



AQUA-NEWS

May 2021

www.swimmingfast.com



Record Breaker In House #5 April 17, 2021

Club Record Breaker

- Michael Tselichtchev broke Noah Horwood's 2008 1500 free record in a time of 23:27.67. Noah's time was 26:41.40.

FAST In-House #5 Swim Meet

April 17, 2021

FAST's First Long Course Swim Meet of 2021

Staring down a 50-meter pool before your first Long Course Swim Meet is very daunting. The pool is only double the length of FAST's home pool at UNB, but it looks much longer to these swimmers. Nevertheless, FAST's swimmers rose to the challenge and took the plunge competing in their first LC Swim Meet in over a year. For many younger swimmers, this was their first-time swimming Long Course.

This didn't stop 10-year-old Michael Tselichtchev from signing up for the 1500 free event where he now holds the Club Record. Tselichtchev swam 30 laps in the long course pool in a time of 23:27.67. Noah Horwood previously held this record 13 years ago in a time of 26:41.40.

Tselichtchev's coaches, Bea Lougheed, Sarah Kelly and Hannah Casey weren't surprised by his brave choice. "It was a great race. Michael has been working hard on his pacing and it is clearly paying off" said Lougheed. "I am so proud of him, and happy that we get to have these swim meets to showcase the kids hard training".

[Click here for Full Meet Results](#)

Congratulations to our swimmers who achieved a NB Time Standard

Time Trial March 2021

AA	A	B	Next Gen
		Jackson Hoyt (Correction to April 2021)	

In House #5

AA	A	B	Next Gen
Jack Addison Veronica Belsh Jagger Canney Olivia Cummins Jillian Davis Sadie Deap Daniel Duguay Nick Duguay Claire Finley Rori Gaines Kathleen Hamilton Jessica Hickey Olivia Jenkins Mackenzie Klinker Abby Lamontagne Jamie Lougheed Addie McCallum MacLean Sara McNabb Ethan Nestoruk Aurora Nolan Samantha Norris Anna O'Connor Lily Porter Kayla Scholten Emma Sinclair Kate Stewart Jonathan Tselichtchev Michael Tselichtchev Libby Waugh Liam Weber Sammy White Dan Wielemaker Tom Wielemaker	Mark Addison Veronica Belsh Jagger Canney Olivia Cummins Sadie Deap Claire Finley Rori Gaines Kathleen Hamilton Olivia Jenkins Mackenzie Klinker Jamie Lougheed Judy Luo Briana Lydon Addie McCallum MacLean Mackenzie Norris Beatrice Sinclair Noémie Sivret Jesse Theriault Nick Wallace Libby Waugh Dan Wielemaker	Gabrielle Banquicio Callie Barclay Jagger Canney Ciana Chiasson Olivia Cummins Matéa Duvall Miriam Field Olivia Jenkins Abby Lamontagne Jamie Lougheed Judy Luo Briana Lydon Anna MacDonald Mateo Mbaya Addie McCallum MacLean Aurora Nolan Hilary Norris Anna O'Connor Alex Pope Vera Rosales Emerson Scott Beatrice Sinclair Rosalie Sinclair Noémie Sivret Ruby Smith Michael Tselichtchev Bridget Van Driel Nick Wallace Angelina Wang Hazel Wright Collins Xu	Sara McNabb Ethan Nestoruk Kate Stewart Jonathan Tselichtchev Tom Wielemaker

HP and Next Gen Swimmers



SNB High Performance Swimmers:

- Jonathan Tselichtchev
- Sara McNabb

SNB Next Gen Swimmers:

- Landen MacDonald
- Sara McNabb
- Ethan Nestoruk
- Kayla Scholten
- Kate Stewart
- Jonathan Tselichtchev
- Sammy White
- Tom Wielemaker

HP and NextGen Camps are still being organized for this season, it has been difficult to do this due to covid-19.

Congratulations to Sara McNabb for establishing a qualifying time for the Speedo Eastern Canadian Championships 2021! Keep it up!



Swimmer Achievement Recognition Pins

NEW– pin for achieving first NB Standard time in any event

Achieving your first B or A time is a memorable moment for swimmers. We want to recognize this and have developed special pins for their backpack to acknowledge this achievement. We are also working on pin for Club Record Holder, Next Gen and HP (High Performance) swimmers.



Swimmers who establish their first B, first A, or first AA NB Standard time, SC or LC in any event, will receive one of these special pins.

