FREDERICTON AQUANAUTS SWIM TEAM

AQUA-NEWS

October 2021 *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.

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 swimmer's official record of swim times. We often hold “fun” or “mock” swim meets during practice times. Times earned at these meets do not count on the swimmer's 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.

Hydration Matters!

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

2020-2021 FAST Awards Banquet

Join us for a fantastic evening!

Where: Sam Sneads, 1700 Kingswood Way, Hanwell

When: Wed, Oct 20

Time: 5:30 – 7:30 pm

Who: Aqua 1, Aqua 2, Aqua 3, Aqua 4, APJ, APS & Coaches

Cost: Free

Meal will be served

RSVP Required

RSVP here before Oct 6

FAST Awards Banquet
2020-2021

RSVP Required by Oct 6

We are excited that we can finally celebrate in-person. However, we are still very aware of covid-19 and, in an effort to minimize risk/not overcrowd the space, we are only inviting swimmers & coaches to the Awards Banquet this year.

We plan to to have the event live streamed so you can watch it at home.

Wanted! Volunteers for:

- Financial Review Committee
- Meets & Officials Committee
- Fundraising Committee

If you are interested, please contact fastswimmingoffice@gmail.com for more information

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.

Parents & Guardians

A MUST WATCH!

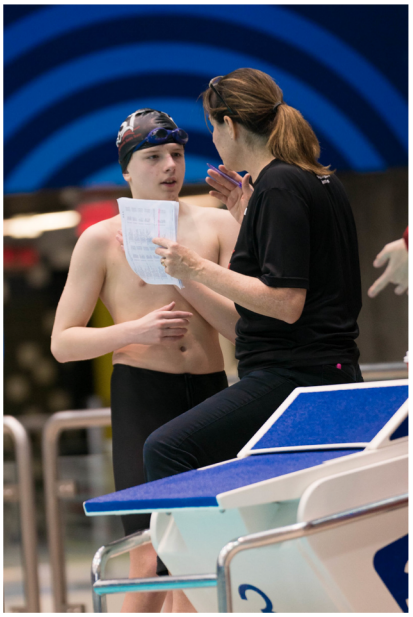
Changing the Game
TED Talk
Watch John O'Sullivan

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 get DQ'd (disqualified) in an 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.

BOTTLE DRIVE

FAST is holding a bottle drive

Save your cans and bottles!

Collect empties from your family/friends/neighbors ahead of time and drop off on Oct 23

SAT, Oct 23

Exhibition Grounds (behind the Superstore on South Side)

OR drop them off at Best Metals (320 Wilsey Road) anytime. You don't have to wait while they count them. Just ask them to rebate the FAST Account.

All funds raised from this Bottle Drive, FALL 2021, will be used to subsidize our operating deficit for 2022

SIGN UP TO VOLUNTEER

We will need LOTS of cardboard boxes for the glass bottles – please start saving them for us

SNB AGM
Sunday, Oct 24
via Zoom

Click here for more information

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."*

Our outgoing Board Members….thank you!

Mike MacDonald

Mike came to FAST in 2017 and quickly became involved in volunteering with the Team. Over the years, Mike has become an integral part in the running of our Swim Meets as well as training Officials as Chair of that Committee. Serving two years as a Director, Mike was a huge asset to the Board, and we thank him for all his contributions. He will be missed at the Board table, but he will continue to be involved with the Meets & Officials Committee.

Mike O'Connor

Mike O'Connor is a long-standing FAST parent who has had swimmers come and go through the program for the past 11 years. Mike's knowledge in running sports organizations and business sense has been a true asset for FAST. Mike spent and extra year on the Board to finish up some of the Policy work he was doing. Thank you, Mike, for your diligence and support and we will see you on the pool deck!

Jenny Scott

Jenny Scott is our Fundraising Rock Star! She never stops, is a wealth of knowledge and knows how to get things done! Starting with the FSI Auction in the fall of 2019. Jenny has helped FAST raise thousands of dollars in fundraising revenue as Chairperson of this Committee. Jenny's term as a Director is up, but she has graciously offered to continue Chairing the Fundraising Committee. We are grateful and look forward to continuing to work with Jenny.

