



AQUA-NEWS

March 2022

www.swimmingfast.com

FAST Families:

We are now at the mid-way point of our 2021-2022 swim season. It's time to reflect on our season to this point and start planning for 2022-23.

Our Semi-Annual AGM will be held on March 14, 2022 from 6:30-7:00 pm via Zoom (link will follow) We encourage everyone to attend.

We have begun initial planning for next season and are looking to fill a few vacancies on our Board of Directors and various Committees.

Why Volunteer? This is a great question. I am pretty sure not many people would say "I have some extra time on my hands, why don't I volunteer". For most of us, the opposite is true. However, I ask that you consider the intangible value of giving/volunteering. Volunteering allows us to learn, grow and "give back".

There are at times difficult experiences which create opportunity for growth and fulfillment. However, we all have a common goal (FAST's vision) which ties us together and helps us learn from each other, which creates self development and improvement.

So... you do get something back from volunteering, you just can't measure it.

Please reach out to myself or Andrea Addison (Vice President) if you want to learn more about volunteering with FAST.

Sincerely, *Jeanne Van den Broeck, FAST President*

FAST's Vision:

FAST is one of the leading swim clubs in Atlantic Canada, providing an inspirational environment where all swimmers can learn and practice the values and qualities that will help them succeed as young athletes and as responsible citizens. FAST is committed to upholding the principles of True Sport. We are a non-profit club, which is run by its elected Board of Directors, who meet each month. All members are encouraged to be involved in team activities and fundraisers.

Semi Annual AGM

March 14

6:30-7:00 pm

Via Zoom

Agenda:

- Team Update
- Financials 2020-2021
- New Pool Update

How about volunteering for FAST?

If you are interested in getting involved with FAST as a Board Member, Committee Chairperson, or Committee Member, please let us know.

We are looking for individuals skilled in the following areas:

- Leadership
- Strategic Planning
- Fundraising
- Event planning
- Financial, budget preparation & review
- Parent Liaisons

Committee Chairperson Responsibilities

- Committee Chairpersons or Coordinators are responsible for putting in action FAST's initiatives
- These initiatives are directed by the Board of FAST and will be in line with FAST's Vision and Strategic Plan
- Committee Chairs/Coordinators regularly report to the Board of Directors
- Leadership, ability to work well with others in a respectful manner, organization & planning are all great skills to have for this role

Committee Member Responsibilities

- Our committee members are our "do'ers". These people are the individuals who administer and run the committee's plan for the season
- Characteristics of great committee members include: ability to work with others, administration, planning, time to dedicate to running errands, purchasing supplies, etc – whatever is required of the committee
- Committee members report to the Committee chairperson/coordinator