- The recognition of this and handing out of the pins will start for the 2020-2021 swim season
- Swimmers who achieve an NB B, A, or AA standard time during this season will receive a pin
- Swimmers who hold a B, A, or AA time from before the Sept 2020- Aug 2021 swim season will not get a pin until they achieve the time standard again
- Swimmers will only receive one “B” pin, one “A” pin, and one “AA” pin over their time with FAST
- Pins won’t be given to swimmers who age up and receive a “new” B, A or AA time after they receive their first

Coaches will be handing them out in the next few weeks

Volunteer of the Year Award

Nomination Deadline May 15

Each year, FAST requests nominations for the Volunteer of the Year Award.

This award is given to the member who has made a significant, sustained, unpaid contribution to FAST over the swim season. Information about the award: any member of FAST may submit a nomination. A call for nominations will be sent to all members in April of each year. All nominations submitted are reviewed by an Awards Selection Committee which will make recommendations to the Board of Directors. 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.

The award winner will be honored at the Awards Banquet. This award cannot be made to a repeat recipient.

[Nomination Form](#)

Previous recipients:

2019-2020 - *Andrea Addison and Isabelle Scholten*

2018-2019 - *Cynthia Duguay*

2017-2018 - *Marie Johnson*

2016-2017 - *Wendy Sinclair and Chris Ramsey*

2015-2016 - *Jill Ramsey*

2014-2015 - *Beverly Thibodeau*

Annual Membership Surveys

Each year FAST surveys all parent/guardians and swimmers in hopes of receiving honest, candid feedback on the swim season's programs, activities and administration. It is really helpful to have this information to refer to/consider when planning for next season.

Parent Guardian Surveys

Deadline for Responses:
May 10, 2021

[Click here to complete this survey](#)

Swimmer Feedback Surveys

This year we held a number of "Swimmer Experience Feedback" sessions instead of an online survey. Swimmers would drop in and use post it notes to anonymously write down their opinions on various areas including:

- What do you like most and least about FAST Swimming?
- What do you like most and least about Practices?
- What do you like most and least about Dryland?
- What do you like most and least about the High Performance Centre (if applicable)?
- My coach makes me feel...
- The best thing about my coach is...
- I wish my coach would...
- The worst thing about my coach is...
- What would you like FAST to do for clothing and swag next season?

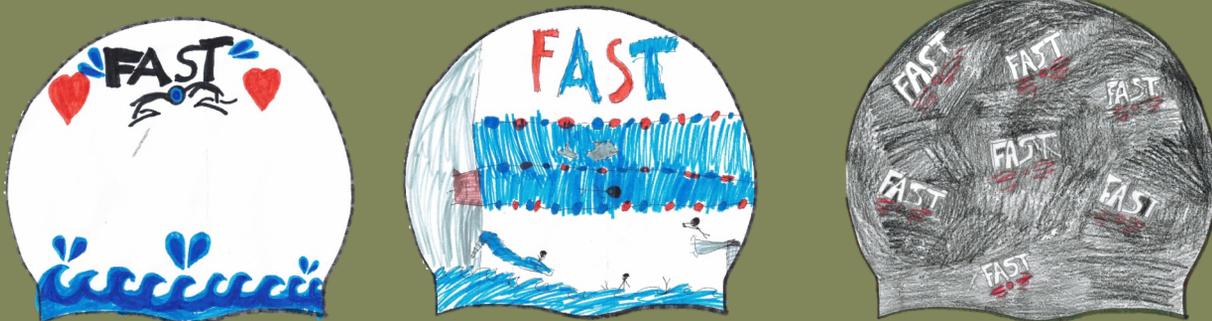
The swimmer sessions were very successful with 80 of our 94 competitive swimmers providing their feedback

Once all survey results are compiled, a synopsis will be sent to all members. Stay Tuned!

Swim Cap Design Competition – FAST 50th Anniversary

Due to Covid-19 we had to cancel all our FAST 50th celebrations which included the Swim Cap Design Competition. However, we want to acknowledge and thank all the swimmers for their submissions. Over the next few months, we will be featuring a few of the designs for you to enjoy!

10U



11 – 13 Years



14 & up



Fundraising

Bottle Drive April 2021

Recap Chocolate Bar Fundraiser:

75 cases sold
FAST profit \$3600
Swimmer's profit \$810

- We received a lot of positive feedback about this fundraiser
- People found it easy to sell the chocolate bars, especially right before the Easter Weekend
- Communication about this fundraiser was extensive, however some families didn't understand or read the information which caused some confusion



We had great weather and tremendous support at the Spring 2021 FAST Bottle Drive.