FAST's New Pre-Competitive Coordinator

Sarah Kelly

Hi everyone! My name is Sarah, and I'm so excited to be back with FAST this season! This is my 13th year swimming, and I am currently part of the UNB Reds swim team. I have been coaching for 5 years, and I'm so excited to be taking on the Pre-Competitive Coordinator role this season as it gives me the opportunity to give back to the program that originally made me fall in love with swimming many years ago! :)

Sarah can be contacted at fastprecomp@gmail.com

FAST Annual General Meeting Highlights

Athlete Performance

- Attended 5 in-house swim meets/time trials
- Attended & Hosted 2 Dual Meets , 1 International Virtual Meet & the Atlantic Cup
- Numerous FAST and Provincial records were broken

Long Term Sustainability

- Made use of various funding sources through the Government of NB

Personal Growth/Life Balance

- Held Swimmer Experience Feedback Sessions with 85% of our swimmers participating
- Online feedback survey for all parents/guardians – response rate 51%

Annual General Meeting
September 27, 2021

FAST
Fredericton Aquanauts Swim Team

Click here for AGM Presentation

Elected – Your 2022 Board of Directors

Welcome Scott, Cynthia and Grant

FAST Board of Directors 2021-22Nominees

BOD Position	Name	Status
President	Jeanne Van den Broeck	Re-offering
Vice President	Andrea Addison	Re-offering
Past President	Wendy Sinclair	Re-offering
Secretary	Lindy Porter	Re-offering
Treasurer	Holly Lydon	Re-offering
Member at Large	Scott McNabb	Offering
Member at Large	Cynthia Duguay	Offering
Member at Large	Grant Sinclair	Offering
Head Coach (non-voting)	Marta Belsh	Staff

Projected Deficit - to be subsidized by 2021 projected revenue. See AGM Presentation

Budget 2021-22

REVENUE	
Registration	$201,174.92
Swim Meet Hosting	$1,500.00
Volunteer Assessment	$2,550.00
Fundraising	$10,000.00
Swim a thon	$7,290.00
Clothing & Merch (Team)	$1,000.00
Swim Gear & Caps (Team)	-$1,000.00
GIC Interest	$3,500.00
VISA Rebate	$1,200.00
Misc.	$300.00
Late Fees/Cancelled Revenue	$1,000.00
Total Revenue	**$228,515**

EXPENSES	
Coaching	$97,677.40
Coaches Insurance & Registrations	$1,950.00
Pool Rental	$78,588.22
Dryland Expense	$40,017.00
Administrative	$5,250.00
Financial Review	$2,990.00
Advertising & Promo & Goodwill	$1,000.00
Club Events & Development*	$6,200.00
Equipment**	$500.00
Athlete Performance/Enrichment	$900.00
Swim Camps Expense	$3,000.00
Account Closeout/Bad Debt	$300.00
Misc.	$100.00
Total Expenses	**$238,474**

Net Loss	**$9959**

Special Recognitions

Mike Walz – volunteer coaching
Wanda Wallace – photography
Dennis Tselichtchev – photography
Scott McNabb – MC at meets
Martin Wielemaker – video/livestreaming
Meets & Officials Committee – organizing and planning multiple in-house meets

And thank you to the many, many others who have volunteered this season!

Upcoming Community Support Opportunity for our Swimmers

Fall Classic

Run Event

Oct 17, 2021

Once again FAST will be running a water table at the 38th Annual Fall Classic run event. **This is all about giving back to our community.** We hear from participants of both the Fredericton Marathon and Fall Classic how much they appreciate seeing the FAST swimmers cheering them on & encouraging them as they tackle this arduous run. Athletes supporting athletes!

A Sign-up Genius will be circulated before this event

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.

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 teammates. This is a great opportunity that isn't always available during busy weekly practices.

Thank you to everyone who volunteered at the water table during the Fredericton Marathon!

