



# AQUA-NEWS

March 2020

www.swimmingfast.com

## ITS TIME!!!!

### Tickets to our 50<sup>th</sup> Anniversary Gala are on sale now!

Please join us in celebrating 50 years of FAST swimming. We have door prizes, a silent art auction, Anniversary Clothing for sale, a History of FAST presentation, dance, and much more.

Tickets \$30 each  
children 12 & under (as of May 2, 2020) \$10

to order please submit this form: [50th Anniversary Ticket Order Form](#)

to order Limited edition 50th Anniversary Clothing [click here](#) (clothing order deadline is March 30, 2020).



**50<sup>th</sup> Anniversary Celebration**

May 2, 2020

**FREDERICTON AQUANAUTS**  
**50**  
**SWIM TEAM**  
1969-2019

*Crowne Plaza Hotel*

5:00 pm ~ Cocktails (cash bar)  
6:00 pm ~ Dinner/Speakers  
7:00 - 9:00 pm ~ Dance

Sponsors

**Scotiabank**

**CROWNE PLAZA**  
AN IHG HOTEL  
FREDERICTON - LORD BEAVERBROOK

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**Scotiabank**  
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## **FAST Families:**

We are now at the mid-way point of our 2019-2020 swim season. It's time to reflect on our season to this point and start planning for 2020-21.

Our Semi Annual AGM will be held on April 22, 2019 from 6:30-7:00 pm in room C210. We encourage everyone to attend.

We have re-started our search for a new Assistant Head Coach and are happy to say we have received a great response. We will start the review and interview process after the application deadline, March 20.

I want to take a moment to talk to you about being a respectful swim parent. Unfortunately we have had a few incidents over the last year or so that has made it necessary for us to review our Code of Conduct – for both swimmers and their parents/guardians. As an organization, it is our job to ensure our coaches, fellow volunteers, parents and swimmers are all treated with mutual respect.

We understand completely that when it comes to issues involving our children we can be overzealous in the moment. I ask that we all follow one basic rule when a situation arises - Never react. Always take 24 hours to calm down before confronting, calling or email. Quite often this 24 hours help to put things in perspective and allows us to form our questions/concerns in a calm meaningful way.

Sincerely, *Jeanne Van den Broeck, FAST President*

## **Motives of Young Athletes**

Research has consistently found that most children participate in sports because of the following:

- To have fun
- To do something they are good at
- To improve skills and learn new skills
- For thrills and excitement
- To be with friends or make new friends
- To get exercise and become fit
- To learn to be a team player
- To win, and
- For moral development

Take time to explore your child's interests and preferences. And keep these motives in mind when discussing your child's involvement in sport.

Also consider these four human needs:

1. Acceptance
2. Enjoyment
3. Success, and
4. Choice

When these needs are met, your child will have the base, confidence and perspective to pursue excellence, be a "team" person, and enjoy life and all that it has to offer.

Check in regularly with your young athlete – a good sports program should provide some need fulfillment in all four areas.



## 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.

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.

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

## Relating to Key People

### Your Child's Coach

Your child's coach and you are on the same team and you will both share many of the same goals, but your priorities can be different. The coach's priority will be the team; your priority will be the development of your child. Do your job of supporting and encouraging your child and let the coach do his/her job. Not everyone has an "ideal" coach. If you have concerns, make sure they are discussed with the intent of helping the situation to get better. At all times, avoid undermining the coach – it puts both the coach and your child in a very difficult situation. If difficulties remain, help your child use the situation as a growth experience. If the problems are serious (harassment, abuse, etc.), report them to the sport's governing body or appropriate authority and remove your child from the program. Finally, if you think that you do know more than the coach, maybe you should be coaching! Organizations can always use more coaches who are willing to donate their time and energy towards providing quality sport experiences for children.



### Other Parents

The majority of parents whose children are involved in sports are good people who want the best for their kids. Unfortunately, the majority, by not speaking up, can allow a minority group to take charge and dominate the program planning and setting of priorities. When there is good communication among parents and healthy priorities for children, the program usually emerges. If you have concerns, don't be afraid to share them to see if others feel the same as you do. Try to be supportive of the coach, and encourage everyone to share his or her concerns and suggestions. Don't let a minority ruin things for everyone. If possible, review the program objectives with the coach early in the season. Encourage other parents to do the same; then monitor progress as the year unfolds. Whenever possible, try to encourage a healthy dialogue with the parents of opposing teams. It helps kids and coaches maintain perspective and positive rivalries.