\$2110.15 was raised and will be put toward the hosting expenses for the Atlantic Cup July 2-4 in Saint John.



Fredericton Regional Aquatic Centre – Historical Timeline

Many FAST members are all too familiar with the struggle and progress we have made towards having a new regional aquatics centre to replace the ageing Sir Max Aitken Pool. This movement has been a series of many ups and downs over the last 13 years since the city's recreation plan first recommended a new indoor pool even before they knew the SMA pool was going to be demolished. At that time, the City's Master Plan confirmed the Fredericton Indoor Pool (FIP) was at capacity and city aquatics services were rated "low".

The issue continued to be overlooked for the next 8 years and was reignited in 2016 when UNB announced they require to demolish the Sir Max Aitken facility to make space for their new Kinesiology development.

With the dedication of many people over the years, we have finally gotten to this juncture where we are asking regional communities surrounding Fredericton to contribute funds for the engineering and design of a new facility.

Its important for us all to realize this is not a "sure thing" by a long shot. If the surrounding communities (mainly New Maryland, Hanwell, Oromocto) do not contribute funds to the design phase, then it is very likely that this project will not move forward. [CLICK HERE TO VIEW TIMELINE](#)



Tentative Swim A Thon Schedule					
May 17-21					
	Monday	Tuesday	Wednesday	Thursday	Friday
	17-May	18-May	19-May	20-May	21-May
Aqua 1	5:30-7:30 pm				
Aqua 2			4:30-6:30 pm		
Aqua 3					5:30-7:30 pm
Aqua 4				6:30-8:00 pm	
APJ		6:30-8:00 pm			
APS				6:30-8:00 pm	

Have you Registered?

**TOP 3 Fundraiser
Guaranteed Prizes**

Draw for top 4-10 prizes:

One entry for every
\$60 funds raised

PRIZES for Top Ten Fundraisers

Grand Prize
Apple Air
pods Pro



Here are just a
few of the
prizes up for
grabs!



FREDERICTON AQUANAUTS SWIM TEAM



Aqua 4 – **Dan Wielemaker**

Aqua 1 – **Caleb Griffiths**

Aqua 2 – **Jacob Ebbett**

APJ – **Anna O'Connor**

Aqua 3 – **Mackenzie Norris**

APS – **Nick Duguay**

Swimmer of the Month
April 2021

IMPROVEMENT AWARD

- Attitude
- Skills and technique
- performance

Winners of the random draw for a
Ly Sports \$15 Gift Card are:

Caleb Griffiths and Mackenzie Norris

For more information about Volunteering Jobs, how to submit your hours, etc. please refer to our website:

[Volunteering & the Family Participation Plan](#)

Steam Shut off
at UNB –
second week of
June = Colder
than normal
pool
temperatures.



Competitive Sport and Exams

Taking part in competitive team games in the run up to GCSE and A-level exams will have no negative effects on a teenager's grades

- [Camilla Turner](#), education editor

24 APRIL 2019

Parents should not stop children playing sport in the run up to exams because it has no impact on results, a new study suggests.

Taking part in competitive team games in the run up to GCSE and A-level exams will have no negative effects on a teenager's grades, according to research commissioned by The Headmasters' & Headmistresses' Conference (HMC).

The study analysed the GCSE results of 1,482 male and female students from 19 independent schools, and examined the effect that participation in sports such as badminton, cricket, hockey, netball, rugby and tennis had on their results.

Professor Peter Clough, head the Psychology department at Huddersfield University who carried out the research, found that contrary to what some parents believe, "sport involvement does not appear to have any negative implications" on results.

He told The Daily Telegraph: "Overall, taking part in sport appears to have a lot of positive impact. There is no evidence that people involved in sport get any worse GCSE results.

"But they are happier, psychologically healthier, less anxious and more resilient and robust. Taking part in sport on a regular basis is not doing them any harm and it is doing them good."

Prof Clough's study found that there is a significant relationship between involvement in sport and mental toughness, as well as a positive association between sport and mental wellbeing.

"These findings strongly suggest that students revising for their GCSEs or A-levels should not abandon sport," he said.



"Balance is important, and sport plays a vital role in preparing them for the pressures of the exam room. It can even help some young people thrive when in stressful situations."

The study also examined whether participation in other extra-curricular activities, such as music and drama, had any effect on exam results.

