



AQUA-NEWS

February 2023

www.swimmingfast.com

Distance Invitational Jan 14 & 15, 2023 Sussex, NB

Gold all events: Sara McNabb, Michael Tselichtchev, Angelina Wang

Mixed Freestyle: 4 x 200 gold (8:43.69), Relay Team: Luke Walker, Abigail Lamontagne, Noémie Sivret, Juan Langarica Cabredo



Swimmers who achieved a new time standard (*Red*=first time standard)

New AA Time Standard

- Jack Addison
- Luke Addison**
- Mark Addison
- Xander Chiasson
- Daniel Duguay
- Mohamed Elshahat
- Rori Gaines
- Juan Langarica Cabredo
- Judy Luo

New AA Time Standard

- Judy Luo
- Anna MacDonald
- Mackenzie Norris
- Ryan O’Connell
- Noémie Sivret
- Jonathan Tselichtchev
- Michael Tselichtchev
- Angelina Wang

New A Time Standard

- Luke Addison
- Rori Gaines
- Abigail Lamontagne
- Judy Luo

New B Time Standard

- Luke Addison
- Callie Barclay
- Mohamed Elshahat
- Anton Kuznetsov
- Abigail Lamontagne
- Anna MacDonald
- Amro Mahfud
- Mackenzie Norris
- Noémie Sivret
- Jesse Theriault
- Sammy White

FREDERICTON AQUANAUTS SWIM TEAM



Distance Invitational Jan 2023

Top three results in their age category:

Jack Addison: silver 400 IM (5:30.00); Luke Addison: gold 800 free (11:33.08), silver 400 IM (6:47.88), bronze 1500 free (22:29.89); Mark Addison: gold 400 free (5:02.89), bronze 1500 free (20:47.69); Callie Barclay: bronze 200 fly (3:13.39); Jesse Canney: gold 400 IM (5:21.15), silver 800 free (9:31.58), bronze 1500 free (18:14.58); Xander Chiasson: silver 1500 free (22:13.84); Daniel Duguay: gold 200 fly (2:21.91), silver 1500 free (18:07.40) and 400 free (4:33.45); Mohamed Elshahat: silver 400 free (5:09.86) and 200 fly (3:14.53); Rori Gaines: silver 800 free (11:22.69); Abigail Lamontagne: silver 400 IM (6:29.51), bronze 1500 free (21:38.64) and 800 free (11:09.58); Juan Langarica Cabredo: gold 800 free (8:57.75), silver 200 fly (2:26.15); Judy Luo: silver 400 free (5:28.72); Anna MacDonald: bronze 400 free (5:58.35); Amro Mahfud: bronze 400 IM (6:54.13); Sara McNabb: gold 1500 free (18:44.76), 400 free (4:41.75) and 800 free (9:56.39); Mackenzie Norris: gold 800 free (11:19.97), silver 200 fly (3:19.44), bronze 1500 free (21:48.15); Samantha Norris: gold 800 free (10:28.76) and 200 fly (2:42.21), silver 1500 free (20:35.19); Ryan O'Connell: bronze 800 free (9:57.83) and 400 free (4:37.58); Emma Sinclair: gold 1500 free (20:08.89) and 400 IM (5:53.50); Noémie Sivret: gold 200 fly (3:15.02), silver 400 IM (6:11.75), bronze 400 free (5:26.58); Jesse Theriault: gold 400 IM (6:26.34) and 800 free (11:35.56); Jonathan Tselichtchev: gold 1500 free (17:49.31) and 400 free (4:23.63), bronze 200 fly (2:31.21); Michael Tselichtchev: gold 1500 free (20:47.03), 400 IM (6:11.72), 400 free (5:08.15) and 200 fly (3:08.21); Angelina Wang: gold 1500 free (23:16.69), 400 IM (6:32.65), 800 free (11:43.44) and 200 fly (3:19.65); Sammy White: gold 400 free (5:00.00), silver 200 fly (2:57.64)



Premier #3 St Stephen January 22, 2023

Swimmers who
achieved a new time
standard (*Red*=first
time standard)

Top three results by age category include:

Miriam Field: bronze 50 free (32.93); Caleb Griffiths: gold 50 breast (42.25), silver 200 IM (3:00.88), bronze 100 fly (1:27.67) and 100 IM (1:26.38); Liam Griffiths: silver 50 free (41.97); Anton Kuznetsov: gold 100 back (1:21.71) and 200 IM (2:51.33), silver 50 back (38.29); Maeleigh Murphy: silver 100 IM (1:24.03), bronze 100 back (1:23.61); Alex Ouellette: gold 50 free (31.97), silver 100 fly (1:25.80), bronze 100 IM (1:26.31); Sophie Ricketts: silver 200 free (2:53.27), bronze 100 breast (1:38.39); Hazel Wright: silver 50 breast (43.04) and 100 breast (1:36.98), bronze 50 back (46.87); Ila Wright: gold 200 free (2:45.97) and 100 IM (1:23.81)

[For Full Meet Results Click Here](#)

Aqua 2 having fun!



