



AQUA-NEWS

December 2022

www.swimmingfast.com



Sara McNabb

McNabb breaks 11-year-old FAST record

Sara McNabb broke an 11-year-old FAST club record at the SDSC Fall Splash Invitational meet in Summerside PEI, Nov 19, 2022.

The 50 back club record was previously held by Cassidy Richards in 2011 in a time of 30.91. Sara's time was 30.84.

Jesse Canney broke four provincial S14 Para Provincial SC records in: 50 back (31.71), 100 fly (1:08.09), 200 back (2:26.84) and 100 breast (1:21.93)

Top Three Results by age Group Include:

Jack Addison: gold in 50 back (29.81) and 100 back (1:06.41), bronze 100 free (57.36); Luke Addison: gold 100 breast (1:53.19), silver 400 free (5:47.48), bronze 100 free (1:17.57) and 400 free (5:47.48); Jesse Canney: gold 200 back (2:26.84), silver 800 free (9:34.43), bronze 100 breast (1:21.93), 100 back (1:09.39) and 100 fly (1:08.09); Xander Chiasson: gold in all events 100 free (1:10.45), 100 fly (1:28.31), 400 free (5:46.00), 50 free (31.71), 800 free (12:04.35) and 50 back (38.91); Mohamed Elshahat: gold 100 breast (1:26.12) and 50 breast (38.79), silver 200 IM (2:47.03) and 200 breast (10:54.11); Rori Gaines: bronze 100 back (1:15.89); Caleb Griffiths: gold 50 fly (38.95), 400 IM (6:39.47) and 200 breast (3:20.00), silver 100 back (1:28.43) and 100 fly (1:32.92); Liam Griffiths: gold 200 IM (3:57.79); Sara McNabb: gold 50 back (30.84), 200 free (2:12.40), 100 back (1:06.69), 100 fly (1:07.68), 200 fly (2:36.18) and 800 free (9:51.18), silver 400 IM (5:27.73); Mackenzie Norris: silver 100 breast (1:30.95) and 400 Free (5:25.18), bronze 800 free (11:19.05); Samantha Norris: gold 200 back (2:44.77), silver 100 breast (1:21.39) and 50 breast (37.39), bronze 400 free (5:06.45); Ryan O'Connell: gold 100 free (55.11), 200 IM (2:23.54) 50 free (24.82) and 800 free (9:30.53); silver 200 free (2:06.79) and 100 fly (1:07.83); Alex Ouellette: bronze 200 free (2:37.11); Sophie Ricketts: silver 50 breast (43.08), bronze 50 free (32.78); Rosalie Sinclair: gold 200 fly (3:30.86), silver 200 free (2:50.84), bronze 800 free (12:17.55); Samantha White: gold 100 back (1:10.20), bronze 50 back (32.57) and 50 fly (33.70); Ila Wright: gold 100 breast (1:29.42), silver 400 IM (6:34.06), 200 IM (3:03.73) and 800 free (12:02.53). See our website for full meet results

Big thank you to our senior swimmers who acted as "mentors" for younger swimmers at this meet!

Full Meet Results can be found on our [website](#)

FREDERICTON AQUANAUTS SWIM TEAM

SDSC Fall Splash Invitational Nov 19-20, 2022 - Summerside, PEI

AA	A	B
<p style="color: red;">Xander Chiasson</p> Mohamed Elshahat Rori Gaines Caleb Griffiths Abigail Lamontagne Mackenzie Norris Ryan O'Connell <p style="color: red;">Sophie Ricketts</p> Noémie Sivret Ila Wright	Jack Addison <p style="color: red;">Luke Addison</p> Callie Barclay Jesse Canney Xander Chiasson Rori Gaines Beatrice Sinclair Rosalie Sinclair Noémie Sivret Ila Wright	Jack Addison Luke Addison Callie Barclay Hannah Benjamin-Gillies Xander Chiasson Rori Gaines Alex Ouellette Sophie Ricketts Beatrice Sinclair Rosalie Sinclair Hazel Wright Ila Wright

In House Time Trial Nov 13, 2022 - Sussex, NB

AA	A	B
Mark Addison Jillian Davis Daniel Duguay Rori Gaines Juan Langerica Cabredo Sara McNabb Mackenzie Norris Emma Sinclair Michael Tselichtchev Sammy White	Jillian Davis Rori Gaines Judy Luo Mackenzie Norris Michael Tselichtchev	Luke Addison Daniel Duguay Jacob Ebbett Abigail Lamontagne Judy Luo Jesse Theriault