It found that these activities had neither a positive nor a negative direct effect on academic performance. But they did not have the same advantages as sport in terms of improving wellbeing and mental toughness.

The profile of "super performers" was also examined in the research. These students - who were the very top academic performers - played a lot of sport as well as achieving the highest grades in their class.

The HMC represents 289 of the UK's most prestigious independent schools, including Eton College, Harrow School and Winchester College.

David Elstone, headmaster of the Hymers College in Hull and chair of HMC's sports sub-committee, said that it is "understandable" that parents will worry about their children taking time out of revision.

But he added: "My 34 years' experience as a teacher and head tells me that sport significantly boosts the confidence, resilience and performance of young people in the classroom. I am delighted that this is borne out by Professor Clough's research."

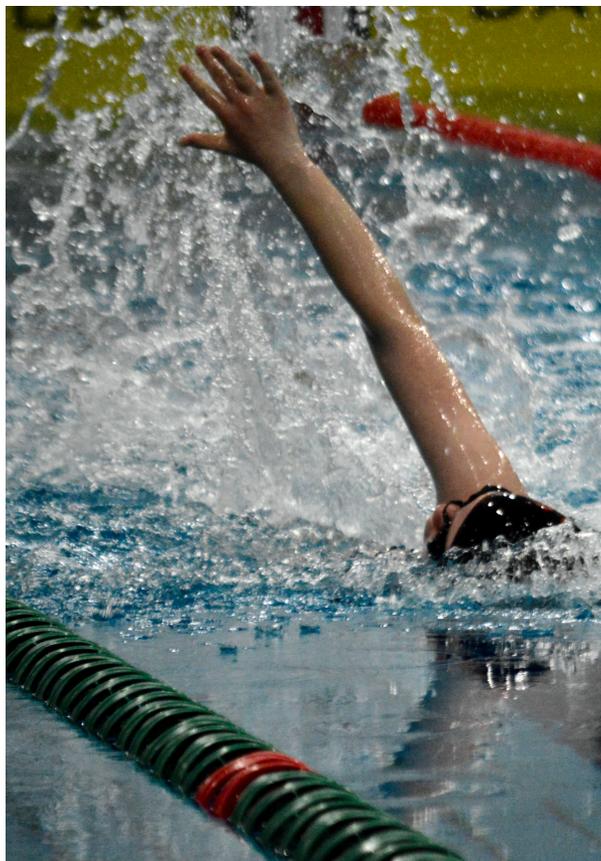
Mr Elstone said that he encourages all his pupils to continue playing sport in the run up to exams as it is good for teenagers to have a balance of activities. He added that incorporating physical activity into a revision timetable encourages discipline with time management.

Volunteer Spotlight

Linda Hoyt

Dr. Linda Hoyt, a FAST parent and psychiatrist with Community Mental Health, has recently started working with our coaches by hosting mental health check-ins with them. We all know this had been a really tough year for our swimmers and many of them rely on our coaches for support. In Linda's personal time, she has been meeting with the team of coaches to provide peer support and guided conversations in a safe virtual environment. Our coaches are finding these sessions very helpful and we are thankful to have Linda to lead this project.

Thank you!



Governance

April 19, 2021 Semi Annual AGM & BOD Meeting

Board of Directors Meeting Highlights:

- The FAST BOD has begun the process of seeking nominations for upcoming board positions for 2022-2024. More details will be sent shortly.
- Deadline is May 15 to nominate someone for Volunteer of the Year Award
- Annual Membership Surveys will be sent out in the next few weeks
- Wendy Sinclair is facilitating a number of Swimmer Experience Feedback sessions for the swimmers. This will give all swimmers the opportunity to let us know (anonymously) their thoughts and feedback
- Swimmer Achievement Recognition. We are developing pins for swimmers to get their first NB Standard time (B, A, AA). We hope to have these given out by the end of May
- Swim a thon will be the week of May 17-21. Information about prizes and schedule will be sent out soon.
- FAST treasurer Holly Lydon appointed Teed Saunders Doyle Chartered Accountants to perform FAST annual financial review this year
- Chris Ramsey provided an update on the Fredericton Regional Aquatics Centre.
- Next Meeting is scheduled for May 17, 2021

Family Influence on the Sleep Behaviours of Children and Youth

According to the **Canadian 24-Hour Movement Guidelines** for Children and Youth,¹ 5- to 13-year-olds require 9 to 11 hours of uninterrupted sleep per night and 14- to 17-year-olds require 8 to 10 hours per night, with consistent bed and wake-up times.