New AA Time Standard

Miriam Field
Maeleigh Murphy

New A Time Standard

Hannah Benjamin-Gilles
Harper Delaney
Caleb Griffiths
Olivia Guignard
Anton Kuznetsov
Maeleigh Murphy
Amelia Sherwood
Hazel Wright
Ila Wright

New B Time Standard

Luke Addison
Sophia Batt
Hannah Benjamin-Gilles
Sophia Carr
Harper Delaney
Miriam Field
Caleb Griffiths
Liam Griffiths
Olivia Guignard
Jax Howard
Jackson Hoyt
Anton Kuznetsov
Maks Kuznetsov
Ada Landry
Amro Mahfud
Miamuna Mirza
Maeleigh Murphy
Alex Ouellette
Hannah Pilgrim
Sophie Ricketts
Amelia Sherwood
Kyle Taylor
Hazel Wright
Ila Wright
Marianna Zamora Martinez

FREDERICTON AQUANAUTS SWIM TEAM



Atlantic Cup 2023



Date Changed to:

July 14, 15 & 16 with
Open water events
on July 17

Swim Meets are a Family Event!



Flying Fins 10U Meet

Original Date:

Saturday, April 1,
2023

Date Changed to:

Sunday, April 2,
2023



Pre-Competitive Corner

Hello FAST Families!

I hope that your swimmers are enjoying this session of the Pre-Competitive Program so far. Our coaches have been having a lot of fun and I have seen a lot of happy faces on the pool deck.

We are now more than a quarter of the way through the 8-week program. As you may have noticed, we have paused weekly updates in order to improve the quality of the feedback your swimmers receive at the midterm report

Please let me know if you have any questions or concerns, and I would be happy to help!

~ Susana Somerton, FAST Pre Competitive Coordinator

WINTER SESSION 2023

End Date: March 3, 2023

Midterm Reports will be sent out mid
February 2023

Registration for Spring 2023 for our
Winter 2023 swimmers opens: **March
6, 2023**, at 8:00 am

On March 8, any remaining spots will
be given to those on our wait list or are
new to FAST

SPRING SESSION 2023

Starts: April 3, 2023
Ends: May 26, 2023

Observing Practices

Although parents are not allowed on the pool deck, they may accompany their swimmer in the changeroom, and may watch the practice from the stands.

The stands can be accessed from the entrance floor. From the front desk, take a right down the hall and then a left to the hallway at the bottom of the stairs. There are blue doors which go to the stands. There is also a gender-neutral change room on the second floor for your use.

For more information about our
Pre Competitive Program
please contact
Susana Somerton at fastprecomp@gmail.com



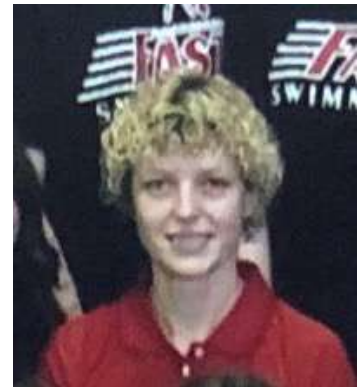
Marta – The Early Years

Marta joined FAST in August 2008 after 9 years with the Barrie Trojans Swim Club (Ontario). Over more than a decade as Head Coach, Marta has been responsible for incredible growth in the club, building it into one of the largest swim clubs in New Brunswick.

We had 34 swimmers in 2008 to 171 in 2023. The only thing stopping her from continuing to grow FAST is our limited capacity!



Marta aka the Dryland Ninja!



Gabriella, Marta, Veronica 2009



Governance:

Jan 17, 2022, Board of Directors Meeting Highlights:

- Darcy Delaney presented the first draft of a FAST Sponsorship presentation. BOD will review and provide feedback. Thank you, Darcy!
- Chris Ramsey attended the Board Meeting to give an update on the New Pool. BOD is charged with putting together statistics and information about capacity issues we have faced for years (see next page for more information)
- Andrea will circulate a draft of the Head Coach Job Posting. Will be posted before the end of January with deadline for submissions early-mid February.
- Erika Mbaya, FAST Treasurer, presented the BOD with a 5 year budget, incorporating the full salary of a new head coach starting Aug 2023. The projections show a significant deficit even with a 10% registration fee increase. The BOD will focus on sponsorship & grants to minimize the projected deficit; however, it is likely FAST will need to rely on using some cash reserves to get through the next 5 years.

Save the Date

FAST Semi-Annual AGM

March 22, 2023
7:30-8:30 pm

Via zoom
Agenda and link to follow

LC Training in Saint John starts this month

Fee & Refund Policy

After Jan 1, 2023 no refunds are given for any FAST cancellations that are not related to medical issues

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



All Events Both SC and LC

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)

*Swimmers unable to attend Invitational Meets to get their LC or distance events, are eligible to receive the All-Star Badge if they have completed all Premier Division events at least two times (50s, 100s, 200s, and 400s)

New Pool Update

Fredericton Regional Aquatics Facility (FRAC) recently updated the FAST BOD with respect to the new pool.

