



# FAST NEWS

October 2019

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



## Swim Meets

Swim Meets are incredibly important to swimmers. This is an event that gives your swimmer the opportunity to put into practice all the things they have learned during their training. They will learn responsibility and build character. In addition to providing goal setting opportunities and focal points for training sessions, swim meets are character building. It takes a lot of courage to stand up on the starting block and compete in a race. Dealing with the ups and downs of performance in a competition setting develops resilience and mental toughness, respect for oneself, and respect for others.



Sherbrooke, QC 2017

Above all, swim meets are fun and rewarding. Seeing a hundred or more other swimmers come together in one place is a great experience and validation for the sport that your swimmer enjoys.

An official swim meet is sanctioned by Swimming New Brunswick. This allows the times earned at that meet to be on the swimmers official record of swim times. We often hold "fun" or "mock" swim meets during practice time. Times earned at these meets do not count on the swimmers record, however, it provides a great opportunity for swimmers, especially new swimmers, to get a feel for what will happen during an official swim meet.

All swimmers participating at a sanctioned swim meet receive official timed results for their races. These times serve as markers of personal best (PB) achievements as well as qualifiers for various levels of other competitions.

# FREDERICTON AQUANAUTS SWIM TEAM

## Dates to Remember

Date	Event	When	Place	Groups
Sept 27	RSVP for Awards Banquet	10:00 pm	Online	All Competitive & Perf. Groups
Sept 27	Parent Meeting	4:30–5:30 pm	C210	Comp Dev and Comp 2
Sept 27	Parent Meeting	5:30–6:30 pm	C210	Comp 1 and Perf Dev
Sept 30	Afternoon Water Practices Start	<a href="#">Click here for Schedule</a>		All Competitive & Perf. Groups
Sept 30–Oct 1	Pre Comp Groups Start	<a href="#">Click here for Schedule</a>		All Pre Comp Groups
Oct 1	Yoga Starts	6:30-7:30 am	Dance Studio	Perf Dev, Perf 2, Perf 1
Oct 5	Awards Banquet 2018-19	5:30–7:30 pm	STU Conf. Ctr	All Competitive & Perf. Groups
Oct 6-20	FSI Auction Item Due	See page 6 for more info.		All Competitive & Perf Groups
Oct 9	All Team Picture	4:30 pm	UNB Pool	All Groups including Pre Comp and Fitness
Oct 13	Perf. Group Brunch	11:00 am	Sunshine Diner	PD, P2 & P1
Oct 14	Thanksgiving – no practices	All day	All pools	All groups
Oct 16	In House Swim Meet	3:30–5:00 pm	UNB Pool	Comp Dev & Comp 2
Oct 17	Intro to Officiating & Safety Marshall Clinic	6:30 pm	A206	All groups
Oct 19	Premier #1	tbd	Sackville, NB	Comp Dev, Comp 1 and Comp 2
Oct 19	Practices Cancelled (UNB's Amby Legere Meet)	2:00–6:00 pm	UNB Pool	Comp Dev and Perf 1
Oct 20	Tri-Meet (FAST, CVAC, TIDE)	2:00-5:00 pm	UNB Pool	High School Aged Swimmers
Oct 26 & 27	Swimming NB AGM & Banquet	All weekend	Sussex	Board and interested members
Nov 2	Swimming NB DEVO Camp 1	tbd	Sussex	Qualifiers – coach will notify swimmer
Nov 3	Tri-Meet (FAST, CVAC, TIDE)	3:30–6:30 pm	Moncton, NB <i>(team travel bus)</i>	High School Aged Swimmers



## Hotel Bookings 2019-2020

Each season FAST books a “block” of hotel rooms for most of our Swim Meets that are outside of Fredericton. You will have to call the hotel and book your own room, using the information in this [Hotel Bookings](#) document (which is also on our website under the Meet Information tab). Don’t forget the [Cut Off Dates](#) when the block of rooms are released and you may not be guaranteed a reservation.



