



AQUA-NEWS

May 2022

www.swimmingfast.com

Eastern Canadian Championships April 2022

Record Breakers – Eastern Canadian Champs

Club Record Breakers

- Ethan Nestoruk broke the 50 breast (30.47) Club Record previously held by Ethan Nestoruk (31.49)
- Ethan Nestoruk broke the 50 back (29.26) Club Record previously held by Noah Brake (29.43) in 2019

Third Canadian
Junior Qualifying
Time

Sara McNabb
100 fly

FAST swimmer’s Sara McNabb and Ethan Nestoruk both achieved personal best times in the 2022 Speedo Eastern Canadian Championships in Pointe-Claire, Quebec

Coach Marta Belsh accompanied McNabb and Nestoruk and said, “Both Sara and Ethan gave their all and it showed in their results”.

McNabb swam finals in the 100 fly with a time of 1:07.99, -1.09 off her seed time, a third qualifying time for Canadian Junior Championships.






Nestoruk placed 5th in 50 breast with a time of 30.47 breaking the Club Record from 2020 which he already held. Nestoruk also broke the Club record for 50 back with a time of 29.26 which was previously held by Noah Brake with a time of 29.43 at the Atlantic Cup 2019 swim meet. His 50 free finals time was 25.54.



FREDERICTON AQUANAUTS SWIM TEAM

Premier #4

Congratulations to the following athletes who achieved a new Time Standard
Time Standard Pin given to swimmers who have received their first ever AA, A or B Time with FAST

	AA	A	B
<p>16 New B Times</p> <p>2 New A Times</p> <p>1 New AA Time</p> <p>7 DQ's</p> <p>54 events</p> <p>40 best times!</p>	Mark Addison	<p> Claire Ray</p> <p> Ila Wright</p>	<p> Luke Addison</p> <p>Sophia Carr</p> <p>Xander Chiasson</p> <p>Caleb Griffiths</p> <p>Olivia Guignard</p> <p>Maeleigh Murphy</p> <p> Alex Ouellette</p> <p>Claire Ray</p> <p>Sophie Ricketts</p> <p>Vera Rosales</p> <p>Rosalie Sinclair</p> <p>Ruby Smith</p> <p>Bridget van driel</p> <p>Hazel Wright</p> <p>Ila Wright</p>
			
	<h3>Swimmer Achievement Recognition Pins</h3>		
	<p>Pins for achieving first NB Standard time in any event</p> <p>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 have also developed pins for Club Record Holder, Next Gen and HP (High Performance) swimmers.</p>		
	<p>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.</p>		
	<ul style="list-style-type: none"> The recognition of this and handing out of the pins began in the 2020-2021 swim season Swimmers who hold an NB 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 		
<p>Coaches will hand out pins to swimmers following meets where they achieve their new standard or record</p>			



[Click here to Register your Swimmer](#)

May 5

is last day that donations will be accepted for the Swim a Thon

All funds raised over our \$7000 goal will be used towards operational expenses for swim meets.

Top fundraising winners will be announced in May

Do you have your Volunteer Hours yet?

To be successful, every swim Club relies on its families to support its coaches and swimmers. A Club of our size is built on the involvement and dedication of parents and coaches. There are numerous activities at all levels of the Club in which you may participate: officiating in any of the meets your swimmer participates in, engaging in fundraising activities or supporting social events, just to mention a few.

As such, all families in our Aqua 2, Aqua 3, Aqua 4, APJ and APS groups are required to volunteer a minimum number of hours each season. Each family will be charged for any volunteer hour(s) they have not yet earned (at a rate of \$15/hour), to a maximum of their family hourly requirement (see below). If the family has attained their required hours, no charges will be made to their account.

Group	Volunteer Hours Required each Swim Season
Pre-Comp	none
Aqua 1	none
Aqua 2	10 hours
Aqua 3	15 hours
Aqua 4	15 hours
APJ	15 hours
APS	15 hours

To check your hours:

- Goto www.swimmingfast.com
- Log into your FAST account
- Select "My Account"
- Select "Invoice & Payments"
- Select the "Service Hours" tab
- If you have any questions about your volunteer hours, please email Pam Moxon at fastvolunteercoordinator@gmail.com

[Volunteering & the Family Participation Plan](#)