The RFP for the design phase of the project is currently out for tender. The design firm will be selected within the next few weeks and then the design phase will officially start. This is a significant milestone for the project. To get to this point 15 communities + the province + the feds had to come together, contribute funding, form a steering committee, and collaborate on how to move the project forward to meet the needs of all involved.

During the design phase we expect a user group committee will be formed and become part of the process to ensure all user groups' needs are being met. We expect that FAST will have a seat directly on that committee.

In terms of timing. For a project like this, design could take anywhere from 6 - 12 months... and probably closer to the latter. Once we come out of design, we will proceed to construction. For construction of such a facility, the norm would be to not plan for anything less than two years. It could be faster, but to be on the safe side two years is a conservative estimate. So, we are likely looking at sometime 2026 for the kids & teens to swim their first lap in the new facility.

Chris Ramsey,
FRAC President

FAST Clothing/Merch/Gear

Update Price List for 2023

We have received another shipment of Gear and have updated our price list. Some items are a bit more, others are a bit less.

If you need Clothing/Merch/Gear, please [go to our website](#) and complete the google form

Price List - Jan 2023		
(taxes & shipping costs included in price)		
		FAST Price
Flyback		75
Jammers		51
Briefs		37
Black Tshirt		20
Black Hoodie		45
FAST Shorts	female	32
	male	38
Fins	TAS	35
	ARENA	73
	Speedo Switchblade	38
Goggles	Vanquisher Mirrored Black	24
	Jr Vanquisher Smoke	21
Swim Cap	silicone	11
Vertilator Bag		17
Back pack		69
Kickboard		12
Pull Buoy		17
Snorkel	finis Jr	40
	Speedo regular (black)	35
Paddles		30
Headsets		73
Skipping Rope		9
Deck Slides		30
Waterbottle		7
Drinking Glass		10
Bucket Hat		20
Red Proud Tshirt		25
Facemask		15
Stickers	4 for \$5	
Tattoos	10 for \$5	
Anniv	tshirt	20
	hoodie	30
Holiday Ornaments		12

Parka Update

We expect to have the Parkas ready for pick up by mid-February. Estimated cost with all taxes & embroidery (including front/back & swimmers last name) is \$155

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates		Group						
Date	Event	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Feb 1	Hotel Cut off date Best Western Halifax (David Fry NS, March) Qualifiers					y	y	y
Feb 10	Deadline to Decline Premier #4 (Feb 25, UNB)		y	y	y	y		
Feb 10	Deadline to Decline David Fry Champs (Mar 2 Halifax) - NS time standard/Qualifiers					y	y	y
Feb 24	Deadline to Decline Speedo Easterns (March 16)						x	x
Please see our website for last minute changes to our schedule as well as Swim Meet & Practice dates								

Volunteer Opportunities

Swim-a-thon 2023 Coordinator

We need a volunteer to take on this role starting February 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

Meets & Officials Committee Members

This Committee is responsible for hosting swim meets and training officials. They are looking for additional members for the committee. No previous experience needed.

Email Committee Chair, Cynthia Duguay at fastmeetsofficials@gmail.com

Events Committee Chairperson

This Committee is responsible for organizing team events in conjunction with our coaches. For example, Team Breakfasts, holiday parties, end of year graduation celebration. If you are interested, please contact Andrea Addison at aj.addison@gmail.com for more information

FREDERICTON AQUANAUTS SWIM TEAM

Aqua 1 – **Jaylon Mbaya**

Aqua 3 – **Luke Addison**



Aqua 4 – **Judy Luo**



Aqua 2 – **Kyle Taylor**



APJ – **Angelina Wang**

**Swimmer of the
Month**

January 2023

Breakthrough Award

APS – **Jonathan Tselichtchev**



February Birthdays

Maryam Elshahat

Denelle Harker

Rosalie Sinclair

Xiaoxin Zhao

Laila Elshahat

Baihan Huang

Mary Underhill

Xihang Fu

Sydney Penney

Claire Van den Broeck

Fundraising

Chocolate Bar Fundraiser 2023

Pick up information coming soon

Bottles – cans, liquor bottles, beer cans/bottles

Remember to drop your recyclables off at Best Metals (Wilsey Road) and ask them to credit our FAST Account! And spread the word to your family, friends and co-workers.

We are planning on holding another Bottle Drive in Spring 2023 and will keep everyone posted.



FAST Calendar 2023
Team and group photos
8 1/2 x 11
\$20

Email fastswimmingoffice@gmail.com

FAST Parkas

[Order Here](#)

*Estimated cost \$155
Limited sizes available*



SNOW DAYS!

Practices are ON unless you receive an email

Even if school is cancelled

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.

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

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](#)

Contact Us

www.swimmingfast.com

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

Head Coach Marta Belsh
swimming@rogers.com

President Andrea Addison
fastswimminggeneral@gmail.com

Pre Competitive Coordinator Susana Somerton
fastprecomp@gmail.com

FAST Office Jill Ramsey
fastswimmingoffice@gmail.com

[Click here for more Contacts](#)