**Join us for a  
fantastic evening!**

Where: STU Conference Center  
368 Forest Hill Road

When: Sat, Oct 5<sup>th</sup>

Time: 5:30 – 7:30 pm

Who: all Competitive &  
Performance Swimmers & Families

Cost: Swimmers – Free  
Family Members - \$20 per person

## **FAST Awards Banquet 2018-2019**

**RSVP Required by Sept 27**

To RSVP and/or Buy Tickets go to the Meets & Events section  
of our Website.

Edit Commitment as you would for a swim meet and in notes  
section indicate the number of tickets in addition to your  
swimmer you would like.



### **PD-Day Camps**

**Heads Up!**

FAST will be offering PD-day  
camps for our  
12 & Under swimmers.

These camps will be held at UNB  
from 8:00 am – 4:30 pm.

#### **Dates include:**

Nov 22, 2019

Jan 6, 2020

Feb 17, 2020

March 27, 2020 (École Sainte-Anne)

May 11, 2020

*More information to follow.*



## Very Important...if you cannot attend a Swim Meet

If your swimmer cannot attend a swim meet that he/she qualifies to attend, it is imperative that you log into your FAST account and "decline" attending that particular **meet BEFORE the meet's registration deadline**. Otherwise your swimmer will be signed up for the meet and you will be responsible for paying the meet fee.

## Meet Fees

Each Swim Meet your swimmer attends has a fee. The amount of this fee varies from meet to meet. The estimated meet fee is included in the swim meet information that is posted in the Events section of our website.

### **How to decline attending a Swim Meet to avoid charges:**

[Click here for Step by Step Instructions](#)

Each Meet Fee includes the following: 1) An amount paid to the Hosting Club, and 2) FAST's Coaching & Travel Fee.

The amount paid to the Hosting Club (per registered swimmer) is determined by SNB. The hosting club forwards a portion of this amount to SNB and the remaining amount and is used to pay for all the expenses incurred to run the meet (i.e.. pool rental, supplies, any awards, hospitality, etc.).

The FAST Coaching & Travel fee is used to pay our coaches a per diem (rather than hourly pay) to attend/coach the swimmers for that meet, and also cover any travel & accommodations expenses the coaches may incur if travelling outside the Fredericton area. None of the officials and/or volunteers are paid to run the swim meet. The goal is to provide an opportunity for the swimmers to race with minimal expense.

Hosting clubs do use this opportunity to sell canteen items, programs and/or advertising in an effort to make revenue for their swim club.

Parents are encouraged to not be concerned with the time standards. Your swimmer will begin to figure them out as the swim season progresses. Let the attainment of these standards be their focus, not yours.

Celebrate when standards are achieved, but don't get discouraged at near misses or set expectations that your swimmer may not be ready for.

## Our outgoing Board Members....thank you!

### Leyla Lougheed

Leyla is a long time FAST Board member. Since 2013 she has held various roles with the Club including Team Manager, Events, Parent Liaison, and President. 2018-19 marked the end of her term as Past President. We will still see Leyla on the pool deck as she still has a swimmer in the Club, and her daughter Bea is one of our wonderful Coaches. Thank you Leyla for all you do. Your smile and positive attitude always brightens our day!

### Ruth Preston

Ruth joined the FAST Board of Directors in 2018. During her term on the Board, she held the position of Secretary & Policy/Governance, even after her son Russell was no longer swimming with FAST. Ruth's expertise in law and her willingness to address tough issues made her an invaluable Board Member. Thank you Ruth, you will be missed.

### Martin Wielemaker

Martin's two boys have been swimming with FAST since 2008. Martin joined the FAST Board in 2018 as a Member at Large and quickly took the lead in the revamping of FAST's Strategic Plan. Martin's expertise in strategic planning and his attention to detail have been a huge positive for the Club. Martin's term is up, however he will be sticking around in an ad-hoc capacity to see the Strategic Plan move forward and both of his boys are still swimming, so you will see him on the pool deck. Thank you Martin for your direction and sage advice.

### Volunteer of the Month

### Michelle Barclay

Michelle is FAST's Clothing & Merchandise Coordinator. We would like to recognize her for all the time and effort she has put into making sure our team clothing is organized and ready for the swimmers this season. She spent most of her summer preparing for this.