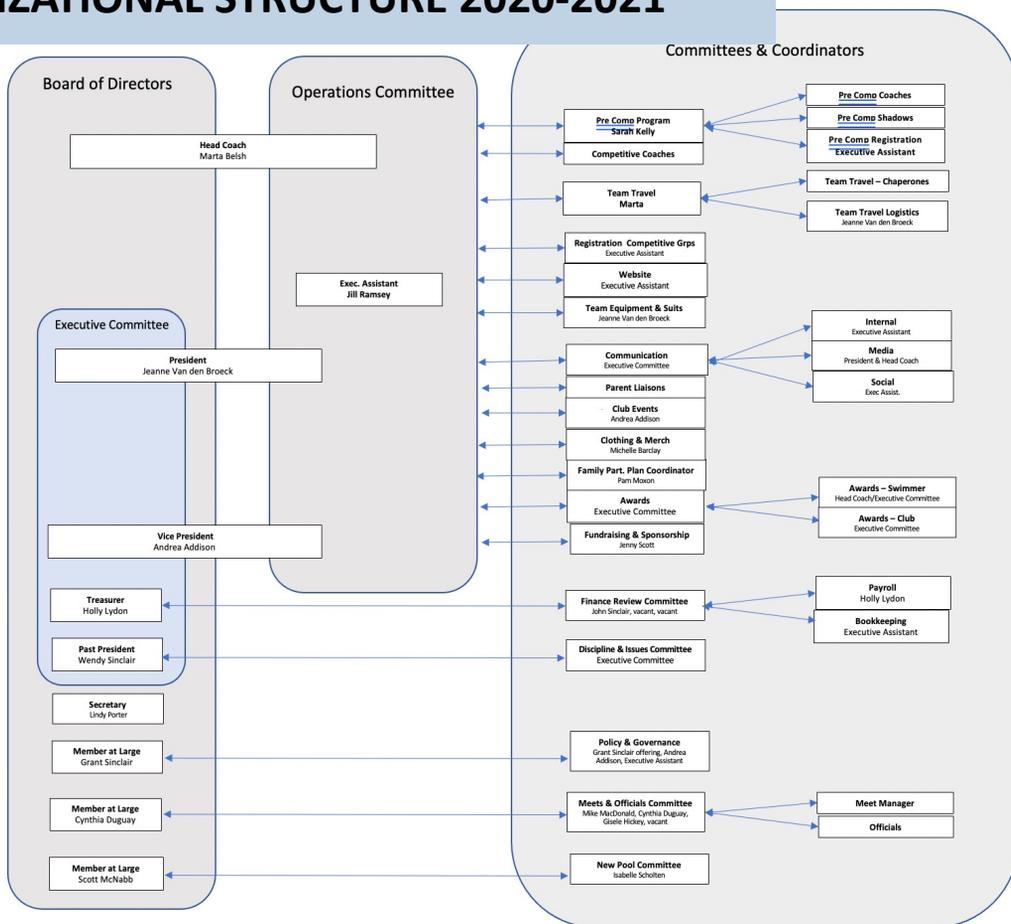
Board Member Responsibilities

- Commitment to FAST's vision and values (code of conduct)
- Place FAST's vision above your own or your child's personal interest
- Time commitment – Board meetings 1 hour/month, other meetings as required, independent work depending on your role
- Respect for other directors' opinions and ability to problem solve, debate and compromise
- Depending on the position, leadership, strategic planning, financial knowledge, administration and organization
- Typically, each Board member is given the responsibility for at least one committee of FAST. The Board member can chair this committee, or they can be a member of the committee and report frequently to the Board on the committee's activities. The Board member is responsible for ensuring the committee fulfills its obligation based on FAST's Strategic Plan and Budget

Parent Liaisons Responsibilities

- Each swim group has a member who is assigned to be that group's parent liaison
- Parent liaisons facilitate communication within the swim group, identify areas of concern/field questions for our coaches, staff and other volunteers and administer the group's Facebook page
- Parent Liaisons report to the President or other assigned Board members
- Characteristics of a good parent liaison include: good communication skills, knowledge of swimming and FAST, ability to be openminded and patient. This role sometimes involves being the middle person between an issue with a member and/or FAST coaches/staff/board

FAST ORGANIZATIONAL STRUCTURE 2020-2021



Pre Competitive Group Q & A:

When will my swimmer move to the next group?

Pre comp swimmers do not change groups until a session is completed. At the end of each Pre Competitive session, you will receive a report card indicating which group they should register for in the following session.

It should be noted that not all swimmers move to the next group after a session. There is a set of criteria that each swimmer must be proficient in before moving to the next level.

Pre Competitive Coaches Advice:

- This is a great time to let your swimmer take responsibility for themselves. Sure, they still need help in the change room, but then your job is to give them a hug and head out for a walk or relax in the bleachers during their practice.
- Swimmers at this age may be young but giving them a bit of space during swim practice will allow them to "practice" asking for help if needed. All our coaches are previous swimmers who have all been where your child is at one point. They too have been bone chilling cold and possibly on the verge of tears during a practice at one point in their swimming life. They understand and will take care of your swimmer.

Governance

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

- FAST will start reorganizing a group to promote our need for a new pool
- Meet Managers – will be permitted to arrive a day earlier for larger meets that are out of town to set up ahead of time. Costs will be paid for by the Meet Fees
- Succession – we have a number of positions that will be open next year. We will reach out to membership to gauge interest
- GIC's have been renewed, T4's are all handed out to staff
- BOD Approved the 2020-2021 Financial Statements as presented by Teed Saunders Doyle
- Lock down was very difficult for our swimmers and online activities are getting harder to keep their interest – we are happy to be back in the water.
- Pre Comp Winter session started late and its great to see all the kids in the program

You might see some familiar faces swimming with FAST in April after University ends for the year.

