



AQUA-NEWS

September 2020

www.swimmingfast.com

Presidents Message

Welcome everyone to our 2020-21 swim season. We are ready for a fresh start with an updated group structure and a new Assistant Head Coach. Welcome Alex Blais!

The season ahead of us will have many unknowns during this time of Covid-19, however we will do our best to keep our swimmers engaged and safe at the same time. It is a crucial time for our athletes to have a positive focus and structure. I am confident that whatever life throws at FAST this season, we will overcome and be there for our swimmers one way or another. We thank you in advance for your patience as we navigate the Team through these turbulent times.

We have already mentioned this several times, but it is worth mentioning again. Fundraising is crucial this season and we ask each and every one of you to help with these efforts as much as you are able to. The work we put into fundraising this season will help the Team and our families in the long run by helping to stabilize our revenue. Otherwise we will have no choice but to increase fees significantly next year.

There are a few Parent Orientation presentations we will be recording and sending to you (and posting on our Website). I encourage all parents, new and old, to listen to them. There will be lots of information about FAST, how to support your swimmer, coaching, swim meets and expectations. Lots of great information that will help everyone's understanding of FAST and competitive swimming.

This season we once again ask all of our parents/guardians to Let the Coach COACH. Please focus on your three main jobs as a swim parent; 1) chauffeur/drives to practices & meets, 2) provide healthy food options to fuel their bodies, and 3) provide an environment where they are able to get adequate sleep. That's it! Leave the rest to our very capable coaches.

Feel free to contact me at fastswimminggeneral@gmail.com, I am always available if you have any questions or concerns.

See you on deck!

Jeanne Van den Broeck, FAST President

Parent Orientation

All about FAST

Coaching and your Swimmer

Swim Meets & Officiating

*** New** Presentations will be recorded, emailed to you and posted on our Website.

Following these presentations, we will hold individual group zoom meetings to answer all your questions and provide group specific information to you.

Stay Tuned for Group Meeting Info.

Marta Belsh, Head Coach

I am so very proud of all of you and how you have dealt with the highs and lows last season presented us. It wasn't easy on anyone and we can't wait to start next season off with a fresh start. There are still many unknowns about next season; will there be swim meets? What will swim meets look like now? Will the season be interrupted again due to the pandemic? Regardless, we will get through it and be stronger because of it. I'm very excited to start the new season sharing the pool deck with Alex. ~Marta



Alex Blais, Assistant Head Coach

It was great to be finished with "isolating" and being able to join Marta and all the other FAST Coaches at practices in August. I saw how you swim and recognize amazing potential in all of you. It has just made me even more excited to see everyone again in September!

I'm very energized and ready to start this swim season, and for you to get to know me and my coaching style. I believe FAST will be pioneer's in our training and our results will speak for themselves.

I want to get to know each and every one of you as athletes and look forward to helping you reach your goals – in and out of the pool! ~Alex



Group	Coach
Aquanaut Performance Senior (APS)	Marta Belsh
Aquanaut Performance Junior (APJ)	Alex Blais
Aquanaut 4	Alex Blais
Aquanaut 3	Ian Smith
Aquanaut 2	Bea Lougheed
Aquanaut 1	Brittany Harvey
Substitutes	Wendy Sinclair, Andrea Creer, Sarah Kelly, Hannah Casey, Mike Walz, Gabriella Belsh

Fundraising is very important to the Team this season especially!

FAST, like many other teams, businesses, and individuals, has been hit hard this season due to the Covid-19 pandemic and restrictions placed on us.

We have cut back expenses as best we can, however it is our loss of revenue and increased essential costs that will hurt us financially. We want to do everything possible to keep registration fees reasonable, even though they were increased a small amount (approx. 1%) this season. We also had to decrease the amount FAST subsidized some swimmer expenses like Dryland, SMA Pool Fund and Yoga, passing more of this expense onto our swimmers. We are not making money in these areas, we simply want to pay for the expense, or more of the expense than last season.

To this end, we want to ensure everyone understands the importance of Team Fundraising this year. If we can raise enough fundraising this season to minimize our deficit and decrease some of our expenses, we will be able to keep future registration fees similar to this season. However, if we do not have successful Fundraising efforts this year, we will not have much choice but to raise registration fees next season to make up for our lost revenue and increased expenses.