### Officials

Believe it or not, but you and the officials are also on the same team – except your roles are different. The role of the officials is to know the rules of the game and to enforce those rules as they see them, for the benefit of the game and the competitors. Your role is to support and encourage your child, your child's team, the opponent's team, the officials and good sportsmanship. Support the officials when they are working and consider how your actions influence them. More sport parents should have the experience of officiating. They would realize how difficult the job is and how abusive behaviour by parents usually makes performance worse rather than better. Also consider how your child must feel if the coach and program has standards regarding "behaviour with officials" and you as a parent are out of control in the stands. Make sure that as a sport parent you "get with the program."





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

## What Do I Do?

By Alan Goldberg, [Competitivedge.com](http://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.

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## CNBO/TIDE LC Invitational & NextGen and Performance Camp



**Summary of last week's meets:** Saint John Fundy Aquatic Club (TIDE) and Club De Natation Bleu Et Or (CNBO) would like to thank all volunteers for their support at the 1st long course meet of the season held last weekend. The meet was a big success because of you! Full decks of officials, parents, volunteers, coaches, etc. *"The reason we do it is first and foremost for our kids so they can compete."* Thank you very much!

We congratulate also all swimmers, who have realized the Eastern Canadian Championships standards.

Many thanks also to Brian Wood, Angie McKinley and the club TIDE for the good organization of the NextGen and Performance camp, with 33 swimmers participating.

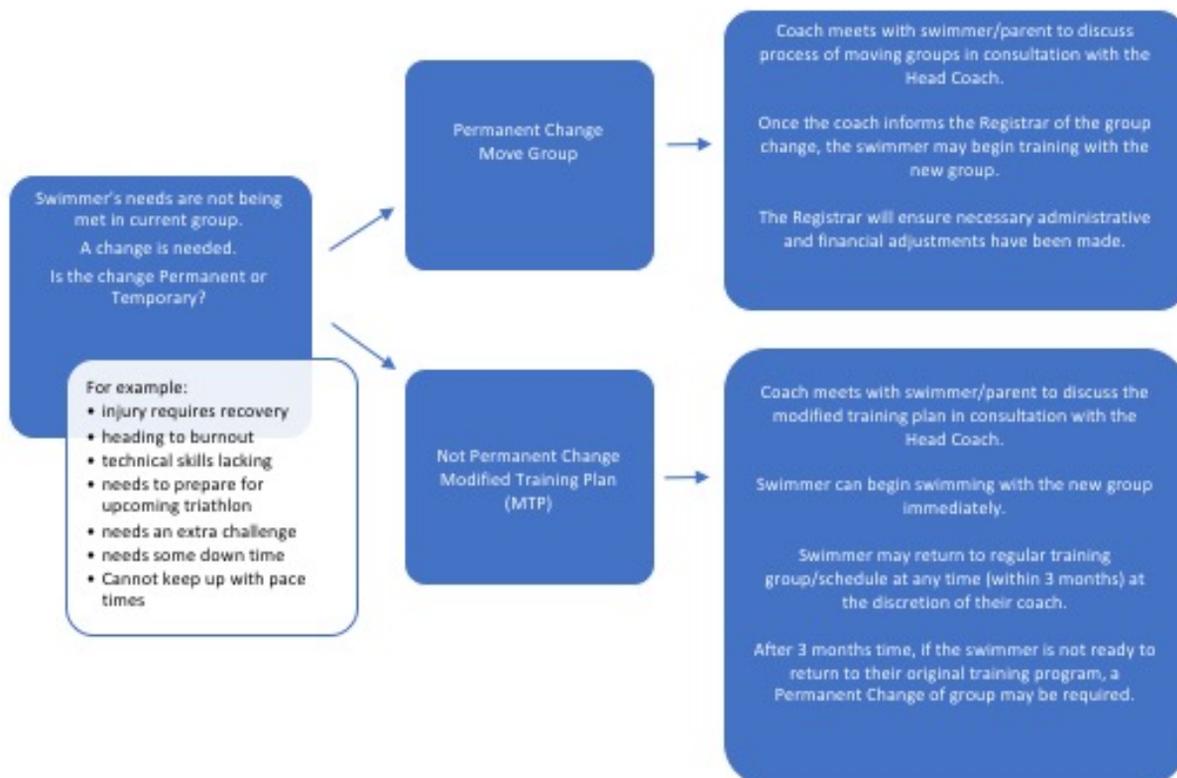
## Group Transfer vs. Modified Training Plan

What is the difference between a swimmer transferring to a new group mid season and a swimmer on a Modified Training Plan (MTP) in our Competitive and Performance groups?