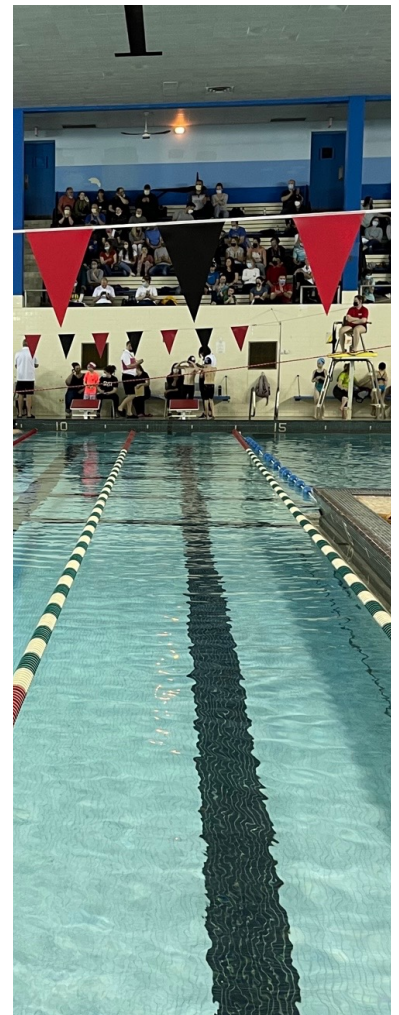
Governance

Highlights from the April 2022 Semi Annual AGM and Board of Directors Meeting:

- Swim a thon is going well. Once goal is attained, funds raised will be used for operational expenses at swim meets
- Membership Surveys should be going out to everyone soon. Swimmer Surveys will also be completed shortly
- Family Participation Hours reminders will be sent out after Canada Games Trials. Still a few meets and events that need volunteers, plenty of opportunity to earn hours this season
- APS and APJ will be adding HPC training back on Tuesdays. At the end of the season, the financial impacts of the HPC revenue vs expense will reviewed
- The BOD is considering Governance Training for Board members. The sessions are approximately 3 hours long and would be very beneficial to all board members
- FAST approved providing funding to have more information gathered regarding the costs to operate a 50 m vs 25 m pool. This information will be used by CRAFT to help lobby for a 50-meter facility

Looking for some inspiration? Check out these great races

Aurelie Rivard wins Gold Rio 100 freestyle	https://bit.ly/3doamot
Kylie Masse sets World Record in Women's 100m Backstroke at World Champs	https://youtu.be/icqIcmfniTI
Ye Shiwen wins 200m Women's 200 IM – London 2012 Olympics	https://youtu.be/VGjsbtPOB_M
1976 US Olympic Trials Men's 400-Meter Freestyle	https://bit.ly/2x9n5L4
8th Gold: 2008 Beijing Olympics	https://youtu.be/MCZ7-ohL4W4
Mark Tewksbury Barcelona GOLD	https://youtu.be/FTfTyzkSzQs
Canadian Women win Bronze in 4 x 100 Freestyle Relay: Rio Olympics	https://youtu.be/3n3Mhj0pgz4



Pre-Competitive Spring 2022 Session

April 25 – June 17

- A BIG Shout-out to all the Blue and Purple Pre-Competitive Swimmers who participated in the 10U Flying Fins Meet on April 30
- Please remember to arrive on time (meaning 15 min before practice is supposed to start). Our class time isn't very long, and our coaches need every minute to ensure your swimmer doesn't miss anything.

Please remember that parents are not allowed on the pool deck. There are a couple of reasons for this 1) facility policy for insurance reasons, and 2) as a club, we begin at a very young age fostering independence in our swimmers. If your child needs help with something, please let one of the coaches/shadows know and we will take care of it.

Parents are not permitted on the pool deck.

Bottle Drive May 28, 2022

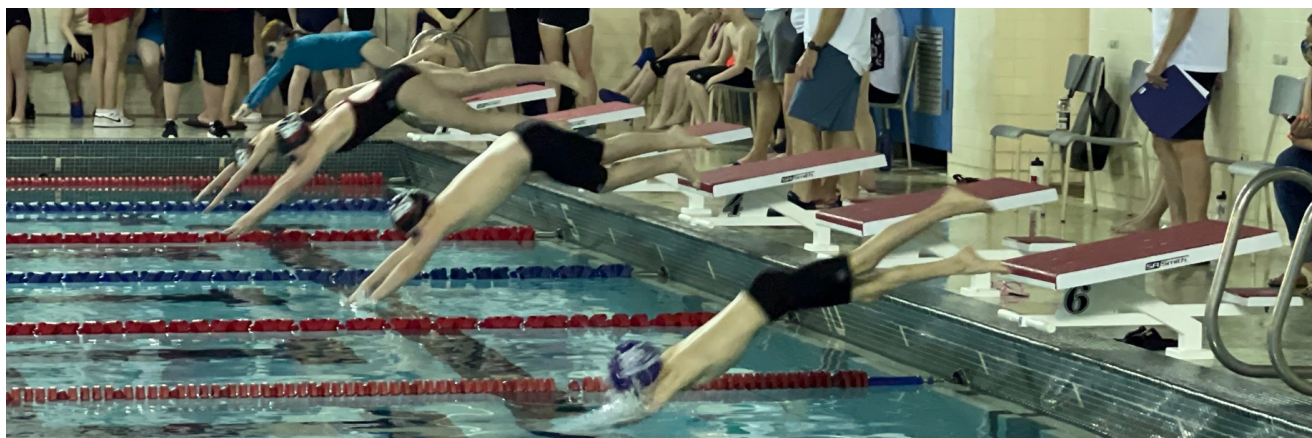
FAST Bottle Drives are a fun way to team build and raise money at the same time – please join us!