Premier #1 Oct 29, 2022 - Woodstock, NB

AA	A	B
<p style="color: red;">Anton Kuznetsov</p> Ila Wright <div style="border: 1px solid gray; border-radius: 50%; padding: 20px; width: fit-content; margin: 20px auto;"> <p style="text-align: center;">Congratulations to our swimmers who achieved a new New Brunswick Time Standard (Red indicates first time achieving this standard):</p> </div>	<p style="color: red;">Xander Chiasson</p> Caleb Griffiths <p style="color: red;">Anton Kuznetsov</p> Maeleigh Murphy Sophie Ricketts Rosalie Sinclair Ila Wright	Luke Addison <p style="color: red;">Sophia Batt</p> Hannah Benjamin-Gilles <p style="color: red;">Liam Griffiths</p> Olivia Guignard <p style="color: red;">Anton Kuznetsov</p> Amro Mahfud Maeleigh Murphy <p style="color: red;">Alex Ouellette</p> Sophie Page Amelia Sherwood <p style="color: red;">Luke Walker</p> Makayla Wang

Premier #1 Swim Meet Woodstock

FAST and the Woodstock Valley Swim Team co-hosted the first official meet of the season last weekend.

Out of the 96 swimmers attending this meet, Xander Chiasson, Jax Howard and Guanwen Huang came first in all the events they were in. Caleb Griffiths, Liam Griffiths, Denelle Harker, Anton Kuznetsov, Maeleigh Murphy, Sophie Ricketts and Kyle Taylor placed in the top three in all their events

To three in their age group include: Luke Addison: bronze 100 back (1:30.62), bronze 50 fly (42.19), gold 200 free (2:49.58); Sophia Carr: silver 100 back (1:29.35), gold 50 back (42.91); Mia Champagne: silver 100 back (1:58.41); Xander Chiasson: gold 50 free (32.57), gold 100 back (1:24.12), gold 50 fly (36.57), gold 200 IM (3:05.71); Harper Delaney: bronze 100 IM (1:59.94); Caleb Griffiths: silver 50 breast (44.39),

silver 50 fly (40.88), gold 100 breast (1:35.47), gold 400 free (5:56.13); Liam Griffiths: silver 50 free (42.69), gold 50 breast (59.69), bronze 100 IM (1:51.12), silver 50 back (55.46); Olivia Guignard: silver 100 IM (1:33.20), bronze 100 breast (1:48.51); Denelle Harker: bronze 50 free (39.02), bronze 100 IM (1:48.05), bronze 200 free (3:29.22), silver 100 breast (1:55.50); Jax Howard: gold 50 free (39.15), gold 100 IM (1:43.44), gold 50 fly (40.76), gold 50 back (49.27); Jackson Hoyt: silver 100 back (1:32.56), bronze 200 IM (3:36.46); Guanwen Huang: gold 100 back (1:32.65), gold 100 IM (1:27.01), gold 200 free (3:08.72), gold 100 breast (1:46.59); Anton Kuznetsov: silver 50 free (31.08), gold 100 IM (1:19.77), gold 200 free (2:44.50), silver 100 breast (1:27.51); Amro Mahfud: bronze 50 free (35.20), bronze 50 breast (48.26), bronze 100 breast (1:50.52); Jaylon Mbaya: silver 50 fly (1:02.72); Maimuna Mirza: silver 50 breast (57.14), silver 100 IM (1:54.52); Maeleigh Murphy: bronze 100 back (1:29.69), gold 50 breast (47.58), silver 50 fly (39.70), gold 400 free (6:24.64); Alexander Ouellette: bronze 50 free (31.78), silver 100 IM (1:27.82), silver 50 back (43.95); Sophie Page: silver 100 breast (1:44.76); Sophie Ricketts: gold 50 breast (43.95), gold 100 IM (1:29.90), bronze 200 free (2:54.08), gold 100 breast (1:41.76); Amelia Sherwood: silver 100 IM (1:35.27), bronze 50 back (45.34), silver 100 breast (1:46.01); Rosie Sinclair: gold 100 back (1:26.57), silver 200 IM (3:17.28); Kyle Taylor: bronze 50 free (43.76), silver 100 IM (1:49.47), silver 50 fly (57.32), gold 100 breast (2:00.81); Luke Walker: gold 50 free (33.19), gold 50 fly (34.44), gold 200 IM (3:05.19); Makayla Wang: bronze 50 free (39.40), gold 50 breast (48.75), gold 50 back (45.88), gold 100 breast (1:47.06); Ila Wright: gold 50 free (33.71), gold 100 back (1:32.13), silver 200 free (2:47.76); Hazel Wright: bronze 50 free (34.95), bronze 50 fly (40.51), bronze 50 back (45.33); Joshua Yin: bronze 50 fly (1:04.34)