We have tried to find fundraisers that are “easy” and something most people wouldn’t mind purchasing/participating in – but we need your help to reach out to family, friends, neighbors and coworkers.

The logo for FlipGive, featuring the word "Flip" in a dark grey serif font and "Give" in a teal sans-serif font, with a teal circular arrow icon integrated into the letter "i".

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.

Download App today!



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

FAST Team Code:

BMCCMW



[Watch Video Here](#)

Video: Partnership
Parents/Guardians & Swim
Coaches

ISCA, The International Swim
Coaches Association

Wayne Goldsmith on behalf of ISCA teaches about the partnerships among parents and guardians that are necessary to help swim coaches and programs and so that the children, students, athletes and swimmers flourish.

www.swimmingfast.com

**Your Source for
Information!**

Meet Info
Order Team Clothing
Registration
Group Schedules
Parent Information
Policies
Resources
Financial Info
Contact Info
And much more...

BOTTLE DRIVE

Save your cans and bottles!

FAST will be holding a bottle drive this Fall.

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, FALL 2020, THROUGH BEST METALS WILL BE USED TO PAY FOR OUR COACHES FEES FOR SWIM MEETS – WHICH MEANS YOUR MEET FEE WILL BE LOWER!

September Birthdays

Grace Coady	Amro Mahfud	Liam Read
John Daley	Aurora Nolan	Abdullah Seifeldin
Daniel Duguay	Hilary Norris	Madelynn Simms
Clara Duquette	Sophie Penney	
Zhuoxuan Li	Claire Ray	

Fall 2020 Pre-Competitive Program

Our Pre Competitive Coaches and Shadows

FAST's pre competitive groups are coached by our own swimmers.

Swimmers who express an interested in the Coaching aspect of competitive swimming must be 15 years of age or older and completed courses in Community Coaching, Making Ethical Decisions and Safe Sport. They has also been required to "shadow coach" for one year prior to taking over their own group.

Our Shadow Coaches are swimmer volunteers who assist and learn from our Pre Competitive Coaches. After one year of shadow coaching, these swimmers may choose to take their required courses and take on coaching a group of their own.

Alex Blais, our Assistant Head Coach is responsible for coordinating the Pre Competitive Program. If you have any questions about this program, please get in touch with either Alex or our FAST Office.

2019-2020

Annual General Meeting

via Zoom
Monday, Sept 28
7:00 pm

All FAST parent/guardians are welcome to attend.

Pre Comp Swim Caps

One swim cap is included in your registration fee for all pre comp groups and will be given to your swimmers on their first day. Replacement caps cost \$10 and can be purchased through your coach or [online](#).

We are unable to run our Pre Competitive White (ages 4+) and Yellow (ages 6+) groups this fall due to restrictions on how we deliver these programs during the pandemic and lack of pool space/availability.

Looking to make those big improvements this year?

Are you ready and willing to finally test the limits of your swimming and see how fast you can truly go?

Here is your playbook, your “*Art of War*,” your little list of 15 rules to achieve those monster swims:

1. Do things a little bit better every day.

It’s natural to want to make the big, drastic improvements. In reality, dropping big chunks of time off your best time doesn’t come from doing something right once, it comes from doing a whole bunch of little things right consistently.

2. The details matter.

It’s crazy to think how often races end up coming down to who kept their head down at the finish, or who had a slightly tighter streamline off that last wall. The way that you perform these seemingly innocuous aspects of your swimming in practice is the way you do them in competition, so don’t neglect them.

3. Remember that progress is rugged.

You are going to get banged up, challenged and bruised on your way to improving in the pool. Understanding that the process isn’t easy will serve you well in those moments of difficulty in the months ahead.

4. You’re tougher than you imagine.

Our limits are largely the construct of exaggerated beliefs and past experience. Remember the last time coach put up a set that you thought was impossible? And you ended up doing it? Yeah. *That* time. And the host of others as well. You are tougher than you give yourself credit for.

5. Surround yourself with swimmers who are doing it right.

Trying to level up your swimming is tough enough, doing it with teammates and friends who are content to swim in the waters of mediocrity is tougher. Choose the people you associate with carefully; all too often they are a reflection of you and eventually, your results.