We will be taking orders for Fresh Atlantic Farmed Salmon in October/November for December delivery

What you get: 10 lb box fresh salmon fillets

Fundraising benefit : Depending on the market price, families who sell boxes of salmon keep all profits from their sales as a credit on their FAST account.

Stay tuned!

FAST honor's Truth and Reconciliation always!

Aqua Dates

Group

Date	Event	Notes	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Oct 4	Pre-Comp Fall Session Starts		x						
Oct 5	Aqua 3 Parent Meeting	5:30 pm				x			
Oct 6	Aqua 1 Parent Meeting	7:00 pm		x					
Oct 6	RSVP deadline: Awards Banquet 2021			x	x	x	x	x	x
Oct 13	APJ & APS Parent Meeting	7:00 pm						x	x
Oct 17	Fall Classic – Water Table	Volunteer Opportunity	x	x	x	x	x	x	x
Oct 20	2021 Awards Banquet			x	x	x	x	x	x
Oct 23	Bottle Drive – exhibition grounds	Volunteer Opportunity	x	x	x	x	x	x	x
Oct 24	SNB Awards Banquet	Bathurst, NB		x	x	x	x	x	x
Oct 30-31	Amby Swim Meet at UNB – FAST usually volunteers to help run this meet	Volunteer Opportunity	x	x	x	x	x	x	x

Please see our website for last minute changes to our schedule as well as Swim Meet & Practice dates

Volunteering – we need you!

Timer – each lane needs three volunteer Timers. The Timers manually time the swimmer's event using a stopwatch provided. No formal training is required but is available if needed. Timers are given a brief instruction time before each session of the swim meet.

Timer	**Hospitality**	**Starter**
Stroke & Turn Judge	**Canteen & Program Sales**	**Chief Timekeeper**
Safety Marshal	**Referee**	**Electronics**
Set Up & Take Down	**Runners**	**Marshals**
Announcer	**Meet Sponsorships**	**Meet Manager**

Meet Fees

Each Swim Meet your swimmer attends has a fee. The amount of this fee varies from meet to meet.

Each Meet Fee includes the following: 1) An amount set by Swimming NB and paid to the Hosting Club to cover the costs of running the meet, and 2) An amount set by FAST to pay for our Coaching & Travel (C&T) Fees for that meet.

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 & accommodation 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. Not to make a profit.

Hosting clubs do use this opportunity to sell canteen items, action photos, programs and/or advertising in an effort to make revenue for their swim club. This is the only area where profit may be made by the hosting club.

Don't get stuck paying for Swim Meets you can't attend

Decline attending BEFORE the Deadline to Decline

FAST TEAM CHEERS

Caller
Answer
Together

Underwater Gladiators

Underwater
Gladiators
Underwater
Gladiators
FAST will fight
FAST will swim
FAST will do it all to win
(x3)
1, 2, 3, FAST

Go Fight Win

When I say go you say fight
Go
Fight
Go
Fight
When I say win you say tonight
Win
Tonight
Win
Tonight
When I say boogie on you say down
Boogie on
Down
Boogie on
Down
Go fight win tonight boogie on down all right all right
Go fight win tonight boogie on down all right all right
Go, Fight, Win
HOOOOH

October Birthdays

Isis Brennan	Vikki Hallihan	Jaylon Mbaya	Ruby Smith
Jagger Canney	Lauren Kenny	Hannah Pilgrim	Caleb Taylor
Amalia Gauthier	Aubrie Lockhart	Emerson Scott	
Liam Griffiths	Kate Manuel	Mousa Seifeldin	

Operational Requirements effective Sept 27, 2021

- Masks must be worn when entering and exiting all facilities where we swim
- Swimmers must provide proof of either: vaccination to covid-19, negative testing three times each week, or medical exemption
- Swimmers are asked to keep proof as outlined above with them when entering facilities along with a Government issued ID (photo of Medicare card should be acceptable)
- Swimmers turning 12 years of age have 60 days following their 12th birthday to provide proof of full vaccination.