Its important for FAST to maintain a strong alumni connection.

Did you know that FAST has a policy that allows our alumni swimmers to join FAST practices once university is out?

[Alumni Swimmer Policy](#)

Family Participation Plan

Don't forget about the volunteer hours you are required to earn this season:

Aqua 1 – not applicable
Aqua 2 – 10 hours/season
Aqua 3 – 15 hours/season
Aqua 4 – 15 hours/season
APJ – 15 hours/season
APS – 15 hours/season

[For more information see our website](#)

February 2022 Kindness Bingo

Congrats to the following swimmers who participated in the Kindness Bingo last month

Hannah Benjamin Gilles
Sophia Carr
Jax Howard
Jacob McLean
Amelia Sherwood

Difficult Situations Make us Stronger and Resilient!

Common Problem Areas for Sport Parents:

1. Misplaced Enthusiasm

Parents sometimes place an overemphasis on outcome goals or on winning or losing, rather than on their children's enjoyment, growth and development. They want to be enthusiastic, but aren't sure how to express their enthusiasm effectively. Astute coaches often channel such parents' energy by giving them important support roles or tasks. In the process, the parents are often educated regarding the complexity of the coach's task.

2. Inducing Guilt

Parents can spend thousands of dollars and countless hours on youth sport participation. It is very easy for children to begin to notice the "sacrifice" and feel tremendous guilt and pressure to do well. Parents need to regularly remind their children that they enjoy providing the opportunity and **there are no strings attached**. Children do need to appreciate their opportunities, but must not be made, even unintentionally, to feel guilty about them.

1. Living Vicariously Through Our Children

Parents sometimes push children in order to make up for their own past frustrations and limitations. Too much vicarious involvement by the parent can become a tremendous burden to young athletes and be the cause of acute embarrassment.

2. Glimmer of Gold

For too many parents, gold medals and rich contracts become the main focus. It's fine to be ambitious, but the reality is that less than 1% of children who start a sport will go on to make a living at it. Be supportive but stay rational – there is probably much more upward social mobility in other fields than there is in sport. If your children happen to excel through the vehicle of sport, great – but don't let outcome expectations become a burden or a distraction.

5. Losing Perspective

Parents sometimes lose sight of what is important for children and themselves. Growth and development and preparation for life need to be the priority. Parents and children should regularly discuss values in sport and life. Knowing who we are, what is important in life, and how sports fit in are all part of achieving a perspective. With the "bigger picture" in place, both parents and children are less prone to youth sport problems.

Guide for Sports Parents
Sport Manitoba
[CLICK HERE](#)

Any of these tendencies **hurt our children** and destroy the potential of sports programs. **Look carefully** for where you may be prone, even unintentionally, to these kinds of concerns.

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates		Group						
Date	Event	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
March 5-13	Modified March Break Schedule		x	x	x	x	x	x
Mar 6-13	Pre Comp Practices Cancelled for March Break	x						
Mar 14	Semi Annual AGM	x	x	x	x	x	x	x
March 25-27	NB LC Champs & CG qualifiers – 1 A time needed for Champs				x	x	x	x
April 8	Last Day Pre Comp Winter 2022 Session	x						
April 11	Pre Comp Spring Registration opens for FAST members	x						
April 14	Pre Comp Spring Registration NEW FAST members							
April 25	Pre Comp Spring Session Starts	x						

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

Upcoming Fundraiser - Chocolate Bars

Background on this initiative:

- It was part of our Fundraising Plan last season and we received very positive feedback. Most members found the boxes easy to sell
- Why Chocolate bars? This fundraiser was identified as one that didn't require a lot of extra "work" for our volunteer committee and would give FAST a profit of about \$4500. The revenue is to be used to subsidize the deficit we are running this year (so we didn't have to increase registration fees more than they were already increased for this season).
- ***New*** There will be an option of families to "opt out" of receiving/selling their 1 mandatory carrying case of chocolate bars, but the cost to opt out will be equal to the profit FAST had planned on receiving per family (\$45)

It was felt the opting out option addressed the concerns of those not wanting to sell the bars but also allowed those wanting to participate in this fundraiser the ability to do so. At the same time, FAST will receive the funds planned for subsidizing our deficit for this season.

