



AQUA-NEWS

March 2023

www.swimmingfast.com

2023 Coupe du Québec Feb 16-19, 2023

Provincial Relay Record Broken Senior male 4x100



Quebec Cup 2023



Daniel Duguay, Juan Langarica Cabredo, Ryan O'Connell and Jonathan Tselichtchev

McNabb Broke Vikki Lally's 25 year old club record in 100 free



Sara McNabb

FAST senior swimmers Daniel Duguay, Juan Langarica Cabredo, Ryan O'Connell, and Jonathan Tselichtchev broke the New Brunswick provincial record for their relay event 4 x 100m in a time of 3:45.87 on Feb 19, 2023 at the Coupe Du Québec

Sara McNabb broke a 25 year long-standing FAST club record 100 free (59.90) and another 12 year record in 50 back (31.79). These records were previously held by Cassidy Richards (50 back, 31.97, July 2011) and current FAST coach, Victoria Lally (100 free, 1:00.29, Jan 1998)

Invitational #2 Saint John Feb 18 & 19, 2023

[Check out our
new Parkas!](#)

\$145

Top three in their age category include:

Jack Addison: bronze 50 back (31.46), 200 back (2:35.75), 100 fly (1:10.06) and 200 IM (2:30.97); Luke Addison: bronze 50 free (34.96) and 200 back (2:59.94); Hannah Benjamin Gilles: bronze 400 IM (7:36.65); Jesse Canney: gold 100 free (1:03.90), 50 fly (31.16), 100 fly (1:07.87), 200 free (2:14.40) and 200 fly (2:32.98), silver 400 IM (5:22.24); Sophia Carr: gold 200 back (3:10.17), silver 400 IM (6:55.46);



Xander Chiasson: gold 50 free (31.24), 1500 free (22:06.13) and 50 fly (34.91), silver 200 back (2:56.86) and 200 breast (3:30.40), bronze 50 breast (42.39); Miriam Field: gold 50 back (35.19), 100 back (1:15.56), 100 fly (1:25.65) and 200 IM (2:58.24), bronze 50 fly (38.15); Rori Gaines: gold 200 IM (2:51.64), silver 100 back (1:15.89); Caleb Griffiths: gold 50 breast (42.06) and 200 breast (3:07.76), silver 200 IM (3:01.89), 100 free (1:20.00) and 800 free (12:06.99); Olivia Guignard: gold 200 free (2:43.35) and 800 free (12:04.50), silver 100 free (1:16.93), bronze 200 breast (3:43.64) and 200 IM (3:15.49); Jax Howard: gold 100 free (1:18.25), silver 400 free (6:15.80) and 50 fly (37.59), bronze 100 fly (1:37.07); Anton Kuznetsov: silver 50 breast (36.97) and 200 breast (2:59.98); Maeleigh Murphy: gold 50 breast (42.91) and 400 IM (6:36.19), silver 50 fly (36.67) and 100 fly (1:28.28); Mackenzie Norris: gold 400 free (5:29.24), 400 IM (6:18.20) and 1500 free (21:50.39), silver 200 free (2:32.55); Samantha Norris: silver 200 IM (2:38.79), bronze 200 free (2:20.32) and 200 breast (2:52.57); Sophie Page: gold 200 breast (3:24.87), silver 100 breast (1:40.02), bronze 400 Free (6:15.76), 50 breast (45.61) and 100 fly (1:39.00); Amelia Sherwood: silver 100 fly (1:34.11), bronze 400 free (6:18.39) and 200 breast (3:45.58); Beatrice Sinclair: bronze 50 fly (34.25); Rosie Sinclair: gold 1500 free (22:23.12); Michael Tselichtchev: gold 800 free (11:17.82), 50 back (38.50), 100 fly (1:25.72) and 200 IM (2:58.09), bronze 100 back (1:24.26); Angelina Wang: bronze 200 back (2:53.18); Hazel Wright: bronze 1500 free (24:40.13) and 200 fly (3:29.13); Ila Wright: silver 1500 free (23:13.42) and 400 IM (6:31.25)

New Times Earned at the Quebec Cup

Canadian Jr

Sara McNabb 50 FR, 100 FR

Ryan O'Connell 50 FR

Easterns

Sara McNabb 400 FR, 40 BK, 100 BK

Ryan O'Connell 50 FR

Club Record Broken

Sara McNabb 100 FR

Sara McNabb 50 BK

Daniel Duguay, Juan Langarica Cabredo, Ryan O'Connell and Jonathan Tselichtchev: Senior mens relay 4x100 Free and 4x100 IM relay

