



AQUA-NEWS

January 2023

www.swimmingfast.com



Invitation provincial Megophias Dec 2-4, 2022 Trois Rivieres, Quebec

FAST and TIDE swimmers travelled together to Trois Rivieres Quebec last weekend to participate in the Invitation provincial Megophias.

Jesse Canney broke four S14 Para Provincial Records in 200 breast (2:51.71), 400 free (4:33.77), 50 breast (37.72) and 200 IM (2:30.71)



Mixed 15-17 200 free relay team gold (1:42.74): Jonathan Tselichtchev, Jack Addison, Juan Langarica Cabredo and Ryan O'Connell. Mixed 15-17 200 IM relay team gold (1:55.86): Jack Addison, Juan Langarica Cabredo, Daniel Duguay and Ryan O'Connell. Mixed 13-14 200 free relay team silver (2:02.60): Rori Gaines, Noémie Sivret, Beatrice Sinclair and Sara McNabb. Mixed 13-14 200 IM relay team silver (2:16.99): Rori Gaines, Anna MacDonald, Sara McNabb and Noémie Sivret.



Top three in each age category include:

Jack Addison: silver 800 free (9:24.34), bronze 100 IM (1:06.14) and 50 breast (34.63); Mark Addison: bronze 200 back (2:34.34); Jesse Canney: silver 200 breast (2:51.71) and 400 free (4:33.77); Daniel Duguay: gold 100 fly (1:01.42), silver 100 IM (1:04.96) and 200 back (2:20.39), bronze 100 back (1:05.11); Juan Langarica Cabredo: gold 400 free (4:16.65) and 400 IM (4:53.50), silver 1500 free (16:47.00); Sara McNabb: gold 50 free (27.61), 100 fly (1:08.61) and 200 back (2:30.00), bronze 400 free (4:52.88); Ryan O'Connell: silver 100 back (1:04.87) and 400 free (4:27.44), bronze 200 free (2:03.17); Emma Sinclair: bronze 50 fly (31.01); Jonathan Tselichtchev: gold 50 fly (27.90), silver 200 free (2:01.01), bronze 200 breast (2:48.24)

[Full Meet Results Here](#)



FREDERICTON AQUANAUTS SWIM TEAM

Hello FAST families and Happy New Year!

On behalf of the board of directors, I am writing to inform you that our Head Coach, Marta Belsh, will be completing her 15th season with FAST this August, and then moving on to focus her attention on the UNB Reds Swimmers.

Since August of 2008, Marta has led the development of FAST to support a large competitive program producing swimmers who compete on a local, provincial and national level, as well as a highly successful pre-competitive program. Together these programs provide fundamental life skills to hundreds of youth, and further engage young athletes who choose to continue to pursue swimming in our competitive programs.

Over the last 3 seasons, Marta has held a dual Head Coach appointment with both FAST and the UNB Reds, where she has grown the UNB swim team to a strong program that attracts swimmers from across the country and internationally.

We wish Marta much success and happiness as she continues to grow the Reds, and we are grateful she will remain close by and continue her connection to FAST, and support of the programs she has built here.

FAST's search for a new full time Head Coach begins this month, and we expect the successful candidate to begin August of 2023. Our executive committee will begin reviewing applications next month, and will keep members informed about the progress of the search. Please direct any related questions to fastswimminggeneral@gmail.com.

Please join us in congratulating Marta, and thanking her for her 15 years of dedication to FAST's swimmers and programs.