Thank you Michelle!



Welcome!

### Hannah Casey

### *Fitness Group Coach*

Hi everyone!

My name is Hannah Casey and I'm super excited to be joining FAST this year as the Fitness coach! I'm from Bedford, Nova Scotia, and I started my swim career with the Bedford Beavers 12 years ago. In junior high I switched to the Dartmouth Crusaders, where I swam for 6 years and coached throughout high school. I moved to Fredericton last year for university and I'm now in my second year of Electrical Engineering at UNB. This is also my second year as a member of the UNB Reds swim team. Outside of the pool, I love to read and visit home whenever I have the chance. I can't wait to join the team and have an amazing season!

Hannah

## **FUNDRAISING – FSI Auction**

Saturday, November 30  
Aitken Center

**WHAT IS FSI:** FSI is a not-for-profit corporation that was started in 1980 to help fundraise for local athletes/teams and to administer the Fredericton Sports Wall of Fame.

**WHAT DO WE AS A TEAM NEED TO DO:** We will need to collect items for the silent & live auctions (100 items total) & we will need to sell tickets to the event (which includes dinner/auction). This event includes around 14-16 teams, so there are A LOT of items under one roof. Tickets will sell out, and it truly is a fantastic event to be at!

**WHY DO WE NEED TO SELL TICKETS:** Ticket sales ensure there are many bidders in place at the auction. More bidders, means higher bids, means more money for the teams. We will have to pay for our tickets regardless if we sell them... however, the team that sells the most (and has their ticket holders show up) gets a 1k bonus! If every parent sold one – we would be golden! \*\*tickets will not be available till mid October, and I will send out info at that time.

**HOW CAN YOU HELP:** We need to collect 80 silent items (value \$50+) and 20 live items (value \$500+). We have a letter available, please ask for a copy if you don't have one. \*\*we can group items together as well, so if you are offered a \$25 GC, please take it – we can put it with something complimentary. [Click here for Donation Request Letter.](#)

**CAN YOU GIVE US EXAMPLES OF ITEMS THAT ARE POPULAR:** We accept new items only! Experiences are always popular (hotels, fishing trips, Spa, airline tickets, Via Rail, Amusement parks, Rock Climbing, Camps, sports games, photography sessions), as are restaurants (last year a fast food chain did a meal a week for the whole year, this was very popular!), Gift Certificates, Art, Pottery, Paintball

## **Have you donated your auction item yet?**

You have until mid-October to hand in your item.

parties, bowling, car dealership (details, tires, service), Brewery Tours/tasting, Jewelry, Liquor Baskets, Cooking events, Furniture stores, fitness (gym, trainer, yoga). \*\*if we have over 80 silent items, we can group items, do up baskets, and gift card trees! When you think of LIVE auction items (trips, timeshares, signed jerseys/sticks/bats, fishing trip, machine rental, vet services, private box at sea dogs/unb, Golf Packages, houseboat rental, paving, orthodontics) – just a few ideas 0 but anything over \$500+ qualifies!

\*I need as much info on every donation you get (What the item is, donated by who, value, and description). \*\*if it is a trip (details like black our days, what is included, concert – seat number...) The more info the better (ESP with LIVE items, as more people will bid)

**WHEN DO YOU NEED THE ITEMS BY:** We have already started to collect items, and hope to have everything collected by mid October. The earlier we have them, the more time we have to get organized! (however, we will accept items up to mid November, when our itemized list is due).

**HOW MUCH WILL WE RAISE:** Well, this depends on our items! As a partner we receive 100% of the value that our auction items sold for. (ticket sales are mandatory, however, FSI uses the money from ticket sales to go towards the venue, meals, and admin for the auction). We are hoping to raise well over 20k to put towards our pool, the money will go towards items like an electronic timing system, electronic score board, touch pads, starting blocks, and a new record board.