Swimmers who achieved a new time standard at the Invitational #2 (*Red*=first time standard)

New AA Time Standard

Jack Addison
Sophia Carr
Xander Chiasson
Miriam Field
Rori Gaines
Olivia Guignard
Anton Kuznetsov
Judy Luo
Maeleigh Murphy
Sophie Page
Rosalie Sinclair
Michael Tselichtchev
Angelina Wang
Hazel Wright
Ila Wright

New A Time Standard

Luke Addison
Hannah Benjamin-Gillies
Sophia Carr
Xander Chiasson
Miriam Field
Caleb Griffiths
Olivia Guignard
Jax Howard
Anton Kuznetsov
Abigail Lamontagne
Judy Luo
Maeleigh Murphy
Sophie Page
Amelia Sherwood
Rosie Sinclair
Noémie Sivret
Michael Tselichtchev
Hazel Wright
Ila Wright

New B Time Standard

Luke Addison
Callie Barclay
Hannah Benjamin-Gillies
Liam Griffiths
Olivia Guignard
Jax Howard
Anton Kuznetsov
Abigail Lamontagne
Judy Luo
Anna MacDonald
Alex Ouellette
Sophie Page
Amelia Sherwood
Noémie Sivret
Jesse Theriault
Hazel Wright
Ila Wright

Record Breakers from Invitational #2

Para Provincial Club
Record Broken

Jesse Canney
200 Fly (2:32.98) and
50 Fly (31.16)

Fundraising

Chocolate Bar Fundraiser 2023

Boxes Sold – 56
FAST Profit – \$2210.17
Member Profit - \$455

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.

2023 Swim a thon

FAST's annual swim a thon is just around the corner

This is a mandatory fundraiser for all competitive swimmer families in Aqua 1, Aqua 2, Aqua 3, Aqua 4, APJ and APS

Stay tuned for more details

NEW FAST Sponsorship Program

FAST is Seeking Sponsorships

Through feedback from members of our community, we recognize the importance of reducing costs, and ensuring the long-term sustainability of our organization. The fundraising committee has worked diligently to produce a Sponsorship Package which aims to promote partnership with local businesses, foundations and individuals.

The funds received through any sponsorship will be used to help the whole organization reduce financial barriers for individual participation, transportation and meet fees, pool rentals and general operational overhead.

If you are interested in learning more about becoming a sponsor, or securing a sponsor, please contact **Darcy Delaney** at darcy311@gmail.com

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

PRE-COMPETITIVE SWIMMING

WINTER SESSION 2023

End Date: March 3, 2023

Midterm Reports will be sent out mid March 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

March Birthdays

Haya Asif	Miriam Field	Audrey Moore	Jonathan Tselichtchev
Mia Champagne	Zachery Hitchcock	Amelia Sherwood	Aurora Zamora Martinez
Dorsa Choroomi	Yuri Kipp	Azalea Stozek	
Liam Connell	Yusef Mahfud	Henry Sullivan	
Kyle Dick	Max Meng	Kyle Taylor	

Aquanaut and Performance Stream Explained

Swimming is unique because it is both a team sport and an individual one. We understand that every swimmer grows and develops differently in terms of their abilities and personal goals. With that in mind, the FAST membership structure includes two competitive streams to allow each swimmer, regardless of their chosen pathway, to have a place with the club.

All four levels in the Aquanaut Stream (Aqua 1, Aqua 2, Aqua 3, Aqua 4) are competitive swim groups. Swimmers in Aqua 1-4, train in the pool 5 to 7 times each week and are also expected to participate in dryland workouts. If a swimmer chooses to compete at swim meets, they are required to be at 60% of their practices in order to attend. This is for two reasons 1) there is a higher risk of injury if swimmers are not practicing regularly 2) we want to give athletes a reasonable chance to experience success.

The Performance stream, which includes Aquanaut Performance Junior (APJ) and Aquanaut Performance Senior (APS), has different criteria. These groups are for established swimmers who aspire to attend National and International swim meets; athletes in APJ/APS choose to make swimming their primary sport/activity. There is a high level of commitment and expectation for Performance swimmers and their families.