Coming soon!



March Birthdays

Emma Barteaux

Kyle Dick

Olivia Jenkins

Lilyanne Sutherland

Mia Champagne

Miriam Field

Audrey Moore

Kyle Taylor

Liam Connell

Penelope Gaddess

Amelia Sherwood

Jonathan Tselichtchev

Connect to Help

An important part of being there for someone is **helping them access** professional and community resources and services.

You can't (and shouldn't) force them to go, but you can help them know where to go and what to expect.

As a friend, your role is to support them in finding resources and getting help. You can prepare for conversations and do research on your own, but the process of getting help is best done together. Ask how you can support them in getting help. E.g. *Would you feel more comfortable if I was there when you call to make an appointment? Want me to come to the Guidance Office with you?*

Where to go

Figuring out where to find help can be hard. Check out Kids Help Phone **Resources Around Me** and if there aren't appropriate services in your area (or if wait times are too long) then look to online resources or helplines. If possible, get on a waitlist for professional services but you can also reach out to a caring person in your community that you trust. Sometimes it's just trial and error of different resources like online chats, group counselling or helplines before finding a good fit. The important thing is to not give up.

While resources in your area might not be as plentiful and accessible as they should be, it's important for people to look into all options and try different approaches to find what will best suit their needs. Learn about the differences between **various services**.

When to get help

The earlier the better. If you see someone is struggling to cope, you should suggest they reach out to community supports or professional help. Let them know that there are people they can talk to who can help (like a school counsellor, family doctor, or helpline), and that they don't have to go through this alone.

By encouraging and supporting someone to get the help they need, we normalize help seeking behaviour. It's like when that first brave student has the courage to stick their hand up in an auditorium of 1,200 first years and ask a question. From then on it's just a little bit easier for everyone else to ask their questions. It's like a destigmatizing snowball effect.

You can say, *"It sounds like you've really been struggling; have you considered talking to our school counsellor?"*

Offer to go with them to a counsellor or sit with them while they call a helpline.

Find ways to help remove barriers to accessing services like distance, time and cost.

[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](#)



Creative ways to access help

Keep following up

If they refuse help, but are not in crisis, follow up periodically and encourage them to get help. It's a balance; pushing too hard will only push them further away, but if you're worried about them they probably could use some support. Give them space but check in from time to time and keep an eye out for warning signs. If you see something that worries you, **say what you see** and **hear them out**. Similarly, know the signs of crisis and, if present, immediately **connect them to help**. If they're in crisis, call 9-1-1 or emergency services.

I'll support whatever option you choose

What to Expect from Therapy

Each person's experience with mental health care services will be different. There are dozens of types of therapy and every therapist has their own personality and their own style of therapy, so it's important to find the right fit. If someone doesn't 'click' with the first therapist they see, that's ok. Totally normal. Encourage them to keep trying to find someone they're comfortable with.

The first therapy session usually goes one of two ways: i) therapist and patient ask each other questions to get to know each other, build trust and assess whether it's a good fit or ii) dive right into the reason they're at therapy and then see at the end of the session whether it's a good fit. Therapy requires a lot of vulnerability and often someone's first (or every!) therapy session is really hard. They might not feel so great coming out of it and could use a friend to be there for them.

Ways to support a friend in therapy:

Before: Encourage your friend to write down the questions they want to ask their therapist. Help your friend look at their schedule and figure out how often they can go to therapy. Can they commit to once a week? Twice a month? What time slots might work?

During: Wait in the car, wait in the waiting room or go in with them. Whatever they want and you're comfortable with.

After: Ask them how it went. Listen carefully to what they liked about the therapist and what they didn't like. If it didn't go well, gently encourage them to try again or offer to help them find a different therapist. Don't push too hard but follow up in a of couple weeks.



That Swimmer Doesn't Practice Hard, but Beats Me in Races.