The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth² gives a grade of B for sleep.

70% of school-aged children and youth in Canada are meeting the sleep duration recommendation.

Often the importance of sleep is overlooked, especially when compared to other movement behaviours, however there are many benefits to a good night's sleep including:

- 1 Improved cognitive functions and moods
- 2 Maintaining a healthy body weight
- 3 Increased energy to help you stay active



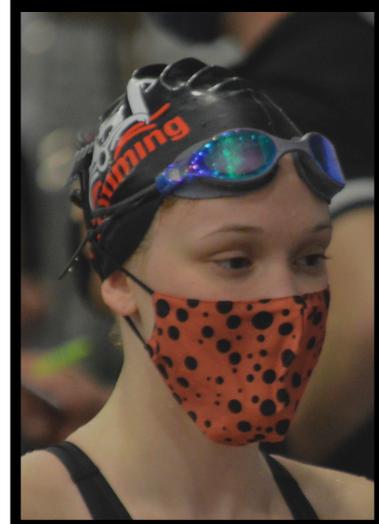
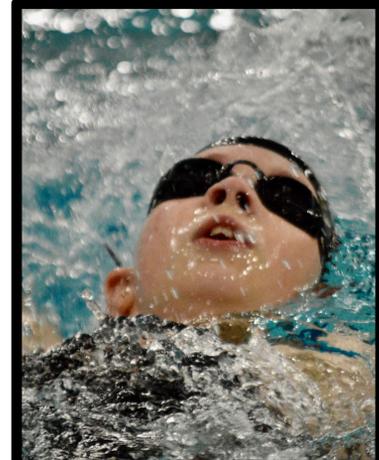
The 2020 Report Card and resources are available online at [participACTION.com/childrenandyouth](https://participaction.com/childrenandyouth).



Tips for Healthy Sleep Behaviours



- ✓ Encourage regular bed and wake-up times, even on weekends
- ✓ Establish a consistent bedtime routine (e.g., bathing, brushing teeth, reading)
- ✓ Get active regularly during the day
- ✓ Keep cell phones, computers, TVs and video games out of the bedroom
- ✓ Keep bedrooms comfortable for sleeping – dark and cool is best
- ✓ Avoid consuming caffeine or heavy meals too close to bedtime



Reclaim family time as active time by participating in the **Active Family Pledge!**

VISIT [participACTION.com/familybetter](https://participaction.com/familybetter) for all the details!

PARTICIPACTION
Everything gets better when you get active.

DISCLAIMER: While it is important to step, sweat, sleep, and sit the right amounts each day, all Canadians should follow their respective public health authority recommendations. Changes in circumstances after the time of publication may impact the accuracy of the information.

REFERENCES

- 1 The 24-Hour Movement Guidelines for Children & Youth. (2016). Canadian Society of Exercise Physiology. <https://csep.org/guidelines.ca/children-and-youth-5-17/>
- 2 The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth. (2020). ParticipACTION Report Card on Physical Activity for Children and Youth. <https://www.participaction.com/en-ca/resources/children-and-youth-report-card/>

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates			Group						
Date	Event	Notes	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
May 10-16	Last week of Spring Pre Competitive Session		x						
May 15	LC Swim Meet in SJ with CVAC	tentative		x	x	x	x	x	x
May 17-22	Swim A Thon Week	tentative		x	x	x	x	x	x
May 24	Registration for Pre Comp Summer Session Opens		x						
June 5	LC Swim Meet in SJ with TIDE	tentative		x	x	x	x	x	x

Officiating Clinics

May 11 – Intro to Swimming Officiating (Timekeeper Clinic)

May 13 – Chief Timekeeper Clinic

May 16 – Starter Clinic & Recorder Scorer Clinic

[Sign Up for an Officiating Clinic](#)
[Click Here](#)



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

May Birthdays

Mark Addison	Ezekiel Costain	Ethan Nestrouk	Eizabeth Waugh
Callie Barclay	Matéa Duvall	Braxton Paul	Arabella White
Shu Cao	Jackson Hoyt	Jillian Taylor	
Jingduo Cao	Mackenzie Klinker	James Underhill	