Do things a little bit better every day.

The details matter.

Remember that progress is rugged.

You’re tougher than you imagine.

Surround yourself with swimmers who are doing it right.

Excellence requires full time effort.

Log your workouts in the pool.

Keep it simple.

Be grateful.

Stop looking for reasons you can’t swim at an epic level.

Master the process, master the results.

Don’t be afraid to fully commit.

Be the teammate you want to have.

Get the help you need.

Have fun!

6. Excellence requires full time effort.

Putting in the effort at the pool is one thing, but if you are sabotaging it by staying up late, eating poorly, and not taking care of yourself out of the pool, it waters down the hard work you are putting in.

7. Log your workouts in the pool.

Consistency over the course of a full swimming season is tough. There will always be distractions, setbacks, injuries and illness. Write out your workouts daily to keep yourself accountable and keep your intensity in practice elevated.

8. Keep it simple.

It's always the simple things that make the biggest difference: attendance, work ethic, sleep habits. Master the fundamentals first, the things that make up 98% of your performance, and leave the other 2% for when you are crushing the basics.

9. Be grateful.

Yes, getting up at 5am for morning workouts isn't the greatest. Nor is Hell Week or spending yet another weekend away from your friends from school. But swimming—and the myriad of benefits it will provide you from building character, consistency and toughness—is worth being grateful for.

10. Stop looking for reasons you can't swim at an epic level.

The easiest thing to do is to look at something challenging or hard or that hasn't been done before and say, "I can't." Instead, you should be asking, "Why not me?"

11. Master the process, master the results.

Big goals are great and necessary, they give us motivation and something to strive for. But a championship swimmer isn't made on race day. They are forged in the day-to-day grind of falling in love with the process.

12. Don't be afraid to fully commit.

Top level swimmers have insane levels of personal integrity. When they say that they are going to do something, that they are going to commit to a specific goal, they do it. A funny thing happens when you fully commit to something—your world seems to bend around it in order to make it come to fruition.

13. Be the teammate you want to have.

Some of my best memories from my age group swimming days aren't necessarily the best times and records (though those were nice), it was the moments where an older swimmer lent a word of encouragement. Or when the team all got up to cheer for me. Those moments matter a lot more than you realize, so take the steps to be that teammate regularly.

14. Get the help you need.

Here's a fun fact: you don't need to struggle towards your goals on your own.

Your coaches are there to provide not only technical assistance and programming guidance, but to help motivate you in times of struggle. Similarly with your parents. Share your goals with the people that matter. You don't need to step into the arena alone.

15. Have fun.

Yes, this might come off as a little ridiculous. How can swimming 40k+ per week plus dry-land sound like fun? Well, *improving* is fun. Challenging your limits is fun. Pushing teammates to levels they never thought capable is fun. And yes, destroying those goals at the season is a whole metric ton of fun

You ready to take your swimming to the next level?

YourSwimBook will help you get there.

[Click here to learn more.](#)

See you at the pool, Olivier Leroy



My name is Olivier Poirier-Leroy and I am the fella behind YourSwimLog.com and the author of [*YourSwimBook*](#) and [*Conquer the Pool: The Swimmer's Ultimate Guide to a High-Performance Mindset*](#).

Volunteering and our Family Participation Plan

Our Team relies on volunteers to provide opportunities for our swimmers to have social activities as well as compete in swim meets/competitions. Without your help, we would not be able to do these things.

To help ensure the volunteer jobs are being shared by all our swimmer's families we have established the Family Participation Plan. This plan outlines the required amount of volunteer hours per swimmer group the Team expects. If a family does not fulfill their required volunteer hours by the end of the swim season, their FAST account will be charged \$15/hour not fulfilled.

We do not require families from our Pre competitive, Aqua 1 (or other Aqua groups where they swimmer does not go to swim meets) to volunteer, however we would gladly welcome their help!

Did you know?

If you are unable to fulfil your volunteer obligation due to personal circumstances, you can ask for an exemption or have your fellow FAST families "donate" their hours to you.