If you have any questions or would like to donate an item, please email Jenny at  
[Jenny@northlakelodge.ca](mailto:Jenny@northlakelodge.ca)

FSI Auction - funds raised will go toward items like an electronic timing system, electronic score board, touch pads, and a new record board. These items are all removable, and necessary for FAST to continue to host swim meets at the UNB Pool.

# Volunteering at a Swim Meet...it's the best seat in the house!

Swim meets would not happen if we didn't have parents and volunteers helping out. A meet in a six lane pool generally requires 30+ volunteers for officiating and additional resources for non-officiating activities. Officiating is not as intimidating as it looks, and no prior swim knowledge or experience is necessary for many jobs.

Email Mike MacDonald at [fastmeetsofficials@gmail.com](mailto:fastmeetsofficials@gmail.com) for more info.

Meet Manager	<a href="#">Click here to Learn about becoming an Official</a>	Referee	Starter
Set Up & Take Down		Timing	Chief Timekeeper
Safety Marshal		Stroke & Turn Judge	Marshals
Hospitality			
Canteen & Program Sales	<a href="#">Click here for details on Officiating Jobs</a>		
Meet Sponsorships	<a href="#">Click here to sign up for a Clinic</a>		
Electronics			
Announcer			

## All Parents!

*Please volunteer as a lane timer at both home and away meets. It requires absolutely no swim race knowledge or prior experience, and is essential to the meet. Most meets require 3 timers per lane. It is also the best seat in the house!*

## Its time to start planning... for your Halloween swim practice!

Your Coach will let you know when/if you can dress up (depends on practice Schedule)



## FREDERICTON AQUANAUTS SWIM TEAM



### From our Meets & Officials Committee:

#### FAST Families:

The first meets of the season are just around the corner and that means there will be a need for officials. Remember, FAST must supply **one official per session for every 5 swimmers** we have swimming in that session. That means we need your help!! Officiating is a fun way to get involved and offers some of the best seats in the pool. We want to ensure that as many of our parents (and older swimmers) are up to the task. To this end, FAST will be hosting Officiating Clinics on the following Dates and Times. Anyone interested in Officiating who has not done these clinics or would like a refresher is welcome to attend.

Introduction to Officiating Clinic and Safety Marshal Clinic -  
Introduction to Officiating Clinic and Safety Marshal Clinic -  
Judge of Stroke and Inspector of Turn Clinic -  
Judge of Stroke and Inspector of Turn Clinic -  
Chief Timekeeper Clinic -

Thursday, October 17th at 6:30 pm  
Tuesday, November 5th at 6:30 pm  
Thursday, November 7th at 6:30 pm  
Tuesday, January 14th at 6:30 pm  
Thursday, January 16th at 6:30 pm

Email [fastmeetsofficials@gmail.com](mailto:fastmeetsofficials@gmail.com) or [click here](#) to sign up.

Depending on how these go and specific interest will hopefully run the Starter, Clerk of Course and Chief Finish Judge and Chief Judge Electronics Clinic later in the new year. Look for a update clinic schedule in December. If you have a specific course you are interested in don't hesitate to email the FAST Meets and Officials Committee or speak with one of us at the pool. We want officiating to be as enjoyable and stress free as possible so please don't hesitate to tell us how we can help you get ready for the task.

We hope to do an order for officiating shirts in the near future. More to follow on this.

FAST Meets and Officials Committee  
*Cynthia Duguay, Gisele Hickey & Mike MacDonald*

## Name Change!

We have changed  
the Pre Comp  
**Blovice**  
group name to:

**Purple**

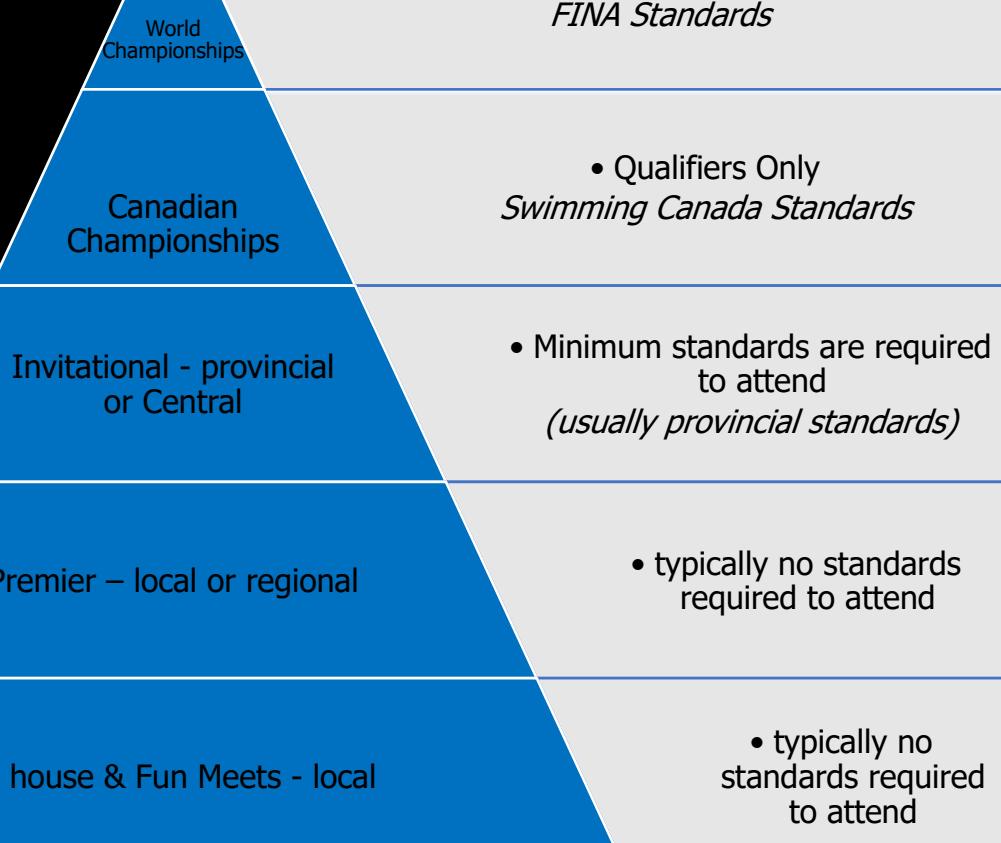
## Morning Practice CAN be fun!

FAST swimmers are allowed  
to wear a one piece swim  
suit and/or bathing cap of  
their choice to any morning  
practice!

Mornings are a great time to  
express your swim suit  
personality!



## Types of Swim Meets



## Nutrition at Meets: before, during & after...

While swimmers should focus on eating balanced and nutritious foods all the time, eating before a swim meet is sometimes challenging. It's very common for athletes to be very nervous before a swim meet which makes the thoughts of eating not very appealing.

### **Two to three days before the meet:**

Swimmers should not rely on the pre-meet meal to supply the energy for the meet, as the energy that will be used during the races should already be stored in the muscles from carbohydrate-rich meals eaten during the previous two to three days. However, the swimmer should not skip the pre-meet meal even if there is an early start to the meet. Drink fluids little and often. Eat little and often. Avoid big meals or overeating as this will make you uncomfortable and lethargic the next day.

### **Morning of the Meet:**

The pre-meet meal should be eaten 2-4 hours before the first race to allow for the food to be digested and leave the stomach. If there is still food in the swimmers stomach when it comes time to race, oxygen-rich blood will be going to the stomach to aid digestion instead of the muscles where it is needed for the race. The pre-meet meal should be high in carbohydrates and low in fat and protein. Even if you feel nervous, make breakfast happen. Try liquid meals such as home made yogurt drinks or smoothies.