Mixed 200 IM Relay, bronze: Hannah Benjamin-Gilles, Jackson Hoyt, Jax Howard, Mariana Zamora Martinez (3:00.43)



Let's fill Lane 4!!!!

FAST Giving Back

Annual Donation Drive for the DECH Pediatrics and Neonatal Department

Each year FAST swimmers gather donations and deliver them to the Pediatric Department at the Dr. Everett Chalmers Hospital here in Fredericton.

- donations must be new in box/packaging, they cannot accept used items
- cannot accept clothing or stuffed animals
- items must not be gift wrapped as they need to be wiped down/sanitized by their department
- we will not be able to have a large group drop off the donations
- Drop off UNB Pool – swimmer can give to their coach at any practice from now until Dec 21

Here are some suggestions:

- sealed books/journals without metal or coiled bindings
- puzzle/crossword books for all ages,
- Zen type colouring books as they are not able to share them between patients,
- craft items/kits that are sealed or boxed together (vs individual items),
- Dollarama style canvas paint kits that come with paints and sometimes stencils to paint over
- the little kits that are usually on sale/bargain near the front of Chapters for things like origami, crochets etc.
- comfort toiletry items such as toothbrush, small shampoos/conditioners, nail polish, comb/brush, etc.
- sealed puzzles
- gift card from Michael's or Dollarama
- Packaged newborn sleepers/newborn undershirts/receiving blankets
- packaged books or book sets (like ones from Costco)

FREDERICTON AQUANAUTS SWIM TEAM

Team Breakfast – Success!!



Let's do this again!

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates		Group						
Date	Event	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Dec 1	Deadline to Decline MLTC Dec 15-18 Edmundston		x	x	x	x		
Dec 1-4	Team Trip Trois Rivieres ages 13+					x	x	x
Dec 7	Pick up Parka/Clothing/Merch purchases UNB 4:30-5:30 pm	x	x	x	x	x	x	x
Dec 14	Cut off date to book hotel for Distance Meet Jan23				x	x	x	x
Dec 21	Pick up Parka/Clothing/Merch purchases UNB 4:30-5:30 pm	x	x	x	x	x	x	x
Dec 22	Last day of swimming for Holiday Break		x	x	x	x		
Dec 23	Morning practice last practice for holiday break						x	x
Dec 23	Last day to submit Volunteer Hours From MLTC			x	x			
Dec 26	Cut off date to book hotel for NB Open Cup					x	x	x
Dec 27-30	Holiday Schedule Performance Groups Only						x	x
Dec 30	Deadline to decline Invitational Meet Sussex Jan 14 & 15				x	x	x	x
Jan 2-8	Holiday Schedule – all competitive groups		x	x	x	x	x	x
Jan 9	Regular practice schedule Resumes		x	x	x	x	x	x
Please see our website for last minute changes to our schedule as well as Swim Meet & Practice dates								

5 strategies to promote self-compassion to athletes

1. Explain to athletes that self-compassion has been linked to faster recovery from setbacks in sport, which can lead to improved performance.
2. When you see an athlete facing a setback, encourage them to think about what they would say to a friend experiencing a similar situation.
3. Have athletes tell you about other athletes who might have experienced similar events.
4. For a period of 10 days, have your athletes keep track of “beads” electronically. When they engage in positive self-talk or affirmation, they add a green bead. When they engage in negative self-talk or self-criticism, they add a red bead.
5. Have athletes try a guided self-compassion meditation, such as the Compassionate Body Scan, which is available for free on Kristin Neff’s website (www.self-compassion.orgOpens in a new window).