	Aquanaut Stream	Performance Stream
Attendance	<ul style="list-style-type: none"> No requirement If a swimmer wants to attend meets, they must have an attendance of at least 60% 	<ul style="list-style-type: none"> 100% requirement The expectation of the Performance stream is if there is a practice, it is expected you will be there (SC and LC) Obviously, things will come up and we encourage the swimmers to let their coach know ahead of time so they can plan around it
Training Intensity	<ul style="list-style-type: none"> Swimmers get to choose what level of intensity they put into their training Some swimmers really want to be challenged and others want to train for personal reasons. Our coaches tailor different lanes during practice to make sure everyone is getting what they need In this stream, especially Aqua 4, the level of intensity is for the most part chosen by the swimmer 	<ul style="list-style-type: none"> Pace time and rigor is at the coach's discretion and part of the annual group plan It's expected that every swimmer will do the best they can at that practice APJ and APS are expected to train over holidays such as Christmas and March Break
Goals	<ul style="list-style-type: none"> Meet qualification (Invitational, Championship, National) Active for life Other personal reasons 	<ul style="list-style-type: none"> Meet qualification (National and International)
Letter of Commitment	<ul style="list-style-type: none"> Not required 	<ul style="list-style-type: none"> Required This letter is used to provide a clear understanding of what is expected of the swimmers and their parents when choosing to swim in the performance stream

Governance:

The February Board of Directors Meeting was postponed

Tentative Date for the FAST Semi-Annual AGM

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

Via zoom
Agenda and link to follow

Switch Practices

As swimmers develop, it is important to continue to offer them opportunities that challenge them. Switch practices have become a great tool for coaches to help swimmers transition to a different group or try another group's training for a period of time. This is valuable to swimmers because:

- It provides opportunities for swimmers to have a "taste" of the rigour and dynamics of their next progression with FAST
- It can be motivating for swimmers and encourage them to give a bit more effort in training
- If a swimmer has only one qualifying time for APJ or APS, switch practices may be used to give them a little more support in trying to meet the group criteria of 2 qualifying times
- It bridges the gap between groups to support a positive transition, both socially and with regards to

Switch practices are especially important for those moving to the performance groups (APJ or APS).

The Performance Stream groups have the highest level of commitment required within FAST's programs. We want swimmers who qualify and choose this pathway to understand and feel comfortable with these expectations, so we have designed criteria for this group to include technical/performance (FPTs) standards as well as a Letter of Commitment (Commitment Contract) that both the swimmer and their parents are required to sign.

Switching to APJ or APS practices helps ensure that swimmers making the important decision to dedicate more of their time and effort to swimming have a "taste" of the rigour and dynamics of this stream.

We hope the following guidelines and chart will make things clear.

If you have questions about switch practices please feel free to contact a FAST coach or reach out to Andrea Addison (aj.Addison@gmail.com)

FREDERICTON AQUANAUTS SWIM TEAM

Switch Practices

Swimmer achieves eligibility criteria to participate in switch practices:

- Aqua 1, 2, 3, 4 – close to eligibility criteria for the next group
- APJ – aged 11-15 yrs and at least 1 time within 5% of an FPT
- APS – aged 13-18 yrs and at least 1 time within 1% of an FPT

- Coach checks the swimmers “age up” date; ensures room in the new group to add switch swimmer, and
- Determines if age & social/emotional/behavior development is in line with and will not take away from the experience of other swimmers

YES

NO

Switch with Aquanauts Stream

Switch with Performance Stream

Coach communicates with parent/swimmer:

1. Which 1-2 practice/week they will attend; when they will start
2. Duration – when to schedule next check in
3. Switch practices do not include dryland
4. Coach informs office to make any admin changes

Coach sets up a meeting with both swimmer and their parent/guardian to ensure:

Are they ready for this increased rigor and commitment?

Coach will talk to athlete and parent and provide explanation for the decision and plan moving forward

Coach may set up a time in the future to revisit

YES

NO

Coach ensure both parent and swimmer understand:

1. A \$40/month fee will be charged to their account
2. Which 1-2 practice/week they will attend
3. Duration – when to schedule next check in
4. If the swimmer is close to losing their qualifying time(s) in the next few months due to ageing up; ensure they are aware they may be given a grace period by
5. Switch practices do not include dryland which they must achieve the qualifying times according to their new age
6. Coach informs office to make any admin changes

Swimmer continues to train as before

Coach may set up a time in the future to revisit

Duration is typically a few months but at the discretion of the coach

These practices may be instead of or in addition to their regular schedule for the Performance Stream



Updated Feb 2023

Why can't anyone have a chance to do a switch practice with APJ or APS?