What Do I Do?

By Alan Goldberg, Competitivedge.com | Monday, October 14, 2019

*"So, it **really** frustrates me that 'X' doesn't work hard in practice, frequently skips out of the main set when it gets too hard and then beats me at meets! It's just not right and it's driving me bananas!"*

I can't tell you how many swimmers have shared their version of this frustration with me over the years. You know the story – you are a serious and dedicated swimmer. You make all of the practices and push yourself to the max. You listen to the coaches and do everything you can to make yourself better. And then your teammate(s), do exactly the opposite. They don't do doubles. They consistently skip important practices. They rarely, if ever push themselves in training. Occasionally, they'll save themselves until the end of a tough set and then go all out on the last 100 or 200. And the killer is that they seem to regularly beat you when it comes to races.

What gives? It is so frustrating that you find you can't stop thinking about them. This going around in circles between how hard you work and **how hard they don't work** is driving you to distraction.

So what can you **constructively** do about this confusing and seemingly unfair situation?

My advice to you is very simple. It's the same advice I regularly give to swimmers who find themselves getting much too nervous right before and sometimes during their races. **STAY IN YOUR OWN LANE!** That is, keep your focus of concentration on you and what you're doing when you train, and not on what other teammates may or may not be doing.

While these kinds of situations are unbelievably maddening and confusing, you have to learn to tune out how others train and just focus on yourself, on your technique, your walls, strengthening your weaknesses, etc. If you insist on obsessing about how you work so hard and they don't, yet they beat you when it counts, then you will end up feeling really badly about yourself and totally de-motivated. In fact, allowing yourself to stay stuck over-thinking about these kinds of teammates will undermine both your confidence and desire to work hard, leaving you feeling like, "What's the point? Why even bother?"

Here's one of the realities to explain why this kind of thing sometimes happens. Some swimmers are blessed physically and have the body to be able to **temporarily** get away with inconsistent and mediocre efforts in the pool. They can skip practices, back down when the training gets hard and still go fast under pressure. However, the reality is that sooner or later these kinds of training habits will come back to haunt them. No one can become successful without consistently putting in a full effort. **NO ONE!** As you get better and the competition gets tougher, swimmers who have poor training habits will ultimately fall behind. They may be able to get away with it now, but sooner or later their bad habits will come back to hurt them.

Whether this happens sooner or later should be totally irrelevant to you because their sub-par training habits don't have to have any negative effects on you unless you allow them to. Regardless of whether they can beat you now, your job is to bring your focus in practice and at meets back to your own lane and whatever you're doing. In training, you don't ever want to waste your physical and emotional energy focusing on these kinds of swimmers. Instead, you want to keep your focus on what **you** are doing during practice, on **your** goals, strengthening **your** weaknesses and giving a full effort!

Just remember, at some point in the future, your hard work and good training habits **will pay off**. Whether this happens while this other swimmer is still on your team or not is inconsequential. Whether it will pay off with you beating this person sooner rather than later is also unimportant. What is important is **your** commitment to training, NOT **their** lack of commitment.

So give yourself a break and keep your concentration between **your** two lane lines whenever you train and race! Pay close attention to yourself and no one else. Channel all of your frustration and anger into training harder, focusing more on what you are doing and getting better for yourself and to achieve your goals.



Do your shopping through Flipgive and a % of every dollar you spend goes to our Team.

Invite friends, family, coworkers to download this app and use our unique Team Code.

Last year our Team earned \$716.84!!!! And it didn't cost us a penny!

Funds earned through Flipgive will be put towards Coaching Fees for Swim Meets. This means the more we earn through Flipgive, the less you will pay for Meet Fees.



Download the App today!

FAST Team Code:

BMCCMW



Contact Us

www.swimmingfast.com

Mailing Address:
PO Box 82, Station A
Fredericton, NB E3B 9P7

Head Coach	Marta Belsh swimming@rogers.com
President	Jeanne Van den Broeck fastswimminggeneral@gmail.com
Pre Competitive Coordinator	Sarah Kelly fastprecomp@gmail.com
FAST Office	Jill Ramsey fastswimmingoffice@gmail.com

[Click here for more Contacts](#)