEN CHAMPIONSHIPS	TAS LC CHAMPS & CANADIAN GAMES TRIALS		EAST LC COAST CHAMPIONSHIPS	NB OPEN CUP	DAVID FRY NS PROVINCIAL CHAMPIONSHIPS		DAVID FRY NS PROVINCIAL CHAMPIONSHIPS		ATLANTIC CUP
	JAN 30, 2015	MAY 24, 2013	OCT 1, 1993	JULY 3, 2014	FEB 1, 2019	FEB 28, 2019	FEB 1, 2002	MARCH 5, 2020	FEB 10, 2006	JULY 4, 2019
100 BACK	1:22.36	1:24.13	1:09.26	1:10.22	1:02.74	1:03.12	57.71	1:00.93	57.92	1:00.93
	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	COLIN BAIRD	JACOB GALLANT
	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	TAS LC CHAMPS & CANADIAN GAMES TRIALS	UNB INVITATIONAL #3	EAST LC COAST CHAMPIONSHIPS	NB OPEN CHAMPIONSHIPS	CANADA GAMES SWIMMING	NEPTUNE INTERNATIONAL DE NOEL	NB LC CHAMPIONSHIPS		SPRING NB LC CHAMPIONSHIPS
	APRIL 12, 2013	MAY 24, 2013	MARCH 28, 2015	JULY 2, 2015	JAN 29, 2016	AUG 7, 2017	NOV 30, 2018	MARCH 23, 2018	JAN 1, 1999	MARCH 23, 2018
200 BACK	2:59.26	2:56.75	2:30.54	2:23.04	2:12.53	2:15.97	2:04.80	2:08.47	2:04.72	2:08.93
	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	GRAHAM COX	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	ANDREW HULSE	JACOB GALLANT
	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	EAST COAST CHAMPIONSHIPS	UNB INVITATIONAL #3		NB OPEN CUP	GO KINGFISH GEE GEES INVITE	NB OPEN CUP	DAVID FRY NS PROVINCIAL CHAMPIONSHIPS		CANADIAN JUNIOR CHAMPIONSHIPS
	APRIL 12, 2013	JULY 4, 2013	MARCH 28, 2015	JAN 1, 2004	JAN 27, 2017	FEB 25, 2017	FEB 1, 2019	FEB 28, 2019	JAN 1, 1999	JULY 24, 2019
50 BREAST	41.00	47.99	38.41	37.97	31.72	32.75	30.34	31.49	30.34	31.65
	BEN HEBB	TOM WIELEMAKER	TOM WIELEMAKER	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	CHRIS GARCELON	ETHAN NESTORUK	CHRIS GARCELON	CHRIS GARCELON
		EAST COAST CHAMPIONSHIPS	NB OPEN CUP	TAS NB LONG COURSE	NB OPEN CUP	NB LC CHAMPIONSHIPS		DAVID FRY NS PROVINCIAL CHAMPIONSHIPS		
	DEC 1, 2006	JULY 3, 2014	JAN 27, 2017	MAY 29, 2015	JAN 27, 2017	MAR 31, 2017	MARCH 1, 2008	MARCH 5, 2020	MARCH 1, 2008	JULY 1, 2008
100 BREAST	1:30.81	1:41.37	1:22.42	1:22.68	1:08.65	1:10.75	1:03.31	1:06.51	1:04.62	1:06.01
	BEN HEBB	BEN HEBB	JOHN MCLEOD	MICHAEL GRANT	JACOB GALLANT	ETHAN NESTORUK	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	AARON LEE
					NB OPEN CUP	EASTERN CANADIAN CHAMPIONSHIPS	NB OPEN CUP	EASTERN CANADIAN CHAMPIONSHIPS	NB OPEN CUP	
	DEC 1, 2006	APRIL 1, 2006	JAN 1, 1990	JAN 1, 1989	JAN 27, 2017	APRIL 11, 2019	JAN 31, 2020	APRIL 11, 2019	JAN 31, 2020	JAN 1, 2001
200 BREAST	3:16.91	3:53.50	2:58.86	2:55.15	2:32.66	2:31.89	2:13.38	2:19.38	2:13.52	2:20.22
	BEN HEBB	MARK ADDISON	JOHN MCLEOD	MANEESH SHANBAG	CHRIS GARCELON	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT
		FAST/CNBO/TIDE INVITATIONAL #3				NB LC CHAMPIONSHIPS	ONTARIO JUNIOR INTERNATIONAL	CANADIAN JUNIOR CHAMPIONSHIPS	NB OPEN CUP	EASTERN CANADIAN CHAMPIONSHIPS
	DEC 1, 2006	FEB 16, 2019	JAN 1, 1990	JAN 1, 1993	FEB 1, 2006	MAR 31, 2017	DEC 14, 2018	JULY 24, 2019	JAN 31, 2020	APRIL 11, 2019