Best wishes for 2023,
Andrea Addison,
FAST president



FREDERICTON AQUANAUTS SWIM TEAM

Premier #2 Dec 3, 2022

Saint John, NB

Kyle Taylor & Makayla Wang placed first in every event. Kyle Taylor: gold 50 back (47.22), 200 breast (4:03.77), 50 free (40.41) and 50 breast (53.73); Makayla Wang: gold 100 free (1:28.38), 50 back (46.34), 50 free (38.40) and 50 breast (50.23)

Top three in each age category include:

Scott Addison: silver 100 IM(2:06.48); Sophia Carr: bronze 200 IM(3:31.30); Mia Champagne: gold 200 breast (4:17.79), silver 50 fly (55.42) and 200 IM (3:54.32); Sam Daley: silver 200 breast (4:56.28) and 50 free (53.13), bronze 50 breast (1:05.94); Addison Deap: gold 50 free (35.60), bronze 100 free (1:18.75); Harper Delaney: gold 200 IM (3:48.09) and 50 fly (48.32), silver 100 free (1:32.48); Laila Elshahat: bronze 100 IM (2:10.12); Caleb Griffiths: gold 50 back (40.77), 200 back (2:59.60) and 200 IM (3:05.03), silver 100 free (1:16.56); Liam Griffiths: gold 100 free (1:34.94) and 100 fly (2:15.89), silver 200 breast (4:24.23) and 50 free (41.90); Olivia Guignard: gold 100 IM (1:28.94) and 200 IM (3:17.71), silver 50 breast (47.82); Jax Howard: gold 100 fly (1:32.02), silver 50 fly (41.04) and 50 free (36.19), bronze 50 breast (56.09); Anton Kuznetsov: gold 200 breast (3:12.51) and 50 breast (38.26), silver 100 free (1:16.16) and 50 fly (41.02); Maks Kuznetsov: gold 50 fly (1:08.67), silver 50 breast (56.25); Amro Mahfud: gold 200 breast (3:44.30), silver 100 fly (1:41.98), bronze 100 free (1:19.97); Jaylon Mbaya: silver 50 fly (58.83); Zoe Meek: gold 100 IM (1:49.06), silver 50 back (54.56) and 50 breast (54.65), bronze 200 IM (3:58.88); Sophie Page: gold 200 breast (3:33.03) and 50 breast (47.30); Sophie Ricketts: gold 50 fly (36.70), bronze 50 back (41.72); Amelia Sherwood: gold 50 breast (47.12), silver 200 breast (3:44.75), bronze 50 free (36.85); Rosalie Sinclair: gold 50 back (38.84), silver 100 free (1:17.39), bronze 100 IM (1:36.50); Kyle Taylor: gold 50 back (47.22), 200 breast (4:03.77), 50 free (40.41) and 50 breast (53.73); Makayla Wang: gold 100 free (1:28.38), 50 back (46.34), 50 free (38.40) and 50 breast (50.23); Hazel Wright: gold 100 fly (1:35.88), silver 50 free (36.00); Ila Wright: gold 100 free (1:15.84) and 200 back (3:13.54), bronze 50 fly (38.48); Mariana Zamora Martinez: bronze 200 breast (3:55.32)

[Full Meet Results Here](#)



FREDERICTON AQUANAUTS SWIM TEAM

MLTC 2022

Edmundston, NB

Dec 15, 16, 17, 18

Lots of excitement at the 2022 MLTC meet last weekend. For many, this was their first experience at a swim meet with heats and finals!

Top three results by age group:

Luke Addison: bronze 100 fly (1:31.62); Hannah Benjamin-Gillies: gold 200 free (2:57.26) and bronze 200 back (3:14.48); Sophia Carr: gold 200 fly (3:57.92), silver 200 back (3:08.55) and 100 back (1:29.39), bronze 100 fly (1:46.22); Xander Chiasson: silver 200 fly (3:21.13), bronze 50 breast (42.17) and 200 free (2:33.80); Miriam Field: gold 100 back (1:17.77); Caleb Griffiths: gold 200 fly (3:24.78), bronze 400 IM (6:29.02); Liam Griffiths: gold 100 back (1:48.71), bronze 50 back (50.21), 50 breast (56.33), 200 free (3:26.15) and 100 breast (2:06.27); Olivia Guignard: bronze 400 free (5:51.31); Jax Howard: gold 100 fly (1:36.34) and 50 fly (39.95), silver 50 back (48.79), 100 free (1:21.39) and 50 free (36.96); Anton Kuznetsov: silver 100 free (1:12.67) and 400 IM (6:15.99), bronze 200 breast (3:00.94); Maeleigh Murphy: bronze 100 fly (1:34.03); Sophie Page: gold 100 free (1:19.01), silver 200 breast (3:27.73), 50 breast (46.11), 200 free (2:57.65) and 100 breast (1:39.60); Amelia Sherwood: gold 50 back (43.28), 50 breast (47.25), 100 breast (1:43.56), silver 200 IM (3:20.08) and 50 fly (40.96), bronze 100 free (1:24.26); Rosalie Sinclair: silver 200 back (3:03.11); Samantha White: gold 100 fly (1:12.80), silver 100 free (1:04.39) and 50 fly (32.08), bronze 100 breast (1:23.37); Ila Wright: gold 50 breast (39.73), 200 fly (3:40.62), 100 breast (1:27.66) and 50 fly (36.48), silver 400 free (5:44.70) and 200 breast (3:09.89)

Best Times in All Events with a seed time (prelim & finals)

- Luke Addison
- Hannah Benjamin-Gillies
- Xander Chiasson
- Harper Delaney
- Jacob Ebbett
- Miriam Field
- Liam Griffiths
- Olivia Guignard
- Anton Kuznetsov
- Maimuna Mirza
- Maeleigh Murphy
- Sophie Page

Achieved First Time Standard:

- Hannah Benjamin-Gilles (A)
- Sophia Carr (AA)

[Full Meet Results Here](#)



Atlantic Cup 2023



Date Changed to:

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

Flying Fins 10U Meet

Original Date:

Saturday, April 1,
2023

Date Changed to:

Sunday, April 2,
2023

A New Year – A Fresh Start!

Do you like a challenge?
Or are motivated for a fresh start – a
clean slate?
This is your opportunity!

Here are 12 New Year's resolutions
every swimmer should consider:

Eat healthy

Put good in, get good out. Although we need a higher number of calories than the average person, that doesn't mean we should fulfill that need with junk food. Healthy fats, vegetables, fruit, carbohydrates and protein should be properly balanced. Consider talking to a nutritionist or your coaches about improving your eating habits.

Stay engaged at meets

Many of us get caught up in the outside world, pre-race jitters or other distractions during a swim meet. Whether we're on our phones or too nervous to think straight, staying focused on the atmosphere and taking in the experience of each meet will help not only performance but emphasize a strong team dynamic.

Reinforce quality over quantity (ie. Technique over speed)

Don't forget about the little things! Don't sacrifice good technique while trying to hit a goal time in a meet or in practice. Chances are, bad technique will not improve your performance and could hurt you in the long run. Focus on the details! Although sometimes quantity is necessary, quality should always be the priority.

Get more sleep

Recovery is a crucial portion of the training process that is often forgotten. Your brain and body both need to rest in order to perform at a high level.



FREDERICTON AQUANAUTS SWIM TEAM



Spend time with your teammates outside of the pool

Your teammates understand your daily struggles. They can probably relate to you more than anyone else. You and your teammates should use each other as resources for advice, encouragement and friendship.

Train your brain

You might be ready to race physically, but what about mentally? Swimming often seems like a mental game when it comes to confidence and preparation. Invest some time in getting your brain ready to race.

Try new events

I'm not saying to change your prime stroke or best event, but don't be afraid to swim your worst stroke in practice or swim a distance you aren't used to swimming. You might not be good at it, but sometimes it can be fun to try new things. If nothing else, it will serve as a good break from training the same stroke or event all the time. Who knows, maybe you'll end up liking what you try!

Keep a practice log

Many swimmers benefit from keeping track of best practice times, sets they liked or disliked, or changes in their stroke. A practice log can also help you to reflect on your progress at the end of each season or the end of each year. A little extra time to keep a practice log could help take a little extra time off your races!