Congratulations Jesse Canney!



Roly McLaren Canada Games Award 2022

This award was introduced in 1985 to honour the memory of Roly McLaren and to recognize a Canada Games athlete who best combines excellence in sport, perseverance and sportsmanship, and who has made a significant contribution to the New Brunswick team effort in the Canada Games

Well deserved!

Swim-a-thon 2023 Coordinator

We need a volunteer to take on this role starting January 2023

What's involved?

- Administering the Raise A Thon Website that is already set up (monitor donations direct any customer support questions to the Raise A Thon company)
- Keep a tally of top fundraisers and arrange for weekly draws to encourage people to sign up and start fundraising with the help of the FAST Office
- Purchasing and asking for donations for Swim a thon Prizes. Minimal solicitation is needed as we budget for the larger prizes
- Working with our coaches to plan the swim a thon event at the pool (ie. Snacks, door prizes, etc)
- Reporting the results of the 2023 Swim a thon

If you are interested, please contact Andrea Addison at aj.addison@gmail.com for more information



Swim Buddies Liam Griffith (Aqua 1) and Ryan O'Connell (APS), Summerside, PEI Nov 2022

FREDERICTON AQUANAUTS SWIM TEAM

Aqua 1 – **Maimuna Mirza**



Aqua 3 – **Xander Chiasson**



Aqua 2 – **Sophia Batt**

Aqua 4 – **Anna MacDonald & Luke Walker**



Swimmer of the Month

Nov 2022

Keeping it Positive

Voted for by their teammates

APJ - **Mackenzie Norris**



APS – **Samantha Norris**

December Birthdays

Zoey Belisle

Judy Luo

Nysa Renila Subin

Finn Taylor

Chloe Charbachi

Vivi Luo

Sophie Ricketts

Michael Tselichtchev

James Dick

Noah Miller

Rachel Ronis

Samantha White

Emma Hickey

Samantha Norris

Emma Sinclair

Sarah Kelly

Sophie Page

Yuchen Tang

How to Make Pre-Race Anxiety Work for You (and What NOT to Do when Dealing with Nerves)

When dealing with pre-race nerves, or stress before a big, brutal and certified not-awesome main set, the expectation most swimmers have is to rid themselves of the feelings of anxiety.

They put on a pair of boxing gloves and try to knock out the stress.

Whether it's by breathing techniques (which can help a little), or telling themselves to toughen up (which usually makes things worse), swimmers work themselves into a frothy, anxious mess trying to feel less anxious.

Part of this is because they've been misled on anxiety and stress and its role in performance. ("Stress is bad! Eliminate stress!")

The truth is, the increased heart rate, sweaty palms, and the churning belly are normal.

It's the way we have been framing that stress and anxiety is what has been causing us problems, not the stress and anxiety itself.

Here's how some rational and non-delusional reframing can inspire much more productive responses to stressful situations and allow us to get to work on swimming **fast** when it matters most.

Let's dive right in!

The Whole "Stress is Bad" Thing

For a long time, our culture has demonized stress. Everywhere you look there are solutions, books, and even courses to help you be less stressed out. But taking something that is inevitable and normal and demonizing it means we have been approaching how to **use** the body's physiological response to a stressful event in a completely backwards way.

By trying to rid ourselves of the symptoms that happen with pre-race nerves, we end up making things significantly worse than they would be otherwise.

I understand the temptation to try and eliminate stress and the uncomfortable feelings that come along with it.

But the response to stress actually gives us a lot of good stuff:

- **Sharper focus.** We zero in on the task at hand. More focus, less distractions!
- **Increased heart rate.** Blood flow starts moving faster, anticipating a physical challenge and priming our muscles.
- **More blood to the brain.** Nerves also send more blood to the brain, improving cognitive function, helping us be creative in solving problems.
- **Faster breathing.** We suck in more oxygen in preparation for a challenging moment. And so on.

While extended, long-term stress is not good and can cause poor health outcomes, short-term stress responses are actually a resource and a pathway to improved performance.

Here's some Science McScience on how to use stress like a champion for better racing performances and swimming better during those tough sets at practice.

The Research on Stress Appraisal

There is a growing body of research that shows just how powerful properly interpreting the stress response can be.

Try using:

"I'm excited." vs "I'm anxious."