MENTAL HEALTH FIRST AID SUPPORTING YOUTH (VIRTUAL)

This evidence-based course is designed for those having frequent contact with young people. It is most relevant in situations when it is first becoming apparent to an adult that a young person is developing a mental health problem, as well as provide first aid in mental health crisis situations.

OBJECTIVES

- Recognize signs that a young person may be experiencing a decline in their mental well-being
- Initiate conversations that encourage about mental health or substance use problem
- Discuss professional and other supports that could help with recovery
- Assist in a mental health or substance use crisis situation
- Check in with one's own mental well-being and take action

TOPICS COVERED

- Self-help strategies and young people
- Anxiety and trauma-related disorders
- Feeding and Eating Disorders
- Non suicidal self injury
- Gambling
- Psychotic disorders
- Changes during adolescent development
- The relationship between mental health and substance use problems and adolescent development
- How to communicate effectively with young people

COURSE FORMAT

This 10-hour course opens with a self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practise throughout the virtual classroom modules (Modules 2 and 3). Upon registration, participants receive a link to the "MHFA Reference Guide" that outlines MHFA actions for developing mental health and substance use problems, and mental health crises.

1 Self-Directed 2 Hours → Introduction to MHFA

2 Virtual Classroom 4 Hours → MHFA for Declining Mental Well-Being

3 Virtual Classroom 4 Hours → MHFA for Crisis Situations

1 in 4 young people aged 9-19 report experiencing mental illness.

- In Canada, suicide is the second leading cause of death among those aged 15 to 34.

Who should train in MHFA Supporting Youth?

- Teachers
- Social workers
- Counsellors
- Parents and family members
- Coaches
- Community leaders
- Youth Workers
- Guardians

To learn more, register for a course or become an instructor:

- mhfa@mentalhealthcommission.ca
- 1-866-989-3985
- www.mhfa.ca

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and to improve services and support. Over 500,000 people in Canada have been trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

Mental Health Commission of Canada / Commission de la santé mentale du Canada

Mental Health First Aid Canada

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 • Tel: 613.683.3755 • Fax: 613.798.2989
info@mentalhealthcommission.ca • www.mentalhealthcommission.ca
@MHCC_ /theMHCC /1MHCC @theMHCC /Mental Health Commission of Canada

Thank you Jumpstart and Canadian Tire!

Jumpstart Bon départ

Sport Relief Fund Recipient

FAST is pleased to announce we are the recipient of funding from Jumpstart for two initiatives this swim season.

1. Funding to train all our FAST coaches over the age of 16 in Mental Health First Aid Supporting Youth. This training is planned for Oct 23 and Nov 6, 2021

2. Fins on deck for our Pre-Competitive Swimmers. We lost many sets of fins that were used by our precompetitive program in the equipment room fire last year. Jumpstart will be funding the purchase of enough fins for the pre comp groups to share.

What is in that backpack?

What to pack for a Swim Meet:

- FAST Swimsuit (Speedo) (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.
- Positive attitude and cheering voice

Bethere.org

Let's create a world where we can all
better support one another

Check out these links

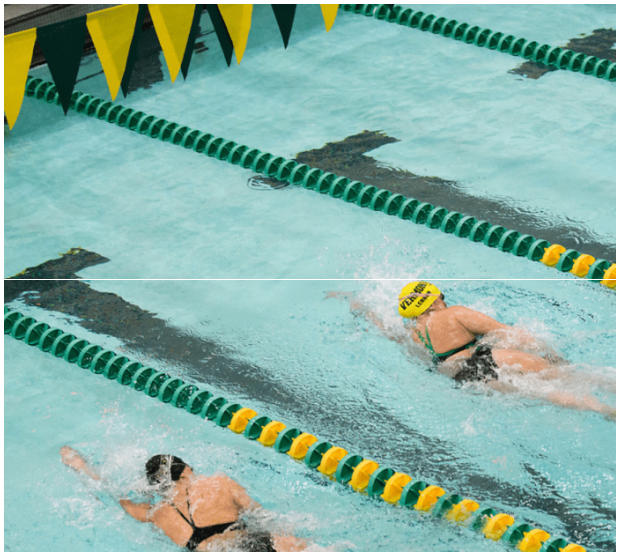
Being there for someone is an art, not a science. There's no formula or instruction manual because **every situation is different**.