Reflect, don't react

It's OK to be upset about a bad race. Although these emotions are normal, use bad performances as a time of reflection rather than reaction this year.



Communicate with your coach

Coaches, nutritionists, sports psychologists, athletic trainers and strength coaches are all there to help you. Utilize the resources available to you, even if you're not in a situation where you have all of the above. Talk to your coach. It can give you an extra edge on your competition.

Spread your knowledge

There are plenty of young swimmers who would benefit from your knowledge and experience. Consider working or volunteering with younger swimmers to help them improve or simply enjoy swimming a little bit more. You might change their perspective on swimming or spark their motivation.

Have fun!

Remember to have fun with the sport this year. You've spent years working hard—make sure you keep up the hard work, but try to make this year the most fun.

By Maddie Strasen, Dec 20, 2016 Swimming World College Intern

Governance:

Dec 13, 2022, Board of Directors Meeting Highlights:

- Treasurer's Report, FAST has paid back our CEBA loan and the \$20,000 net gain from this government funding will be used to fund our operating deficit this year as per the budget
- Christmas wreath revenue for FAST \$1,100 – budget amount in line with this
- Treasurer is working on grant applications for the coming season & year end review with our Accounting Firm
- FAST Fee Assistance Policy has been updated to align the process and its forms, clarify roles of the review committee and the Board of Directors and provide additional guidance on the process
- The BOD has put a hold on any new applications for Fee Assistance this season due to budget constraints. Policy and Form update for more clarity
- The Sponsorship Committee has been busy preparing a presentation and program for FAST, BOD will review
- Shortage of pool rental space in the city. The Multicultural Association has reached out to FAST in hope of partnering, however this is unlikely as we do not have any more pool time available to us. She will direct them to the ISP
- Atlantic Cup moved one week to accommodate other teams outside of the province, including QC, NS and PEI

Best of Luck to
all our High
School Swimmers as
they prepare for
upcoming exams!

We encourage you to use your swim practices as your study breaks. Leave your studies outside the pool deck and give yourself this beneficial time to rejuvenate after hours of studying. Swimming is a stress reliever that releases endorphins. So, after practice, you will feel refreshed, and more prepared for your exams. And you will feel thankful you held on to your endurance in the water.

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)

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates		Group						
Date	Event	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
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
Jan 15	Return Parkas to FAST for embroidery		x	x	x	x	x	x
Jan 15	Return Broken Headsets to FAST		x	x	x	x	x	x
Jan 18	Hotel Cut off date Delta SJ (Inv #2 in Feb) 3 B times				x	x	x	x
Jan 20	Deadline to submit volunteer hours for Distance Meet				x	x	x	x
Jan 23	Deadline to sign up for extra boxes or opt out Choc. Bar Fundraiser		x	x	x	x	x	x
Jan 27	Deadline to decline Inv #2 SJ				x	x	x	x
Jan 27	Deadline to submit volunteer hours for Premier #3		x	x	x			
Feb 1	Hotel Cut off date Best Western Halifax (David Fry NS, March) Qualifiers					x	x	x

Please see our [website](#) for last minute changes to our schedule as well as Swim Meet & Practice dates

Activation & Cool-down

Both are very important for swimmer development and injury prevention. Continually remind yourself (or your swimmer) to take these activities seriously and focus on taking care of your body before and after practices.

Swimmers should arrive 10-15 minutes before practice time to ensure there is adequate time to do proper activation before practice begins. This time is already build into the FAST schedule – but if a swimmer is late for practice, they miss out on this important component.

January and February, what to expect...

January and February mark the months we are shifting our focus from a Training phase to a specific Preparation phase; specific preparation for the upcoming Peak Performance Window. We will begin to focus more on race strategy and tactics in long course competitions and Trials.

Competitions for our Invitational level swimmers will move to 50m pools (Long Course). Our Premier division swimmers will still compete in 25m pools (Short Course). January and February is the first check point where we are putting our technical skills and speed together.