### **Morning of the Meet Food Suggestions:**

- Low sugar grain cereal with milk
- Porridge
- Banana with yogurt
- Fruit
- Toast with jam

### **Snacks Between Races – *depending on down-time (see next page)***

- Water
- Pasta salad
- Pretzels
- Jerky
- Bananas
- Grapes
- Apples/apple sauce
- Plums
- Pears
- Dried fruit (raisins, apricots, mango)
- Low sugar smoothies
- Crackers/rice cakes with banana and honey
- Mini pancakes
- Low sugar cereal bars
- Vegetable slices (carrots, peppers, cucumber, celery)

## October Birthdays

Gwyneth Bird

Liam Griffiths

Emerson Scott

Jagger Canney

Qibin Huang

Tyler Shang

Horus Clark

Fred Lu

Ruby Smith

Emilia Fisher

Landen MacDonald

Jing Zhang

Jacob Gallant

Hannah Pilgrim

# FREDERICTON AQUANAUTS SWIM TEAM

## During the Meet:

Drink plenty of water, diluted low-sugar sports drink (FAST approves of the Kirkland brand at Costco) , and eat small amount of carbohydrate-rich food.

Less than 30 min between events:

- Diluted sports drinks, juices, fruit

30-60 min between events:

- Bread with jam or honey, banana, dry low sugar cereal

1-2 hours between events:

- Pasta (red sauce), rice, dry cereal, yogurt

2-4 hours between events:

- Meal (balanced)
- You can eat something more substantial such as a bagel, toast, fruit, granola bar.
- Avoid anything that has too much fat, fiber, or protein because these foods slow down digestion. You want to minimize the amount of food in the stomach so the oxygen-rich blood will supply the swimmers muscles with oxygen rather than the stomach digestion.

If you have more than 4 hours between events which often happens with meets that have preliminary and finals, add some protein to your high fluid, high carbohydrate intake. The protein will help you body recover and this extended period of time allows for the food to be digested.



30 min After the race foods:

- Fruit
- Fruit smoothies (low sugar)
- Dried Fruits
- 500 ml Chocolate Milk
- Banana + fat free Greek yogurt + juice
- Crackers + cheese + milk

After the Meet foods:

- Balanced meal + water
- Spaghetti
- Burritos with Rice
- Milk
- Yogurt
- Beans
- Fruit
- Vegetables

## After the race

Eating after the race is all about helping your body recover from the physical stress of racing and preparing to race again the next day. You will need carbohydrates to replace used up energy, protein for muscle building and repair. Its about replenishing energy stores quickly and effectively so that the next race can be completed at maximum energy.

## After the Meet

To speed up recovery after a swim meet, be sure to drink 16 to 24 ounces of water before your last race. Also, within a half hour after your last race eat a high-carbohydrate snack with some protein. This will aid in your recovery. Then within two hours of the end of the meet, eat a full-balanced meal.



### Its HOT in there!

The pool area during a Swim Meet is usually very warm. Therefore, you need to make sure you dress appropriately. Even on a cold day, the pool viewing area will be very warm. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly!

### Understanding Heat Sheets & Swim Meet Terminology

[Link to Swim Meet Terminology/FAQ](#)

### *A thought from Rowdy Gaines, Olympic Gold Medalist and former World Record Holder:*

***"I believe we swim for two major reasons – 1) TO SWIM FAST!!! And 2) TO HAVE FUN!!! And the amazing thing is, these reasons are so intertwined. There is no way you will ever be able to swim fast unless you enjoy the sport, and I don't think you will have much fun in the long run unless you see some success. But you've got to remember that success is measured in so many different ways. To tell you the truth, I remember so many things about my swimming career, but I couldn't tell you my best times in my events. I do remember the friends I made, the travel that was so much fun, the high school bus trips to meets, the shave-down parties and the many values the sport taught me."***

### What Happens If Your Child has a Disappointing Swim?

If your child has a poor race and comes out of it feeling badly, talk about the good things. Don't talk about the negative things and don't keep talking about the race. Drop it and get your child to focus on the next race or something enjoyable coming up after the meet! Limit the "post mortems!"