[Sign Up Here](#)

Funds raised will be put toward the hosting expenses for the Atlantic Cup July 8-10 in Saint John.

FAST IS A

POSITIVE
SPACE
IN
SPORT



FREDERICTON AQUANAUTS SWIM TEAM

Aqua 1 – **Sophie Page**

Aqua 4 – **Mark Addison & Abigail Lamontagne**

Aqua 2 – **Caleb Griffiths**

Aqua 3 – **Gabby Banquicio**

Swimmer of the Month
March 2022

Training Award

Perseverance
Work Ethic
Commitment

APJ – **Jillian Davis**

APS – **Samantha Norris**

“If you’re on time, your late”

This is a great quote from our head coach, Marta Belsh, and with swimming...it is true!

It is the expectation that all swimmer arrive **on deck** at least 15 minutes **before** practice is supposed to start. This gives the swimmer 15 minutes to get changed be on deck to start their Activation BEFORE practice starts. Our coaches plan for each practice and its important for the swimmers to be “activated” and in the pool the minute practice starts so they can get a full warm up in before the training starts. Without the activation/full warm up, swimmers are at risk of injury, are a disruption to the training and miss out of valuable instruction.

May Birthdays

Mark Addison

Matéa Duvall

Andrew Liu

Arabella White

Callie Barclay

Amelia Hickey

Ethan Nestoruk

Olivia Young

Kinley Dube

Jackson Hoyt

Isabelle Roussel

Are you on track to earn an
All Star Badge this year?



Junior All Star – has completed all Premier Division events (50s, 100s, 200s, and 400s)

Senior All Star – has completed all Invitational Level events (50s, 100s, 200s, 400s, 800s, and 1500s)

COUPE
ATLANTIQUE
2022
ATLANTIC
CUP



SWIMMING CHAMPIONSHIP
CHAMPIONNATS DE NATATION
SAINT JOHN, NB
JULY 8-10, 2022 / 8-10 JUILLET 2022



MENU PLANNING 101



Simple food strategies to save time, money, and trips to the grocery store.



MENU PLANNING

- Write out a flexible week long plan to include favourite foods, the items you have on hand, and versatile ingredients that you need to purchase.
- Plan to incorporate foods that keep well such as yogurt, eggs, tetra pack soymilk, canned fish/beans, oats, rice quinoa, potato, yams, dried/fresh/frozen fruits and vegetables, nuts, seeds, meats, spice mixes, and jarred or bottles of sauces and salsas.
- Consider batch cooking and freezing a few additional meals to have on-hand.
- Make a list of ingredients you need, doubling amounts for a 2-week menu.
- Head to the store and avoid peak times.
- Wash your hands when you get home and before storing your groceries or any meal prep.



MEAL IDEAS

- Pasta, quinoa or rice with pre-cooked chicken or leftover chicken/beef. Add tomato sauce and spinach.
- Canned or homemade soup or stew with meat or legumes and vegetables (re: chili, lentil or beef & barley) with whole grain bread/buns and cheese.
- Pan-fried ground turkey/beef mixed with kale, white kidney beans, favorite spices. Add tomato and fresh or frozen veggies as desired.
- Fried eggs with sautéed kale, tomatoes, feta, balsamic, basic or cheddar and hot peppers.
- Whole grain wrap with hummus/avocado, seeds, sliced meat, cheese, greens, and balsamic.
- Pita pizza: top as desired.
- Fruit smoothie made with Greek yogurt. Add whole grain toast with nut butter and banana.
- Overnight oats: oats, milk, yogurt, fruit, and your favorite flavors.



SNACK IDEAS

- Smoothies.
- PBJ or honey sandwich and milk or milk alternative.
- Muesli and milk or yogurt.
- Cottage cheese with salsa and veggies.
- Greek yogurt with granola and fruit or peanut butter – use to dip apple slices.
- Hard cooked egg, cheese, sliced meat, bread/crackers and fruit.
- Edamame.
- Canned fish of choice on whole grain crackers with cut up veggies.
- Homemade trail mix.

FREDERICTON AQUANAUTS SWIM TEAM



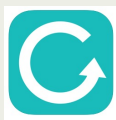
FlipGive

Do your shopping through Flippgive 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!

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



Download the App today!

FAST Team Code:

BMCCMW



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