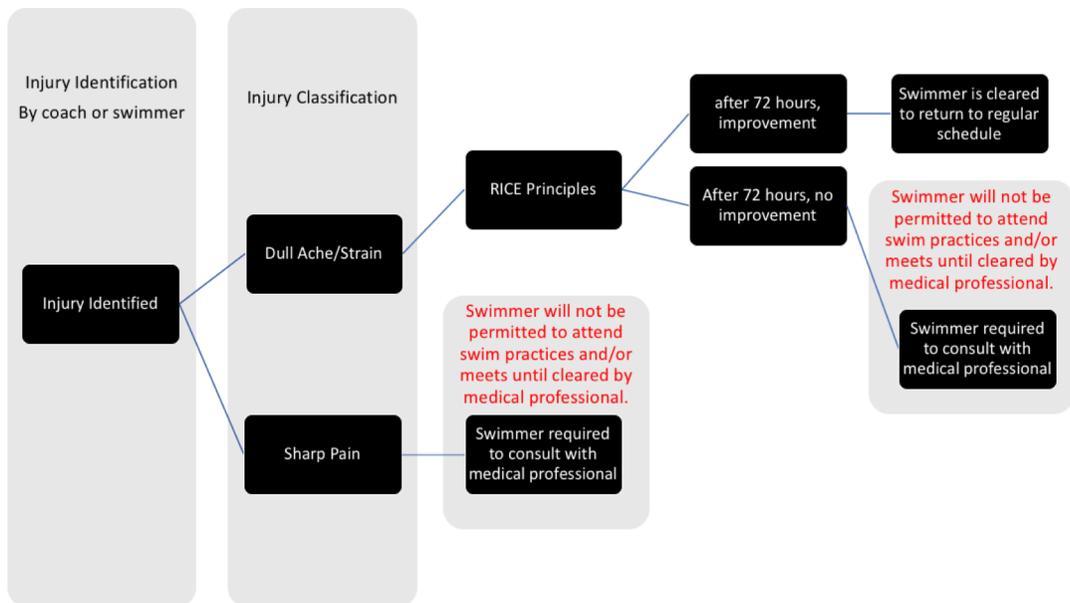
Injuries and FAST Swimming

FAST developed and approved an [Injury Management & Recovery Policy](#) in 2020. The diagram below gives a brief outline of this policy and the process coaches are directed to follow once a swimmer comes to them with an injury. In addition to this, we established a partnership with Max Health Institute where their physiotherapists are on call and will respond to FAST swimmers injuries within 48 hours. They will also share information about the recovery plan with the swimmers coach to ensure a seamless reentry back to training.

This policy and process has been going well, however our Coaches have found it challenging when a swimmer has persistent and sometimes unrelated injuries. How do they deal with and remain consistent in enforcing this policy? At what point do they take the next step to remove the swimmer from training? In practical terms these are no easy or cut and dry answers to these questions. Many times the answer will depend on the individual swimmer, their motivation, their commitment to therapy, etc. It was decided a Coaches Committee would be struck to deal with reviewing these cases on an individual basis. This will ensure the swimmer’s coach has the support and backing of others when making this difficult decision.

Should a swimmer have a persistent injury/injuries that affect their ability to train, the coach will bring this situation to the Coaches Committee where a decision will be made by the committee if the swimmer is able to continue modified practices or if they will be asked to move groups/take time off

FAST Injury Management & Recovery Process



Tentative Pre Competitive Spring_2 Session

- We will be running a 4 week condensed Spring_2 session only for swimmers on our waitlist. Many have been on our waitlist for over a year and we wanted to give them an opportunity to get in the water!
- Our regular returning swimmers (currently swimming now) will be able to register for the next session after Spring_2, either the Summer or Fall 2021.

Tentative Pre Competitive Summer Session

- Online registration will open May 24, 2021
- Tentative Summer Session will run July 5-July 31



Pre Competitive Spring Session Last week May 10-16

What a great session we are having! So nice to see all the kids

Report cards will be emailed after swimmer's last day of this session.

All the best to Coach Alex on his future endeavors!

FAST IS A

POSITIVE
SPACE
IN
SPORT



Diversity Workshop

Beam Diversity Consulting facilitated a workshop on Friday April 30 attended by FAST coaches, board members, parent liaisons, and committees.

The goal of the workshop was to teach the knowledge and skills necessary for bridging understanding about gender diversity and finding opportunities to validate and celebrate gender diverse colleagues and clients. Our coaches and other representatives attending now have expanded ideas about gender identity and expression and are equipped with adaptable strategies related to gender inclusive language and terminology for effectively communicating with queer, trans, and gender diverse people in a positive and meaningful way.

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