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

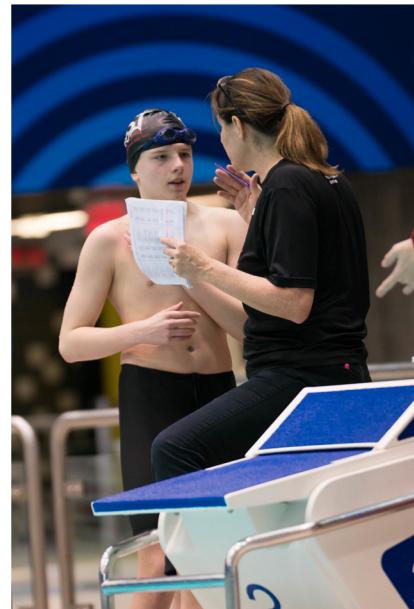


## **Be a FAN not a FANATIC...**

### **Swim Parents – Swim Meet Basics for Parents**

Ideas to help you and your child be better prepared and "happier" at Swim Meets.

1. Be on time. On time means 15 minutes before warmup begins.
2. Know the seating arrangements. Bring a folding chair to most outdoor pools. Bring drinks and snacks as appropriate. Parents are not allowed on the pool deck during swim meets. If you want to be on deck, volunteer for the meet – we've said many times it is the best seat in the house.
3. Upon arrival, your swimmer should find a place to set their bag. The team usually sits in one place together on the pool deck, so look for the FAST Banner & familiar faces.
4. Swimmer should check in with their coach and prepare to start warm up.
5. Remember, the main idea is to teach your swimmer to handle the environment of a swim meet themselves.
6. Cheer for other people's children on the team, not just your own.
7. Let the coach coach.
8. Sometimes a child will "miss an event" because they aren't paying attention. This happens often, it's a learning experience. As difficult as it is, don't freak out. Let them rely on their coach and teammates for help. Your coach may not seem to notice, but rest assured they do, and leave it in their hands to resolve. Expect responsibility.
9. Sometimes a swimmer will false start (start before the whistle) or DQ (disqualify) a event, even worse a relay event. Similarly, it's a learning experience. Don't freak out. Again, leave the teaching moment to the coaches. You're the parent and your job is to hand out the hugs and wipe away any tears – and of course a trip to Dairy Queen (DQ) after a swimmers first disqualification (DQ) is always helpful.
10. If your swimmer receives a DQ (disqualification) for swimming an event incorrectly, do not address the official. The official will notify the coach of the DQ and the coach will in-turn notify the swimmer and go over why and what they



can do next time to avoid the same DQ. DQ's are one of the hardest but best lessons for a swimmer.

11. The swimmer will sometimes have goals for their swims/swim meets. Sometimes a time goal, sometimes a technique improvement. Ask what their goal is or if they have one. Don't help set it. That is for the coach and swimmer.
12. The coach will likely speak to your child before and after the event. The "before" is to remind them of their goals and needs, and the "after" is to review the successes and weak spots of the swim. Great feedback is great coaching.
13. Make sure they have lots of access to water. No sugar, No candy.
14. Most swim meets are nut free. Even if your swim club does not have an allergy, a swimmer from another club might.
15. If you have questions, ask the coach. Try to do it when the coach is not doing 12 other things or after the meet if possible. Get real answers. Sometime asking another parent may not get you the right answer.
16. When the meet is over, the meet is over. Forget it on the way home. Help your swimmer remember the lessons next time, but don't dwell on the meet. The swimmers' are mentally and physically exhausted after a swim meet, give them space and time to reflect and recuperate.

## What is in that backpack?

### What to pack for a Swim Meet:

- FAST Swim Suit (spare if you have one)
- Goggles (2 minimum)
- FAST Swim Cap (2 minimum) the coaches usually bring extra to the meet if needed but you can't rely on this.
- 2 towels
- Comfy dry clothes to wear over their suit between events (sweatpants, hoodies)
- FAST T-shirt
- Water bottle
- Plastic Bag for wet stuff
- Light snacks for between events (ex. Fishy crackers, fruits such as grapes, oranges, apples or watermelon, raisins. Chocolate milk for after the meet.)
- Money for a meet program – so the swimmer can follow along with the meet and know when their swim is coming up. Meet programs are typically between \$2-\$5 for a one day meet.
- FAST Apparel & Equipment policy requires higher level FAST groups to bring FAST clothing to all Swim Meets. [Click here for more information.](#)
- Positive attitude and Cheering Voice



### Please talk to your kids before the Meet about putting those devices away...

Despite there sometimes being long waits between a swimmers' events during a meet, using electronic devices is discouraged. We want the swimmers to use their "down time" cheering on other swimmers as they race and building relationships with other team mates. This is a great opportunity that isn't always available during busy weekly practices.