"I get to do this." vs "I have to do this."

"This could be good for me." vs "This is going to be bad for me."

One study showed that a group of collegiate kids (over 330 in total) performed much better on math exams when they simply read a short paragraph on how stress and anxiety wasn't something to worry about and that it could actually help them perform better.

Here was the paragraph:

People think that feeling anxious while taking a standardized test will make them do poorly on the test. However, recent research suggests that arousal doesn't hurt performance on these tests and can even help performance—people who feel anxious during a test actually do better. This means that you shouldn't feel concerned if you do feel anxious while taking today's GRE test. If you find yourself feeling anxious, simply remind yourself that your arousal could be helping you do well.

Pretty innocuous, right?

The group who read the passage averaged a score of 770 on the math exam, while the control group, who were told to ignore the stress and anxiety they were feeling, averaged 706.

These improvements held up even months later

Further research looked to see if reappraisal affected the physiological response to stress.

A group of 50 participants were recruited and tasked with doing the Trier Social Stress Test (which is as stressful as it sounds—it includes a short oral presentation about their own strength and weaknesses followed immediately by an arithmetic test).

The participants were separated into two groups:

- The intervention group were told that arousal could be beneficial, wasn't usually harmful, and could help them perform better.

- The control group were told to try and shut down any feelings or thoughts of anxiety.

While both groups had a lot of the earmarks of stress:

racing heart and anxious feelings, the intervention group had a significantly better cardiovascular response.

Blood flow was more efficiently moving around the body (including the brain, which accounts for the increased cognitive performance in the math test study we just looked at).

The control group, on the other hand, felt constricted and tense.

If that sounds like the difference between performing and choking, you would be correct!

What Reframing Anxiety Is Not

Of all of the maxims I heard on the pool deck growing up and to this day, there are fewer that rankle my swim cap more than hearing a swimmer be told "Get over it" or "Toughen up" in the moments they are feeling pre-race nerves and their confidence is wobbly.

These pieces of advice, ostensibly from a good place, are unhelpful and *completely* miss the point when it comes to dealing with stress.

Elite performance, both on race day and in practice, happens when an athlete works *with* what they have instead of trying to fight what they are experiencing.

Trying to suppress stress and anxiety is like trying to stop an avalanche.

You can yell and stomp your feet at it, but it's just going to bury you.

Instead, ride that thing all the way down the mountain.

You cannot out-fight or smother the body's physiological and completely *natural* response to stress.

The harder you try and stop it, the more frustrated and hopeless you feel, and instead of being energized from the nerves and stress, you are left tense and wildly wound-up.

The research mentioned earlier found that students who were told to ignore stress and to block it out (engaging in something called “stress avoidance”) saw their performance continue to decline over time.

In other words, “getting over it” won’t help you swim faster, and if anything, will just make things worse.

Putting It Into (Swim) Practice

The goal with stress reappraisal isn’t to rid yourself of the feelings of stress and anxiety.

It’s to change your outlook and interpretation of anxiety.

And the good news is that you aren’t trying to trick or delude yourself.

Here are a couple ways that you can start putting this into practice for yourself:

Look back to moments where you crushed it in high-pressure situations.

Think back to the times where the pressure is on, and yet, you thrived.

What was your mindset like?

You were nervous, but you appreciated that the nerves were helping you focus and perform better.

The cool thing about interpreting stress in a healthy way is that you’ve already got the track record of having done it!

All you need to do is draw from those experiences for future performances.

Key in on the language you use when stress works for you.

Some research with students prior to a math test found that simply saying “I’m excited” versus “I’m anxious” showed that the simple twist in language yielded significant improvements in test scores.

Using smarter language allows you to take control of the narrative and puts you in the driver’s seat.

Examples include:

- “I’m excited.” vs “I’m anxious.”
- “I get to do this.” vs “I have to do this.”
- “This could be good for me.” vs “This is going to be bad for me.”

The language differences are subtle, but when your body is on red alert, emotions are running high, and that personal best time is on the line, a little bit of framing can go a long way.

The Bottom Line

Swimming fast isn’t all that complicated, when you break it down to its simplest parts.

Get to the other side of the pool and back as fast as you can.

But we tend to over-complicate things and even make things worse by using strategies that don’t work.

Properly framing stress and anxiety is something simple that you can start doing today to channel the energized state that comes with facing down a big challenge.