FREDERICTON AQUANAUTS SWIM TEAM



FAST CLUB RECORDS

Male

EVENT	10 & U		11-12		13-14		15-17		Senior	
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC
50 FLY	36.66	37.72	32.55	31.62	26.85	27.16	26.42	26.46	26.42	26.13
	BEN HEBB	DANIEL DUGUAY	JONATHAN TSELICHTCHEV	JACOB GALLANT	ETHAN NESTORUK	ETHAN NESTORUK	COLIN BAIRD	ERIK STAEBEN	COLIN BAIRD	ERIK STAEBEN
		SUMMER CHAMPIONSHIPS	NB OPEN CUP	TAS NB LONG COURSE	NEPTUNE INTERNATIONAL DE NOEL	EASTERN CANADIAN CHAMPIONSHIPS		NB LC CHAMPIONSHIPS		SPEEDO EASTERN CANADIAN CHAMPIONSHIPS
	DEC 1, 2006	JULY 6, 2018	JAN 31, 2020	MAY 29, 2015	NOV 30, 2018	APRIL 11, 2019	APRIL 1, 2003	MARCH 23, 2018	APRIL 1, 2003	APRIL 12, 2018
100 FLY	1:23.99	1:28.66	1:12.08	1:13.87	59.87	1:00.23	57.33	58.72	58.01	57.09
	DANIEL DUGUAY	LUKE STAEBEN	DANIEL DUGUAY	JACOB GALLANT	ETHAN NESTORUK	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	IAN TENNANT
	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	NB OPEN CUP	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	NEPTUNE INTERNATIONAL DE NOEL	CANADIAN AGE GROUP CHAMPIONSHIPS	NB OPEN CUP	CANADIAN JUNIOR CHAMPIONSHIPS	NB OPEN CUP	
	APRIL 27, 2018	APRIL 24, 2015	JAN 31, 2020	APRIL 24, 2015	NOV 30, 2018	JULY 27, 2016	JAN 31, 2020	JULY 24, 2019	JAN 31, 2020	JAN 1, 1992
200 FLY	3:20.27	3:12.94	2:41.10	2:31.51	2:15.44	2:14.83	2:03.17	2:08.06	2:04.65	2:08.09
	DANIEL DUGUAY	DANIEL DUGUAY	DANIEL DUGUAY	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT
	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	SUMMER CHAMPIONSHIPS	MARIANNE LIMPERT TEAM CHAMPIONSHIPS	CANADIAN AGE GROUP CHAMPIONSHIPS	NAGE LE VENT D'HIVER	CANADIAN JUNIOR SWIMMING	NB OPEN CUP	CANADIAN SWIMMING TRIALS	NEPTUNE INTERNATIONAL DE NOEL	EASTERN CANADIAN CHAMPIONSHIPS
	APRIL 28, 2018	JULY 6, 2018	DEC 6, 2019	JULY 29, 2015	DEC 3, 2016	JULY 26, 2017	FEB 1, 2019	APRIL 3, 2019	NOV 30, 2018	APRIL 11, 2019
100 IM	1:22.83		1:17.17		1:06.11		59.99		59.99	
	BEN HEBB		ERIC MENG		DUNCAN BURNS		JACOB GALLANT		JACOB GALLANT	
			FAST INVITATIONAL		CNBO INVITATIONAL		INVITATION PROVINCIAL NEPTUNE		INVITATION PROVINCIAL NEPTUNE	
	DEC 1, 2006		NOV 20, 2010		DEC 14, 2012		DEC 1, 2017		DEC 1, 2017	
200 IM	2:59.82	3:01.42	2:36.32	2:31.05	2:16.73	2:10.33	2:02.89	2:05.59	2:03.40	2:05.66
	BEN HEBB	DANIEL DUGUAY	GRAHAM COX	JACOB GALLANT	CHRIS GARCELON	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT
		SUMMER CHAMPIONSHIPS		EAST LC COAST CHAMPIONSHIPS		CANADIAN JUNIOR SWIMMING	ONTARIO JUNIOR INTERNATIONAL	CANADIAN SWIMMING TRIALS	ONTARIO JUNIOR INTERNATIONAL	CANADIAN JUNIOR CHAMPIONSHIPS
	FEB 1, 2007	JULY 6, 2018	JAN 1, 1993	JULY 2, 2015	FEB 1, 2006	JULY 26, 2017	DEC 14, 2018	APRIL 3, 2019	DEC 14, 2018	JULY 24, 2019
400 IM	6:28.56	6:28.13	5:31.19	5:06.17	4:52.28	4:33.68	4:14.78	4:24.43	4:20.80	4:25.77
	BEN HEBB	DANIEL DUGUAY	GRAHAM COX	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT	JACOB GALLANT
		SUMMER CHAMPIONSHIPS		CANADIAN AGE GROUP CHAMPIONSHIPS	NB OPEN CHAMPIONSHIPS	CANADA GAMES SWIMMING	NB OPEN CUP	CANADIAN SWIMMING TRIALS	ONTARIO JUNIOR INTERNATIONAL	EASTERN CANADIAN CHAMPIONSHIPS
	NOV 1, 2006	JULY 6, 2018	JAN 1, 1993	JULY 29, 2015	JAN 29, 2016	AUG 7, 2017	JAN 31, 2020	APRIL 3, 2019	DEC 14, 2018	APRIL 11, 2019