## From the Kitchen

### Oat Coconut Granola Bars

*Discovered by Jayne Johnston, swim mom*

1 cup	oatmeal
1 cup	shredded unsweetened coconut
1 T	oat or wheat flour
1/2 cup	flax seed, ground
1/2 cup	chopped pecans (omit for nut free)

1/4 tsp	salt
1/3 cup	coconut oil, melted
1/3 cup	honey
1/4 tsp	vanilla
3 T	mashed banana (about 1 med. Banana)
1/4 cup	mini chocolate chips

1. In a large bowl, combine oats, coconut, oat/wheat flour, pecans and salt. Stir everything until well combined. Set aside.
2. Pour coconut oil and honey into a microwave safe bowl, and cook for 20 seconds, stirring after 10 seconds, until thin. Stir in vanilla and Banana.
3. Pour coconut oil mixture into dry ing. And stir until well combined. Mix in the cho. Chips.
4. Line a 8 by 8 inch dish with parchment paper. Scoop dough into dish and press firmly to fit. Cover and refrigerate for 2 hours. Store in fridge for up to 1 week. Makes 12 bars.

## In a crunch...

### Tips for Fast Food Options

- choose Whole wheat
- Low fat sauces
- Grilled chicken rather than breaded
- Single or double meat if looking for higher protein
- Salads with low fat dressing and/or dressing on the side
- Caesar dressing is high fat, other salads are better options
- Add fruit/apples slices, veggies or fruit/yogurt on the side
- Skip the soda and ask for water
- Hold the bacon on that club.
- Non-cream soups
- Low fat muffins
- Grocery stores are good options for fast food.

Don't rely on the canteen at swim meets to provide you with food during the meet. Stay away from nachos, pizza, hot dogs and candy. Go for bagels, vegetables, water and fruit. Always plan ahead and pack nutritious foods that you are familiar with. Swim Meet days are not the right time to try something new.

If you are in a crunch here are some Gas Bar & Canteen Options:

- Milk, yogurt, cheese strings
- Bananas, apples, oranges
- Oatmeal or granola bar
- Pretzel
- Boiled eggs
- Low-fat "jerky"
- "white flour" muffin
- Nuts (but not on the pool deck)
- Rice crackers
- water

### Family Participation Plan Volunteer Hours Required each season

[Click here for more information about this Policy](#)

Or email Pam Moxon at

[fastvolunteercoordinator@gmail.com](mailto:fastvolunteercoordinator@gmail.com)

Group	Hours Required
Pre Competitive	None but we'd love your help!
Fitness	None but we'd love your help!
Competitive Development	None but we'd love your help!
Competitive 2	10 hours
Competitive 1	10 hours
Performance Development	15 hours
Performance 2	15 hours
Performance 1	15 hours



Can my swimmer leave the meet when their events are all completed?

They need to ask their coach first. Depending on the meet, there could be relays that your swimmer is swimming in and/or attendance at Finals is sometimes expected.

### Hydration Matters!

2% Dehydration = Athlete begins the game with approx. 96% maximal power output.

## Are You a Pressure Parent?

The following survey has been taken from the Amateur Swimming Association of Great Britain. If you answer yes to one or more of these questions, you may be in danger of pressuring your child.

It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

**Is winning more important to you than it is to your child?**

- When your child has a poor swim, is your disappointment, such as through body language or vocal tones, obvious?
- Do you feel that you are the one to have to "psyche" your child up before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post mortems" immediately after competition or practice?
- Do you feel that you have to force your child to go to practice?
- Do you find yourself wanting to interfere with coaching and instructions during practice or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?
- Do you provide material rewards for performance?



### 2019 – 2020 Board of Directors

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