FAST requires that a swimmer have at least one qualifying standard to participate in switch practices with our performance groups. The criteria developed for the performance stream is aligned with the club's desire to provide a space for established swimmers to have opportunities to compete at the highest levels. Thus, the rigour and pace of APJ and APS workouts are high. Performance swimmers are expected to understand and implement practices with a level of efficiency and independence that is different than the Aquanaut stream. It is important that these swimmers have the ability to keep pace without becoming discouraged or diminishing the quality of the other swimmer's training. Having this minimum requirement achieves this balance based on our experience over the past few years.

The pressure to attend all practices is too much, swimmers should be able to do more than just swim!

We understand and agree - but also recognize that we have athletes in our program who have aspirations to compete at the national level. Meeting the needs of both of these groups is the basis for our club structure. Both streams, the Aquanaut groups and the Performance groups, offer competitive swim training. Once an athlete meets the performance standards, we leave it to the swimmer and their family to choose a pathway based on what level of commitment they want to put into their training. All FAST swimmers, regardless of their group placement, receive quality coaching which includes appropriate fitness and skill development.

Only one (1) qualifying time is required to participate in switch practices with the performance stream groups

APJ – 1 time that is within 5% of our FPT

APS – 1 time that is within 1% of our FPT



Switch Practices

Goal of Switch Practices

Switch Practice means "switching" practices for 1-2 times each week to swim with another group. The purpose of the switch practices is to allow for swimmers to have a "taste" of the rigor, requirements and expectations for their next step with FAST. This can be used as a motivator to help some achieve qualifications for another group. Or it can also be used as a trial to help swimmers decide about what level of participation they want to commit to.

Aquanaut Stream Switch Practices:

- Non Performance Group Switch Practices – coaches discretion, based on times, training, dedication, social and emotional maturity
- There will be no additional fee for switch practices within the Aqua groups
- Coaches discretion will allow for some flexibility and individual consideration. However, the intention is for switch practices to be short term and as part of the transition to their next group
- Switch practices are typically **instead of** their current group's practices, however depending on the schedule is at the discretion of the coach

Performance Stream Switch Practices

APJ

- Switch practices with APJ – swimmers who have **1 time that is within 5% of a FPT (LC or SC)** may be offered to join switch practices with APJ (some coaches discretion is also warranted due to attitude, dedication, social and emotional maturity). Age range 11-15; middle/HS

APS

- Switch practices with APS – swimmers who have **1 time that is within 1% of a FPT (LC or SC)** may be offered to join switch practices with APS (some coaches discretion is also warranted due to attitude, dedication, social and emotional maturity). Age range 13-18; HS

APJ & APS

- Switch practices with APJ or APS will be charged a monthly fee of \$40 and does not include dryland. They will continue to do dryland with their current group
- Switch practices may be in addition to or instead of their current group practice, schedule dependant
- Duration of Switch Practices will be primarily at the discretion of the coach. Some swimmers will take longer to achieve their FPTs while others may see their times getting further from attaining this goal. Coaches discretion will allow for some flexibility and individual consideration. However, the intention is for switch practices to be short term and not last and entire season for example
- If 1 swimmer has 1 qualifying time to participate in switch practices and they age up/lose this time, or will lose this time in the near future, the coach will consider how big a gap there is between their current times and what the new qualifying time will be. This will determine if the swimmer will be offered the switch practices or be held back for the time being.

Updated February 2023

NEW a \$40/month fee will be charged for any swimmer participating in switch practices with either APJ or APS. Everything about the performance group is more rigorous, that includes the training. This nominal fee will ensure all swimmers who train at this level are treated equitable

Duration – primarily its up to the coach how long a swimmer can participate in switch practices with the performance stream. The duration depends on many things that are individual to a swimmer

Aging up – should a swimmer achieve their 1 qualifying time to participate in APJ or APS switch practices, then age up and lose this qualifying time, they may be given a grace period to re-qualify for switch practices. This is at the coach's discretion and is dependent on individual training and meet schedules, etc

My swimmer wants to swim at championship/national meets, but they also want to play basketball. They should be able to do both.

FAST values this, and that is the reason why we have the aquanaut stream with only 60% attendance requirement to participate at swim meets. Anything less than 60% attendance would not be fair to the swimmer; they would be at risk of injury and possibly setting themselves up for disappointment with their results.