For an exemption, please email our FPP Coordinator (Pam Moxon) at fastvolunteercoordinator@gmail.com explaining why you require an exemption.

If others are donating their hours to you, there is an area on the form that is used to submit volunteer hours where they can indicate their hours will go towards your family obligation.

Both exemptions and donation of hours must be reviewed and approved prior to acceptance.

Swim Meets this Season

FAST requires a number of volunteers for each swim meet (in house or hosted by another Team) we attend.

Prior to each meet, a sign up genius will be emailed to everyone where you can select what job you would like to do for that Meet.

For questions or to inquire about Officiating positions/training, please email Mike MacDonald at fastmeetofficials@gmail.com

Meet Manager

Meet Sponsorships & Fundraising

Timing

Stroke & Turn Judge

Safety Marshal

Set Up & Take Down

Announcer

Chief Timekeeper

Electronics

Marshals

Hospitality

Canteen & Program Sales

Referee

Runners

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

[Volunteering & the Family Participation Plan](#)

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates

Group

Date	Event	Notes	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Aug 31	Registration Opens to New Members								
Sept 8	Deadline for Parents to complete the Respect in Sport Certification		x	x	x	x	x	x	x
Sept 8	Commitment Contracts Due	Email to fastswimmingoffice@gmail.com						x	x
Sept 14	Dryland starts this week			x	x	x	x	x	x
Sept 21	Water practices start this week Competitive Groups			x	x	x	x	x	x
Sept 28	Pre Comp Fall Session Starts this week	*New Date	x						
Sept 28	AGM & Awards	Zoom link will be emailed	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



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

What you get: 10 lb box fresh salmon fillets

Fundraising benefit : in addition to amazing fresh salmon, you will receive approximately \$16/box sold as a credit on your personal FAST account to help pay for your FAST fees.

Stay tuned!

Team Clothing, Equipment & Merchandise

Check out our new
FAST Face Coverings!

\$15



Outer layer: Polyester compound 200gsm
Lightweight yet durable double knit fabric
for 2 x the protection from droplets Inner
Layer: 100% cotton 135gsm Hypoallergenic
and comfortable inner layer with inbuilt
pouch for antiviral filters to fit Full Mask is
washable up to 90 degrees and can be
ironed. Ties: Elastic spandex compound that
ties/adjusts.

What you need for
your group?

[Click here to Order
from FAST](#)

Deadline to order
Equipment/Clothing from FAST
required for practices & Meets is
Sept 8, 2020

Radical Edge on Queen Street carries:

- Black/Red/Grey Girls Speedo Suits
- Black Boys Speedo Jammers/Briefs
- Goggles
- Kickboards
- Fins

Pick up FAST Equipment/Clothing

Stay tuned for pick up date/time for all of
FAST ordered items

Are morning practices really necessary?

YES! Swimming is not something that comes naturally to humans. It puts us horizontal when we'd rather be vertical, forces us to move very differently through a medium full of resistance and causes us to use different muscles that we normally do. Swimming well requires practice and lots of it. The only way we can get all that practice in is to swim two times a day. Not to mention it helps prepare us for Swim Meets which typically start very early in the morning. If we aren't used to swimming very early in the morning, it will be very difficult to have your best performance at Meets.

From the Kitchen...



Ingredients

- 1/4 cup porridge oats
- 3/4 cup part skimmed milk
- 1 tsp honey
- 1 med banana

Customise your bowl:

- Add berries and cherries for additional vitamins
- Add banana and honey for extra fuel
- Add low fat Greek yoghurt or scoop of whey for extra protein
- Add sprinkle of milled linseeds for essential fats and fibre
- Add sprinkle of cinnamon for flavour

Overnight Oats

www.britishswimming.org

Instructions

- Place porridge oats and milk in a bowl or Tupperware and mix well
- Cover/seal over and leave in the fridge overnight so that milk soaks into the oats
- Just before serving prepare banana into roughly 1cm chunks
- Mix honey and banana into the oats mix ready for serving

Nutrition

400 Calories, 6g Fat, 66g Carbohydrates, 14g Protein (These figures apply to the banana and honey mix)

FlipGive



Your spending this money anyhow, why not make FlipGive part of how you shop.

Start small and choose 1-2 stores that you use frequently. You will begin to see how easy it is.