In a nutshell – time and, to a lesser extent, reason for the change are the two things that determine if a swimmer is moving to another group or if they are on a modified training plan.

Any change in group is not a punishment, rather a way to ensure your swimmer's current needs are being met.

| Group Transfer   | Modified Training Plan (MTP)  |
|--|---|
| A swimmer transfers into another group when their coach determines a different group will better serve the swimmer given their physical, mental, social and/or emotional health and development. | A MTP is initiated when a coach deems a swimmer needs a change for a limited period of time (up to 3 months). This could be for for the purposes of injury recovery, focus on technical/skill development, etc. |
| When a swimmer transfers to another group it is for the remainder of the current swim season.  | Once a swimmer has started a MTP, they have up until 3 months time until they have to go back to their original group or decide to make the change a permanent one (move group)                                 |
| Once this happens, our treasurer pro rates your swimmers registration fees based on their new group and either a refund is given or additional fee is charged.                                   | If a swimmer is on a MTP, their fees are not refunded or additional charged for the duration of the plan.   |



# FREDERICTON AQUANAUTS SWIM TEAM

## Aqua Dates

### Group

| Date             | Event                                      | Notes   | PC | Fit | CD | C2 | C1 | PD | P2 | P1 |
|------------------|--|---|----|-----|----|----|----|----|----|----|
| Feb 28           | Deadline to Decline                        | NBLC Champs                                     |    |     |    |    |    | x  | x  | x  |
| Feb 29           | Registration Opens Spring Pre Comp Session | Returning FAST swimmers & siblings              | x  |     |    |    |    |    |    |    |
| Feb 29 – Mar 8   | March Break Schedule in effect             |   |    |     | x  | x  | x  | x  | x  | x  |
| Feb 28 – March 9 | Senior March Break Training Camp Mexico    |   |    |     |    |    |    |    | x  | x  |
| March 2          | Registration Opens Spring Pre Comp Session | New-to-FAST members                             | x  |     |    |    |    |    |    |    |
| March 13         | Deadline to Decline                        | Premier #4                                      |    |     | x  | x  | x  |    |    |    |
| March 14         | Deadline Swim Cap Competition              |   | x  | x   | x  | x  | x  | x  | x  | x  |
| March 14         | AQUA TALK                                  | 5:30-6:30 pm<br>Richard Currie Center Room 3-22 |    |     | x  | x  | x  | x  | x  | x  |
| April 3          | Deadline to Decline                        | 10U Fun Meet                                    | x  |     | x  |    |    |    |    |    |

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



## March Break Schedule

| Group      | Mon Mar 2           | Tue Mar 3           | Wed Mar 4           | Thu Mar 5 | Fri Mar 6 | Sat Mar 7 | Sun Mar 8 | Mon Mar 9           |
|------------|---------------------|---------------------|---------------------|-----------|-----------|-----------|-----------|---------------------|
| Fitness    | off                 | off                 | off                 | off       | off       | off       | off       | Regular<br>schedule |
| CD, C2, C1 | off                 | off                 | off                 | off       | off       | off       | off       |                     |
| PD, P2, P1 | 5:45-8:00 am<br>UNB | 3:45-5:30 pm<br>UNB | 5:45-8:00 am<br>UNB | off       | off       | off       | off       |                     |

# Swim-A-thon 2020

**April 8, 2020**  
**3:30 – 7:00 pm**



## What is the Swim-A-Thon?

Each year FAST is required by Swimming Canada to hold a swim a thon. The Swim-A-Thon is a fun in-pool fundraiser where participants earn money by swimming lengths of the pool.

## Who has to participate and is it mandatory?

Yes, its mandatory for all of our competitive and performance swimmers. They are required to register and seek donations for swimming up to a maximum of 200 lengths of the pool or for 2 hours – whichever comes first! This includes CD, C2, C1, PD, P2 and P1.

## Do pre-comp swimmers have to participate?

Our pre-comp swimmers do not have to swim in the swim-a-thon. If they want to participate, they can help our competitive swimmers seek donations and come to cheer them on April 8.