The Aquanaut Stream allows a swimmer to decide how much they are willing to put into their training and the coach will meet them at that level and provide challenges to help them achieve their goals. We often see a discrepancy when a swimmer wants to miss a couple of practices a week and also wants to be in the APJ or APS groups, unfortunately they can't have both, however they do have a place in the FAST program.

Why is practice attendance so important?

It should be noted that in the past FAST had the expectation of 100% attendance for all competitive groups. Over the years we have seen a change in what some of our swimmers want and need and have restructured our programs to ensure there is a place for everyone. We recognize that it should be the swimmer and their family's that decide on the level of commitment they want to put into their training with FAST.

We underestimate the time, effort, and planning that goes into our swim program. Coaches have to plan practices around so many factors (meet schedules, tapering, holidays, peak performance windows, etc) while also trying to incorporate a swimmers' individual goals. This is challenge is more difficult when attendance is not consistent. When athletes miss a practice, there is a gap in their training and performance outcomes may suffer.

Aqua 1



Aqua 4



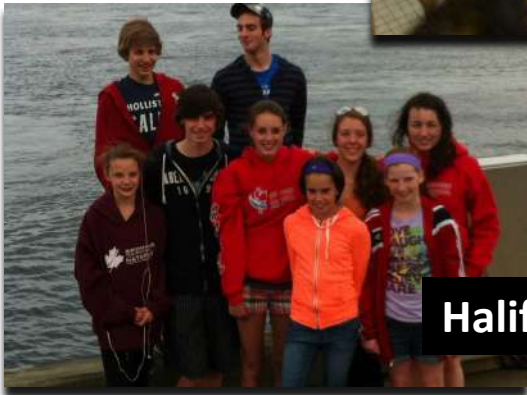
FREDERICTON AQUANAUTS SWIM TEAM

Marta's Farewell Reception

SAVE THE DATE:
*July 9, 2023
2-4 pm*



Laval 2011 – Team Trip!



Halifax 2012



FREDERICTON AQUANAUTS SWIM TEAM

Aqua 1 – **Scott Addison**



Aqua 3 – **Maeleigh Murphy**



Aqua 4 – **Callie Barclay**



Aqua 2 – **Zoe Meek**



APJ – **Mohamed Elshahat**



APS – **Jack Addison**



MEDLEY MASTER

Swimmer of the Month



Butterfly

Backstroke

Breaststroke

Freestyle

This award goes to the FAST swimmers who have worked to develop their skills and technique in all of the four strokes needed to swim individual medley races - Butterfly, Backstroke, Breaststroke, and Front Crawl.



Canada's Summer McIntosh, set a world junior record time in the 400 IM to win gold at the 2022 FINA World Aquatics Championships. (Quinn Rooney/Getty Images)

Next Month's Swimmer of the Month Theme:

AWESOME AQUANAUT


Our Awesome Aquanaut will excel at underwater kick

FREDERICTON AQUANAUTS SWIM TEAM

Aqua Dates		Group						
Date	Event	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Mar 2-5	David Fry Champs Halifax - qualifiers				x	x	x	x
March 3	Deadline to Decline Invitational #3 in SJ				x	x	x	x
March 6	Pre Comp SPRING Registration for Winter Session swimmers opens	x						
March 8	Pre Comp SPRING Registration for new/not current swimmers opens							
March 16-19	Speedo Easterns - Qualifiers							x
March 17	Deadline to Decline 10U Flying Fins Meet on Apr 1	x	x					
March 17	Deadline to Decline Team Trip Quebec, May 2023 – swimmers aged 13+				x	x	x	x
March 22	Tentative date Semi AGM via zoom	x	x	x	x	x	x	x
March 25-26	Invitational Meet #3 TIDE/Saint John				x	x	x	x
March 28-Apr 2	Canadian Trials							x
March 31	Deadline to Decline Premier #5		x	x	x			
March 31	Deadline to Decline NB LC Champs				x	x	x	x

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

Atlantic Cup 2023



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

Flying Fins 10U Meet

Date:

Saturday, April 1,
2023

~~Date Changed to:~~

Sunday, April 2,
2023

FAST Parkas

[Order Here](#)



Cost \$145
Limited sizes
available

FREDERICTON AQUANAUTS SWIM TEAM

Aqua 3



Aqua 2



APJ



APS



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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