Swim Meets – when can you leave?

Once you have committed to attend a Swim Meet, you are asked to stay at the meet until your Coach says its OK to leave.

Alternates and Finals

When you train for hours & hours, day after day, going to a Swim Meet is very important to a swimmer – it's a chance for them to put what they have learned/worked very hard for into "action". While we understand that these meets are very long and many have to get up early for school the next day, its incredibly important to not leave early. Especially if your swimmer made finals and/or is an alternate for finals. Please support your swimmers training and their commitment to attending a swim meet – the whole swim meet.

Volunteer Opportunities

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

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 – **Ada Landry**



Aqua 3 – **Rosie Sinclair**



Aqua 2 – **Jax Howard**

Aqua 4 – **Juan Langarica**



APJ – **Michael Tselichtchev**



**Swimmer of the
Month**

December 2022

Training Award



APS – **Ryan O'Connell**

January Birthdays

Chloe Breault

Mohab Elashmawy

Anna MacDonald

Angelina Wang

Emma Breault

Emmett English

Ryan O'Connell

Hazel Wright

Sophia Carr

Lucas Lei

Wendy Sinclair

Ila Wright

Jillian Davis

Alexandre Li

Jordi Stanford

Esme Zhao

Fundraising

Chocolate Bar Fundraiser 2023



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.

SIGN UP for additional carrying cases
OR
Opt-out

[CLICK HERE](#)

Deadline Jan 23, 2023

As per our 2023 Fundraising Plan, each Swim Family:

- is required to sell 1 carrying case of 30 Laura Secord Chocolate Bars
- 1 box per family regardless of the # of swimmers in your household, if you have three FAST swimmers you are only responsible for selling 1 carrying case
- each carrying case will generate sales of \$90 (\$3 x 30 bars). The carrying case cost to FAST is \$55 which will result in a \$35 profit per carrying case sold.
- As per our plan and budget, the \$35 profit for the 1st box and the opt out fees goes to FAST to supplement our projected deficit this year
- you will receive your carrying case around mid to the end of January and your FAST account will be charged \$90 at that time,
- due to be paid on March 1, giving you plenty of time to sell the bars before you have to pay for them
- When you sell the chocolate bars, you keep the cash. If you sell all 30 chocolate bars you will receive \$90 cash from the sales - which will cover the full cost of the carrying case.

Potential Credit on Account			
# of carrying cases sold	Profit to FAST	Credit on my FAST account	# additional boxes to order on Sign Up
1 <i>(mandatory)</i>	\$35	\$0	0
2	35	35	1
3	35	90	2
4	35	145	3
5	35	200	4

Chocolate Bar Fundraising FAQs:

What if I don't want to sell any chocolate bars:

- This is a mandatory fundraiser for all competitive groups, therefore if you do not wish to sell chocolate bars, you have the choice to “opt out” by selecting this option on the [Sign Up Form](#)
- The cost to opt out is \$35/swim family and will be charged to your FAST account due to be paid Feb 1
- **If you do not select “opt out” by Jan 23, you will be given a carrying case and be required to pay for it (\$90)**

What if I want to sell more boxes to earn credit on my FAST Account:

- If you wish to order extra carrying cases to sell and earn credit on your FAST account (\$35 credit per carrying case sold) please select this option [Sign Up Form](#) and **add the number of extra boxes** you would like to order.
- This number will be in ADDITION to the one box you will be selling for the Team
- All proceeds after your 1st box sold will be credited to your FAST account
- This credit will be used to pay for any FAST charges to your account (ie. meet fees, volunteer assessment fees, etc)

Why Chocolate Bars? Doesn't FAST promote healthy food options?

- We absolutely do encourage healthy eating and taking care of your body, especially before, during and after swim meets. And we also understand most enjoy chocolate every once and awhile – nothing is wrong with that! In addition to this, historically many parents have found this fundraiser pretty easy to organize, sell the bars and there is a high profit margin compared to other fundraisers.