Use that energy, swim your little heart out, and tell those personal best times who is boss

About Olivier Poirier-Leroy
Olivier Poirier-Leroy is a former national level swimmer and the author of the books [YourSwimBook](#) and [Conquer the Pool](#). He writes all things high-performance swimming, and his articles were read over 3 million times last year. His work has appeared on USA Swimming, SwimSwam, STACK, NBC Universal, and more. He’s also kinda tall and can be found on [Twitter](#).

FAST Holiday Wreath Fundraiser Recap



121 Wreaths Sold

\$854 Profit for FAST – toward
funding our operational
expenses this season

\$290 credits on account for
members

Thanks so much to Stephanie
Savoie & René Theriault for their
time and effort to make this
fundraiser a success!

Governance:

Nov 15, 2022, Board of Directors Meeting Highlights:

- Bottle Drive Profit Oct 2022 around \$1800
- Wreath profit \$920 , credits to swimmer accounts around \$300
- FAST has tried to work with UNB on holding a lifesaving course over the holiday however we do not think this will happen as UNB cannot find an instructor
- Board agreed to invest no more than \$500 in storage bins and shelving for FAST clothing/gear/merchandise
- 75 people on the waiting list for pre competitive group assessments. They will be offered the opportunity to be assessed Dec 2 or 3 and wait lists will be maintained after than
- It was suggested a letter be sent in response to the assessment letting everyone know where they can ask about the lack of pool capacity in the city.
- In the near future, we will be paying increased admin fees/processing fees on all FAST charges, regardless if they are EMT, CC or PAD payments – this is a new change with our website provider – the industry is moving to this way of pricing the service and it seems we cannot avoid it any longer
- Strategic Plan ended 2022 will need to revisit this soon
- Fee Assistance Policy, FAST is receiving more than usual requests for fee assistance. The Board is reviewing the details of this policy and the process for application and approval. Will revisit changes at the Dec Board meeting

We all struggle to find our role in our child's "athletic life". Here is a great video by the National Federation of State High School Associations that is worth your time to watch!



[Click Here to Watch](#)

Is Practice Cancelled?

Just because School is cancelled doesn't necessarily mean swim practice is!

If a swim practice is going to be cancelled, you will receive an email letting you know, and it will be posted on social media.

In the event of bad weather, we encourage you to use your own judgement and if you do not feel comfortable travelling, even if practice isn't cancelled, it is ultimately your decision.



\$20

[Order Here](#)



FAST swimmers hoping for school to be cancelled – while at morning practice!

SNOW DAYS!

Practices are ON unless you receive an email

Even if school is cancelled

Here are some great gift ideas for your swim family!

- 

\$7

Water bottle
- Stickers pkg 4



\$5
- Tattoos pkg 10



\$5
- \$10**



Ornaments
- \$30**



Deck Slides
- \$10**



Drinkware
- \$20**



Bucket Hat

[Order Here](#) and pick up Wed Dec 7 or 14, 4:30-5:30 pm UNB

Pre-Competitive Corner

Important Dates:

Dec 5 – Registration opens for the Winter 2023 Session for our Fall 2023 swimmers

Dec 6 – last day for Fall 2023 swimmers to register with their spot being guaranteed

Dec 7 – Registration opens for the Winter 2023 Session for all new and not-current FAST swimmers

Winter Session 2023

Starts – January 9, 2023

Ends – March 3, 2023

BIG Congratulations to our Pre-Comp Swimmers who are moving into the Aqua 1 Competitive Swimming Group in Jan 2023!

Well Done!!

Elisabeth Foisy

Claire Gillespie

Zachary Hitchcock

Lydia Taylor

Pre-Competitive Fall Session Parents

Please remember to complete the Fall 2023 Parent Feedback Survey

Your feedback is essential to the continued success of our programs

FAST Parkas

[Order Here](#)

*Estimated cost \$150
Limited sizes available*



**Bottle Drive Recap
Oct 22, 2022**



**Total Funds Raised:
\$1831.25**

Revenue will be split between the Premier Festival and Atlantic Cup Meet Fees for FAST families (2023)

Once again, thank you to Hoyts Moving & Storage/Canada Moves for the kind donation of using one of their trucks



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 the App today!

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

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BMCCMW

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

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