Just takes a bit of planning and getting used to a new way to pay for your purchases.

FAST Code of Conduct



When you registered for swimming with FAST, you electronically signed the FAST Code of Conduct. Please take a moment to go over this document. FAST abides by this Code and takes it very seriously.

[Link to Code of Conduct](#)

Food for Thought...

Letting the Coach COACH, and how best to support your swimmer

Coaches and parents have two very different roles to play in competitive swimming. As a coach, I am qualified to assess swimmers' performance and technique, and provide them with instruction, mentoring, and coaching to help them become the best swimmer they can be. As a parent, your role is to support your swimmer in attaining the goals that they have set for themselves. In order to ensure that I can help your child become the best swimmer they can be, I need:

- To have your trust in my ability as a coach;
- To be able to push the swimmer when I feel they are not swimming to their potential;
- To be able to let them swim easy when they are not up to par;
- To sometimes let a swimmer, continue to swim with bad habits and even make mistakes, after repeated attempts to correct them, until they learn through their own experience. A disqualification (DQ) usually fixes this problem. I strongly believe that it is through mistakes that we are able to learn and become better people and swimmers. It is okay for your swimmer to make mistakes and learn from these mistakes. Let me coach them through this from a swimming perspective;
- To be able to keep order and provide the structure needed for improvement. This means being able to discipline swimmers when they are goofing around, not focusing, disrupting the practice for others, or not doing things properly because they were not paying attention;
- To be able to coach them without interference from the parent, let the coach COACH. You promise not to coach, I promise not to parent your child. If you are coaching your swimmer behind the scenes, they are getting two different messages – one from me as their coach, and the other from you as their parent. Both messages may result in confusing the swimmer and setting the swimmer back in the process of improvement and their progress. If this situation arises, my role as a coach is nullified and I have to take on the supportive role of a parent in order to give the swimmer the balance they need to be successful.

You can support your swimmer by:

- Ensuring they get plenty of rest and eat properly;
- Helping them get to practice/events on time;
- Encouraging them to let their coach know when practices will be missed (even after the fact). A great deal of thought goes into the structure of a practice for each swimmer. It is helpful for the coach to know, for example if your swimmer has been sick, so they can tailor subsequent practices in a helpful manner;
- Allow 24-hour response time when discussing issues with coaches;
- Not being concerned with the attainment of Time Standards. Let the attainment of these standards be their focus, not yours;

As parents, I would strongly encourage you not to 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 with them when they achieve them, but don't get discouraged at near misses or set expectations that your swimmer may not be ready for.

Food for Thought...

- Letting your swimmer search for approval from their coach at the end of the race before searching the stands for approval from you as a parent;
- Try leaving the stands. During practice, if your child is constantly looking into the stands for your approval, we can't coach them to the best of our ability. Try leaving the stands during some of the practices so that their full attention can be on their coach and what they are doing in the water; Staying off the deck during swim meets and practices. If you really want to be on deck, the best way to do that is as an official;
- After a race, swim meet, or practice, ask your swimmer what they have learned. If they have questions get them to talk to their coach;
- Lead by example. Support your child and team members;
- In the stands...learning not to believe everything you hear;
- If a problem arises, first go to your swimmer's Coach. If it is still unresolved then go to the Head Coach;
- Avoid criticism of the coach in front of your swimmer. Placing the obstacle of criticism between coach and swimmer creates additional pressure on the swimmer, which can impair performances. Your swimmer needs to trust his/her coach in order to get the most benefit from him/her;
- Ensure your account is paid in full each month;
- Love them no matter what the outcome of the race!

Marta Belsh, Head Coach

BOTTLE DRIVE PROCEEDS

All proceeds received from BEST METALS through the Bottle Drive or individual donations this Fall will be used to pay for Coaches Fees for attending Swim Meets.

Each swim meet has a "Meet Fee" which is made up of two parts; 1) SNB fee which goes to Swimming NB; 2) Coaches Fees which are paid to our coach's time and expenses for attending a meet.

The more we raise, the less the fees will be, so we encourage everyone to participate and spread the word to family and friends.

Contact Us

www.swimmingfast.com

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[Click here for more Contacts](#)