## What is the money used for?

90% of the money raised stays with FAST. The remaining 10% is divided between Swimming NB and Swimming Canada.

The club chooses where to spend their 90% each year. This year we are putting most of the funds raised into the Fredericton Regional Aquatic Center’s Capital Campaign. This money will be used to pay for the expenses in building a new pool in the Fredericton Region.



Each swimmer should have a parent/guardian to count their laps. Lap counters will be on deck for your use.

- Step 1** – Register your swimmer (see link below)
- Step 2** – Share your swimmers profile link on social media and with friends/family
- Step 3** – Swim on April 8<sup>th</sup>!

[Click here to Register your Swimmer](#)

**Swim a thon Schedule of Events:**

|         |            |                    |
|---------|------------|--------------------|
| 3:15 PM | CD, C2, C1 | activation         |
| 3:30 PM | CD, C2, C1 | swim               |
| 5:15 PM | PD, P2, P1 | activation         |
| 5:30 PM | all groups | Prize Presentation |
| 5:45 PM | PD, P2, P1 | swim               |

## 8 Nutritional Recommendations for Swimmers

Courtesy of Aaron Schwartz M.S., R.D., L.D.

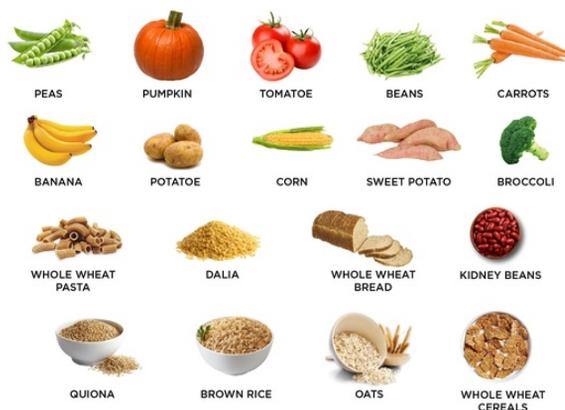
Nutrition is the one part of most athletes' training that gets neglected. I have studied nutrition for seven years and have plenty of experience working with people that struggle with nutrition. Why is that? For one, most athletes don't consider nutrition as training. Like just about anything, nutrition requires consistency to see results. Sure, you can get by with your training without even thinking about nutrition; a proper diet isn't necessary if you're looking to just "get by". Our bodies are pretty efficient and can turn whatever junk food we throw at it into a usable fuel. However, I would argue that in order to maximize your workouts, truly see your full potential, nutrition should be viewed not only as part of your training but the most important part. If you consistently invest in your health through nutrition, I guarantee that over time you will feel and perform better. It's easy to get discouraged when the quick fixes and miracles diets that the world we live in promises fail to yield results. I encourage you to ignore what this world says and start investing in your health through a consistently healthful diet, simply by eating real food. Here are some tips to get the athlete started:

### 1. Make the majority of your carbohydrates complex outside of workouts.

Carbohydrates have taken a beating lately from the most recent fad diets to the popularity of both the Atkin's and Paleo diet. No, carbohydrates are not inherently bad for you but I will agree the Western Diet consists of entirely too many carbohydrates. With that being said, carbohydrates are, or should be, an aerobic athlete's best friend. The literature is riddled with study after study demonstrating the benefit and importance of a high carbohydrate diet for athletes, particularly aerobic athletes. Simply put, carbohydrates are the body's fuel currency. No other nutrient burns as efficiently as the carbohydrate does. The Academy of Nutrition and Dietetics, the American College of Sports Medicine and the Dietitians of Canada all agree that carbohydrates should make up

the majority of calories in your diet. Want numbers? A range, albeit large, of 6 to 10 grams of carbohydrates per kilogram of body weight is recommended. Swimmers and other mostly aerobic athletes will need closer to 8-10 g/kg.<sup>1</sup> For a 160 pound person, this turns into 580-720 grams of carbohydrates. Outside of the actual workout itself, the carbohydrates that you want to focus on are complex carbohydrates. Examples include: Legumes (lentils, beans and peas), Whole Grains (oats, brown rice, and whole grain