Be There Basics will help you learn how to recognize when someone might be struggling with their mental health and gives you 5 Golden Rules to help you support and be there for them.

The Golden Rules

1. Say what you see
2. Show You Care
3. Hear Them Out
4. Know Your Role
5. Connect to Help

An Honest Sport: 15 Truths About Swimming



by CHANDLER BRANDES
04 April 2021, 07:15am

15 Truths About Swimming

Swimming is a sport like no other. You learn a lot about yourself throughout your years as a swimmer and the sport inherently instills valuable life lessons in you. Even when your time as a competitive swimmer is done, you still continue to learn more about the sport and have time to reflect.

Here are 15 very real and very honest truths about swimming:

1. **Swimming isn't like any other sport, so don't expect it to be.**
   Swimming is unique for many reasons and is truly unlike any other sport. You don't get a timeout in the middle of your 400 IM, no matter how badly you may need one. Swimmers don't, and probably won't ever, get the same recognition as other teams, despite the achievements in and out of the pool. You may see your friends who play other sports have the week off around the holidays while you're on your way to doubles. That's just the way swimming is.

Photo Courtesy: Ironman

2. The clock will never lie.
You always hear the cliché—the clock never lies. Well, it's true. The clock doesn't and will never lie, but that's the beauty of it. The precise nature of our sport allows us to visibly see the outcome of the work we do. There is no judge marking off points for technicality or style: you swim, look up at the scoreboard and *boom,* there's the result. If you were .01 off the cut time, you were .01 off the cut time. If your reaction time was -0.32, you left early. It's an honest sport; you can't make up excuses for numbers that are right in front of your eyes.

3. It's okay to fail.

Swimmers often find themselves in the mindset that failing is not an option. But here's the thing: it's okay. Fail. Make mistakes. Try a new race strategy. Hold a faster interval in practice. Maybe you fade in the last 50 of your 200 breast, maybe you have to add a few seconds for the final reps. You won't know unless you try and you will never learn or grow or get faster if you never push yourself out of your comfort zone.

4. It's not always fair.

Some people have natural talent. We all know the type, those who may not necessarily put in the training but can bust out a fast time at meets. Others simply do not have that ability. Swimming was never natural to me; I was not one of those lucky individuals who had God-given speed. I had to train extremely hard to see minor results at best, if any improvements at all. But that's just how it is. You cannot control what others do.

5. You don't have to be best friends with all of your teammates.

You can choose what club team to swim with or where you go to college, but your teammates are like family—you don't get to pick them. Despite spending a good portion of your time with them, it's okay not to be best friends with all of them. Despite any differences, support each other and push one another to be the best athletes you can be. After all, you're there for the same reason, and competing with the same team name on your caps.

6. You won't always drop time like your 10-year-old self.

Remember when you were younger, and you would drop three seconds in your 50 free each time you raced it? As we all know, once we get older, that stops happening. There comes a point in your swimming career when you simply won't drop time anymore. As much as you'd like to and no matter how hard you train, the results just don't seem to go your way. Plateaus happen. You may only drop a few tenths here and there—celebrate that success.

Photo Courtesy: David Rieder

7. No one cares about your excuses.

I've made my fair share of excuses, don't get me wrong. But here's the thing: absolutely no one cares about your excuses. You can make excuses all you want—go right ahead—but those will be what prevents you from reaching your goals. As one of my 13-year-old swimmers once told me, excuses are the nails that build the house of failure. *Wow.*

8. The suit doesn't make you go fast.

It's the mindset you have while you're *in* the suit that makes you go fast. Did the fancy new tech suit put in hours of training each day? No. Did the suit that takes 20 minutes to put on wake up at the crack of dawn to head to the gym? Not a chance. Was it the $300 piece of fabric that survived winter training? Nope. No one can swim your race except you. Put that suit on and feel—*be*—unstoppable.