When will I get my carrying case and how?

- We plan on placing our order mid/late January for delivery early February – just in time for Valentines day!
- Once we have the cases, we will set up a time for you to pick your case up or it may be given to your swimmer if they are in a senior group

Does this fundraiser cost me any money personally?

- If you do not “opt out” of this mandatory fundraiser, and sell all the bars in your carrying case, it will not cost you any money at all!
- Your account is charged the \$90 value of each box up front, but we will not expect payment until you have enough time to sell all the bars (charge will go through on March 1, 2023)
- If you sell the bars you will have the \$90 to pay for this charge

How much money can I earn for my personal account?

- See the chart above for some examples of the potential credit you could earn by signing up for extra boxes

FAST Giving Back!

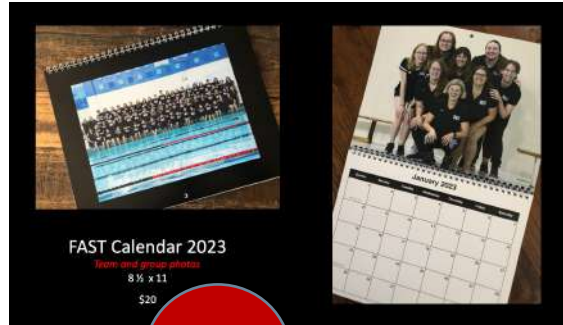
**Annual Donation Drive for the
DECH Pediatrics and Neonatal
Department**

*Thank you to everyone who
supported our annual donation
drive!*

FAST Parkas

[Order Here](#)

*Estimated cost \$150
Limited sizes available*



\$20

[Order Here](#)

SNOW DAYS!

Practices are ON unless you receive an email

Even if school is cancelled



There is a reason why FAST's Team Suit is Speedo brand. The **Speedo Endurance** swim suit is FAST's suit of choice among those that are **FINA approved for racing in Swim Meets**. Please ensure your swimmer wears their FAST Speedo Team Suit for all Swim Meets.

Pre-Competitive Corner

Winter 2023 Session

Start Date: Jan 9, 2023

End Date: March 3, 2023

The following must be completed/received prior to your swimmer being able to participate in the Winter Session:

- Respect in Sport Parent Certification completed
- Swimming Canada Acknowledgement and Assumption of Risk Waiver electronically signed (please email our office if you have not received this email from SNC)
- Payment of registration/insurance fees.



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

Parents are not permitted on the pool deck.

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.

We have had to re-source production of our Pre Competitive Swim Caps and expect to have them ready for the Winter Session. Thanks for your patience.

Registration for the Spring Session opens Feb 29 for Returning swimmers and their siblings and March 2 for New members. This Session runs April 6 – May 29, 2020.

Underwater Gladiators

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

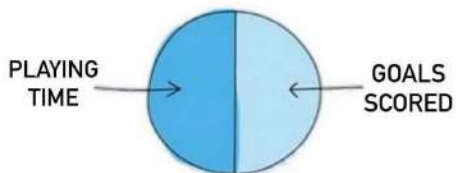
**FAST
TEAM
CHEERS**

Caller
Answer
Together

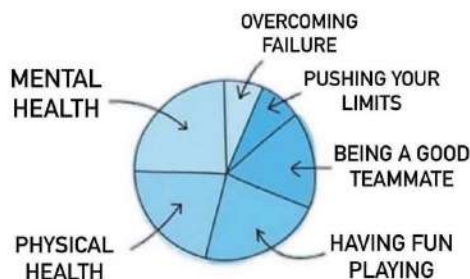
Hot To Go

Fredericton is hot to go
H-O-T-T-O-G-O
Hot to go
Ah ooo
Hot to go
Ah ooo
(x4)
1, 2, 3, FAST

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A BETTER MEASURE



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.



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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



Contact Us

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[Click here for more Contacts](#)

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

[Volunteering & the Family Participation Plan](#)