### COMPLEX CARBS

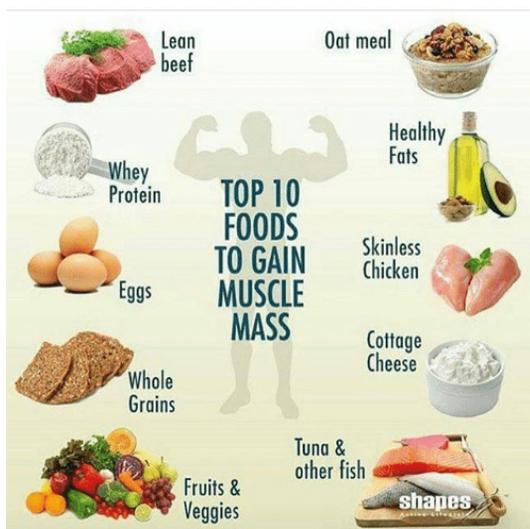


### 2. Simple carbs directly before, during and directly after workouts.

It may come as a surprise to you that simple carbohydrates (or simple sugars) are not always bad, especially for athletes. Simple sugars are digested very quickly (thus the name simple) and will result in a rapid rise in our body's blood sugar. This is typically unwarranted because if that blood sugar is not utilized, say, through exercise for example, then it will be stored in a fat cell. However, the up-side to simple sugars is that it provides a quick, easy-to-burn fuel for our muscles. Sports drinks are an excellent example of this. The carbohydrates in sports drinks are simple sugar which makes it a great, ready-to-burn fuel source during a workout. Simple sugars are important directly after a workout due to the insulin response which will be discussed shortly. Other examples include pretzels, honey and fruits.

### 3. A little protein before a workout goes a long way.

Protein before a workout may sound counterintuitive. However, a small dose of protein can prime your muscles for recovery even before you start your workout. In fact, The ISSN recommends consuming 0.15-0.25 grams of protein per kilogram of body weight an hour or so before a workout (about 15 grams for a 160 lb. person).<sup>2</sup> The reason? Protein before a workout helps establish a positive nitrogen balance thus improving the uptake of protein into the muscle, preventing the breakdown of muscle tissue and delays gastric (fancy word for stomach) emptying which in turn increases satiety and prevents hunger during training.



### 4. Strive for a 3-4:1 Carb-to-Protein ratio after a workout.

It's no secret that protein is beneficial after your workout. In fact, protein is not only critical for muscle building but also for effective recovery. However, you may not know that consuming carbohydrates with that protein post workout is just as important. The carbs not only replenish glycogen stores but also stimulates a greater insulin response. Insulin drives sugar along with amino acids (the building blocks of protein) into cells, including muscle cells, for more efficient use of the protein we consume. The goal is to strive for a 3-4:1 ratio. That is, 3-4 grams of carbohydrates for every 1 gram of protein. Chocolate milk is a great example.



### 5. Protein: Quality over Quantity.

Try not to get too caught up with consuming loads of protein. A recent journal article that came from the Journal of the Academy of Nutrition and Dietetics showed little difference in protein absorption and synthesis when comparing a 30 gram protein dose with a 90 gram protein dose.<sup>3</sup> What happens to all of that extra protein that doesn't get synthesized in our muscle? Most of it will be stored in fat cells. What's more important is the quality of protein. The buzz word dietitian's like to throw out is "high-biological value" (HBV) protein. That's a fancy way of describing how usable the protein is. A HBV protein is one in which contains all of the essential amino acids that are required by humans and will thus vastly improve muscle repair after a workout. Whole eggs, milk, fish, beef and soy beans are among the proteins with the highest biological value. Vegetarian? That's okay, be sure to mix and match your plant proteins to meet all of your essential amino acids.

### 6. Balance is key.

I'm sure you're tired of hearing "strive for a well-balanced diet". Well, I'm sorry to say but that statement still holds true. The main reason why a well-balanced diet is essential is to ensure that you meet your body's necessary vitamin and mineral requirements. These micronutrients may be small but carry an important weight for performance and overall health. For example, phosphorous is an essential mineral and key component to our body's unit of energy, ATP. Calcium is not only important for our bone health but also aids our muscles ability to contract. Vitamin B<sub>1</sub>, Thiamin, is essential for carbohydrate metabolism. Other vitamins and minerals are responsible for red blood cell synthesis, amino acid synthesis, energy production and anti-oxidant function, all of which serve critical roles in maximizing performance. A well-balanced diet should consist of complex carbohydrates, lean meats, dairy and plenty of fruits and vegetables. The more color, the better.