9. Mental health matters.
If we're sore, we ice. If something's hurting, we see our athletic trainers. If we're tight, we stretch and roll out. Mental health should not be any different. If something is bothering you, talk about it. Asking for help is not a sign of weakness; your coaches, teammates, athletic support staff, family and friends all want to see you succeed. Swimming (and diving) are both extremely mental sports, and to perform your best in the pool, you must be in the best mindset possible.

AND COOL DOWN!

10. Warmup also matters.
I once raced a 200 breast final at my championship meet without any warmup; I hadn't touched a pool since my prelim swim that morning. Somehow, unbeknownst to me, I managed to go a best time, but let me tell you, I couldn't walk the next day. Never underestimate the power of a good warmup. If you don't have a pool available, do some dryland exercises to get your heart rate up. Get both your body and mind ready to race.

11. It's impossible not to compare yourself to others.
Don't pretend that you have never compared yourself to anyone. It's inevitable in sport and swimming is no exception. *Wow, that guy is so much stronger than me. That girl's seed time is five seconds faster than mine.* Although it's impossible not to compare yourself to others, learn how to manage it. Stay in your zone, race your own race. If you start to hear that little voice in your head get to a negative place, reroute it to focus on you and no one but yourself.

12. It's okay to not always love the sport.
Swimming is not always rainbows and butterflies—it rarely is. It's hard. It takes an emotional, physical and mental toll on you. Sometimes you feel stuck, simply just going through the motions, even questioning what you truly want from the sport. That's fine. It's normal. You're not the only one who feels that way, and you definitely won't be the last. Even on the hard days, remember why you started. Somewhere, no matter how deep down it may be, that love for swimming is still there.

13. You are never alone.
It's okay to admit when you need help and to seek out resources. Communicate with your coaches about how you're feeling and let your teammates know what's going on. Chances are, some of them are probably feeling the same way. Through the good times and the bad, you have an amazing support system. Even when the going gets tough, your swimming family is in your corner. It's not easy and you never have to go through it by yourself.

Photo Courtesy: Carl Labonge III

Photo Courtesy: Peter H. Bick

14. You are a person outside of the pool.
Swimming is what you do, not who you are. Swimming is a huge part of your life, but it does not define you as a human being. It's so easy to get caught up obsessing over trivial things within the sport, but that does not matter. In five, 10, 20 years from now, you will not remember the time you swam in your 100 back at a dual meet or the pace you held for 10×100 in practice. Your times and accomplishments within the pool will never tell the whole story; your character says a lot more about you as both a person and an athlete.

15. It doesn't give up on you.
Swimming is like that pesky little mosquito on a hot summer night: it never goes away, no matter how many times you swat at it. There may come a time when you give up on swimming, but it will never give up on you. It will be there for you, days, months, or even years after you hang up your goggles for good. The pool will be waiting for you with open arms, calling you home. After all, you can never really leave a thing you love.

Reprinted from Swimming World

CONGRATULATIONS to our 2021

Volunteers of the Year

Pam Moxon
&
Martin Wielemaker

Pam Moxon

Pam has been FAST Volunteer Coordinator, managing the Teams Family Participation Hours, since its inception in 2016. You will also see Pam at practically every swim meet, either on deck Officiating, or in the bleachers supporting not just her swimmers but all of our swimmers. Thank you, Pam, you are very worthy of this award.

Martin Wielemaker

Martin, a long time FAST parent and former Board Member, has more recently become noticed for his Livestreaming skills! Martin provided our FAST families (around the world) the ability to see their swimmer in action at meets, despite restrictions we faced due to covid-19. I think I speak for everyone when we say Thank You Martin!

Whenever you need to talk, we're open.

Text 686868
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone

Kids Help Phone

For more information about Volunteering Jobs, how to submit your hours, etc. please refer to our website:
Volunteering & the Family Participation Plan

FlipGive

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

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

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

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

Download the App today!

FAST Team Code:

BMCCMW

Do you have FAST Drinkware?

Get them while you can, they make great gifts!

$10 each

Order FAST Clothing & Merchandise Here

Contact Us

www.swimmingfast.com

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

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

Click here for more Contacts