## 7. Vitamin D for building muscle?

Among those micronutrients, vitamin D is gaining popularity in the realm of sport performance. Along with its role in bone health, vitamin D is now being studied for its role in muscle health and strength as well. It turns out that vitamin D has an important role in muscle synthesis and muscle contraction. Additionally, muscle weakness is a noticeable feature of people who have a vitamin D deficiency.<sup>4</sup> There are few food sources of vitamin D however fifteen solid minutes of sunlight exposure will provide you with your required daily dose. This can pose a problem during winter months and especially for swimmers who train strictly indoors. In fact, vitamin D deficiency seems to be common among swimmers.<sup>5,6</sup> Food sources include fatty fish (tuna, salmon and mackerel), cheese, egg yolks and fortified milk. It's important to note that one study showed that supplementing with 4000 IU (100 mg) of vitamin D in NCAA swimmers and divers was effective in maintaining vitamin D status.<sup>7</sup> Speak with your physician first prior to supplementing.

## 8. Hydration

One of my favorite questions to ask athletes is, "what is the single most influential nutrient for sports performance?" Would you guess water? In fact it is and I would argue that it is also the most overlooked and taken-for-granted nutrient by athletes as well. Dehydration can reduce the body's capacity to do work by about 30%. This effect is further exacerbated in aerobic athletes when as little as 2.5% body weight loss due to dehydration turns into a 45% decrease in exercise performance.<sup>8</sup> Being adequately hydrated can easily be the difference between first and second place. The most accurate assessment for hydration status is the color of your urine. Weight change after a workout should be used to replenish what was lost. Strive for consistent pale yellow urine and replace each pound of weight loss after a workout with 16-24 ounces of fluid.



*Aaron Schwartz is a Lecturer and Dietetic Internship Director at the University of Kentucky. Aaron obtained his Bachelor's and Master's degree in Dietetics at the University of Kentucky. Aaron has been a Registered and Licensed Dietitian since 2010. He also serves on the board of the Bluegrass District Dietetic Association as the President-Elect. Aaron enjoys working with athletes and developed and implemented a sports nutrition education program for high school football athletes. Aaron enjoys running, cycling and swimming and has completed two half-ironman's, most recently in July, 2014 in Muncie, IN.*

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## Pre Competitive News

Our Spring 2020 Session begins April 6 or 7 depending on your group. The Spring Session ends May 29, 2020.

### Premier Meet #4 at UNB

We are inviting our **Purple** group swimmers to attend the Premier #4 swim meet at UNB on March 29 if they wish. If your swimmer chooses to swim this meet, they must sign up for Purple Group practices during the month of March. Please email [fastcoachprecomp@gmail.com](mailto:fastcoachprecomp@gmail.com) to inquire.

### 10U Fun Meet on April 18 – Green, Blue, Purple groups only

Swim meets can be very stressful and scary for young swimmers, there are lots of rules, crowds on deck and loud buzzers. However, meets also give swimmers the opportunity to rise to the occasion and put their hard work to the test. If your swimmer is in the Green, Blue or Purple group and their coach feels they are ready to attend the 10U meet, they will let you know and you can decide with your swimmer if this is what they want to do. If you have any questions about the 10U fun meet and/or if your swimmer should be thinking about competing, please email our Pre Competitive Coordinator Brittany Harvey at [fastcoachprecomp@gmail.com](mailto:fastcoachprecomp@gmail.com). Swimmers must be registered for the Spring Session to attend.

### Summer Session

Registration for the Summer Session opens May 30 for Returning swimmers and their siblings and June 4 for New members. This Session runs June 22 – Aug 14, 2020. Minimum 12 swimmers total required to run this session.



## 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 next 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.

**Difficult Situations  
Make us Stronger  
and Resilient!**

### Coaches Advice:

- This is a great time to let your swimmer take responsibility for themselves. Sure, they still need help in the changing 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.

## FREDERICTON AQUANAUTS SWIM TEAM

### March Birthdays

Veronica Belsh

Olivia Jenkins

Amelia Sherwood

Liam Connell

Allora Klinker

Lilyanne Sutherland

Miriam Field

Emilie-Anne Lund

Jonathan Tselichtchev

Amelia Goss

Jane Phillips



**Comp Dev**  
**Kelsey Hanson**

**Our Swimmers of the  
Month have been...**

### **AQUA SPOTTED!**



**Perf Dev**  
**Victor Huang**



**Comp 1 & 2**  
**Mackenzie Klinker**

Training Award  
Improvement in training times,  
focus, and concentration during  
workouts.



**Perf 1 & 2**  
**Kate Stewart**

## Volunteer Spot Light

Thanks to you, and all of our  
many volunteers!

### **Pam Moxon**

Pam has been involved with FAST since 2012. She currently has two sons in the FAST program - Jesse and Jagger. You may have met Pam; she doesn't miss a swim meet!! Pam is also our Volunteer Coordinator. She has volunteered in this capacity since the Family Participation Plan was developed. She is extremely diligent in monitoring the policy and keeping track of everyone's hours. Thank you Pam!!!

Whenever you  
need to talk,  
we're open.



Call 1-800-668-6868

Chat at KidsHelpPhone.ca

Text 686868

Kids Help Phone

## 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

## From the Kitchen...

### Mediterranean Avocado Chickpea Pasta Salad with Lemon Basil Vinaigrette

*By the ambitiouskitchen.com*



#### Ingredients:

|               |                                    |
|---------------|------------------------------------|
| 8 oz          | whole wheat pasta                  |
| 1 (15 oz) can | chickpeas, rinsed and drained      |
| 2 cups        | cherry tomatoes, halved            |
| ½ cup         | feta cheese, crumbled              |
| 1             | avocado, pitted and diced          |
| ¼ cup         | red onion, thinly sliced           |
| ½ cup         | Kalamata olives, pitted (optional) |

#### For the Vinaigrette:

|         |                             |
|---------|-----------------------------|
| 1       | lemon, juiced (about ¼ cup) |
| 1       | Garlic clove crushed        |
| 2 TBSP  | olive or avocado oil        |
| 1/3 cup | packed fresh basil leaves   |
| ¼ tsp   | dried oregano               |
| ½ tsp   | salt, to taste              |
|         | freshly ground black pepper |

1. First make the dressing by adding all ingredients to a blender. You can also whisk them together in a medium bowl, but you'll need to make sure that the basil is finely diced. I prefer the blender method because it minced the garlic for you. Set aside the dressing until pasta is ready.
2. Next cook the pasta according to the directions on the package. Al dente is best here. Once pasta is done, rinse with cool water and drain, then add to a large bowl. Stir in chickpeas, tomatoes, feta, avocado, red onion and optional olives. Fold in dressing and gently stir until pasta is well combined. Season with freshly ground black pepper and torn basil leaves. Serves 6.

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](#)

## Swim Cap Design Competition

- Open to all FAST swimmers
- Lucky winners will have their designs made into swim caps that can be purchased
- Winners will be announced at 50<sup>th</sup> Anniversary Gala, May 2, 2020
- One winner for each group (10U, 11-13 and 14&up)



[Click here to download the template](#)

- Rules:
- Word FAST must be included
  - Max 4 colours

**DEADLINE** for submissions March 14, 2020

Components of competitive swimming in a fun and safe environment.

Swimmers learn proper stroke technique, mechanics and breath control.

The goal is to progress to the competitive program of FAST.

# FAST

## Pre-Competitive Program

White
Yellow
Orange
Green
Blue
Purple

Six levels: learn-to-swim to introduction to competitive swimming

Go to [www.swimmingfast.com](http://www.swimmingfast.com) and click the Pre Competitive tab for more information

### Registration

| Session | Start Date | End Date | Registration opens                                   |
|---------|------------|----------|--|
| Winter  | Jan 6      | Feb 28   | Nov 23 (returning swimmers)<br>Nov 25 (new swimmers) |
|         | Apr 6      | May 29   | Feb 29 (returning swimmers)<br>Mar 2 (new swimmers)  |
| Summer  | Jun 22     | Aug 14   | May 30 (returning swimmers)<br>Jun 4 (new swimmers)  |

### Contact Us

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

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

- |                             |  |
|-----------------------------|--|
| Head Coach                  | Marta Belsh<br>swimming@rogers.com                     |
| Pre Competitive Coordinator | Brittany Harvey<br>fastcoachprecomp@gmail.com          |
| President                   | Jeanne Van den Broeck<br>fastswimminggeneral@gmail.com |
| FAST Office                 | Jill Ramsey<br>fastswimmingoffice@gmail.com            |

[Click here for more Contacts](#)

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[Click here](#) to go to our Online Order Form