



AQUA-NEWS

November 2022

www.swimmingfast.com

FINA PTS WINNER OVERALL

FEMALE



Emma Sinclair

MALE



Ethan Nestoruk

Coach of the Year



Andrea Creer

Awards Banquet 2022



DAVID WALKER SPIRIT OF THE SPORT AWARD



Emma Sinclair

This is a memorial award given to a swimmer who best exemplifies the qualities of sportsmanship, camaraderie and commitment to the sport of swimming.

Emma the award is so well deserved. Through the times of adversity Emma stayed positive, caring, and kind to others. Emma is always one step ahead offering help and guidance to the members of the team. She has been a constant presence on the pool deck with younger groups and is perfect example of what it means to be part of FAST family. Her actions in and out of the pool whether someone is watching or noted her positive attitude are why Emma is incredibly deserving of this award.



Mark Addison

We all have to face our own set of challenges. The inspirational award goes to a swimmer who shows particular poise and resilience in the way they handle themselves through a season of swimming. This year the inspirational award goes to Mark Addison.

Mark is an athlete with high expectations for himself and despite dealing daily with a chronic health condition he is a consistent and positive presence both in and out of the pool. Mark comes to practice with a positive attitude and great work ethic. He is always striving to be better and despite occasional health set backs he always bounces back...stronger and more determined than ever. Mark is a great team mate, a good role model and an inspiration - congratulations Mark!

INSPIRATIONAL AWARD

Awarded to the swimmer who regardless of what challenges they face shows dedication, effort and aspirations of becoming a better athlete.

CLUB INDIVIDUAL RECORD BREAKERS



- Sara McNabb
- Michael Tselichtchev
- Daniel Duguay
- Ethan Nestoruk
- Jacob Gallant

PROVINCIAL RECORD BREAKERS



Total of 17 records broken
3 short course and 14 long course

Jesse Canney



7 records

Jacob Gallant



MOST IMPROVED SENIOR

Senior swimmer who has made the biggest improvement over the year.

Abigail Lamontagne



This year the award goes to Abigail Lamontagne. Over the past season and since she started swimming Abby has grown both in and out of the pool and has swum her way up through the competitive groups and into the performance stream. Abby sets her sites high and she is not afraid to push herself hard to realize her goals. She has a positive attitude and takes feedback seriously and does her best to get better with every practice. Although she is often quiet she has a great sense of humour and she is a loyal and trusted teammate. Congratulations Abby - we are really proud of you and all you have accomplished!

MOST IMPROVED ROOKIE

1st year of a competitive program that made the biggest improvement in stroke development and performance.



Alex Ouellette

Alex started swimming with FAST last year in Aqua 1, by Christmas he was in Aqua 2 and now starting off this season he has moved all the way to Aqua 4! Starting with not knowing a whole lot about competitive swimming and what he had in store for him, Alex thrived. He went to meets, got B times and improved constantly. By the end of the season he was even leading his lane in practice. Not only has Alex improved greatly in the pool, but he is just genuinely a great swimmer to coach. He is open to technical critiques and how to fix them, and somehow always seems to make the coaches laugh. Amazing job Alex, keep up the great work!

Our Swimmers of the Month – 2021-2022

First In Last Out

APS – Sammy White

APJ – Sara McNabb

Aqua 4 – Olivia Cummins

Aqua 3 – Jesse Theriault

Aqua 2 – Rosie Sinclair

Aqua 1 – Mia Champagne

Keeping It Positive

Aqua 4 – Rebecca Massie

Aqua 3 – Ruby Smith

Aqua 2 – Xander Chiasson

Aqua 1 – Jillian MacDonald

Breakthrough Award

APJ – Jonathan Tselichtchev

Aqua 4 – Judy Luo

Aqua 3 – Noémie Sivret

Aqua 2 – Luke Addison

Aqua 1 – Sophie Page

Training Award

APS – Samantha Norris

APJ – Jillian Davis

Aqua 4 – Mark Addison & Abby Lamontagne

Aqua 3 – Gabby Banquicio

Aqua 2 – Caleb Griffiths

Aqua 1 – Sophie Page

FAST Volunteer of the Year



Mike MacDonald

FAST has had the privilege of working with Mike MacDonald since. Since the time that Mike's family joined FAST, he has been active across a wide range of roles. He has served on the FAST board of directors, chaperoned many team trips and has become very involved with officiating as a member of FAST's Meets and Officials Committee. Mike spends countless hours working behind the scenes to plan and run swim meets, in addition to his presence on deck officiating. His hard work, determination and creativity has contributed to the success of the Atlantic Cup Swim Meet since 2019. Mike can often be found behind his computer late at night thinking up new ways to make swim meets even better. Mike is extremely supportive of developing new officials in the province, always ready to teach and encourage more parents to become involved. FAST and Swim NB are very fortunate to benefit from his talents.

Thank you Mike!



FREDERICTON AQUANAUTS SWIM TEAM

| Aqua Dates | | Group | | | | | | |
|------------|--|-------|-----|-----|-----|-----|-----|-----|
| Date | Event | PC | AQ1 | AQ2 | AQ3 | AQ4 | APJ | APS |
| Oct 28 | Deadline to Decline Sussex In House Meet | | | | x | x | x | x |
| Nov 1 | Parent Session Swim Meets Part 2 - Room 214 Kin Bldg | | | x | x | x | x | x |
| Nov 4 | Deadline to submit hours from Premier #1 | | x | x | x | | | |
| Nov 4 | Deadline to Decline Team Trip Trois Rivieres & submit online Google Form Dec 1-4 | | | | x | x | x | x |
| Nov 4 | Deadline to Decline Summerside PEI Meet Nov 19-20 | | x | x | x | x | x | x |
| Nov 7 | Deadline Holiday Wreath Fundraiser | x | x | x | x | x | x | x |
| Nov 11 | Deadline to Decline Premier #2 Saint John Dec 3 | | x | x | x | x | | |
| Nov 11 | Meet at UNB and walk to Remembrance Day Ceremony | | x | x | x | x | x | x |
| Nov 24 | Officials Clinic – Stroke & Turn | | x | x | x | x | x | X |
| Dec 1 | Deadline to Decline MLTC Dec 15-18 Edmundston | | x | x | x | | | |
| Dec 1-4 | Team Trip Trois Rivieres ages 13+ | | | | | x | x | x |

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



Did you know...

We are not permitted to take photographs or videos at any of the facilities/pool's FAST swims at - YMCA, Fredericton Indoor Pool or UNB. This applies to all practices and swim meets.

FREDERICTON AQUANAUTS SWIM TEAM

FINA Points Winners Age Groups

| FINA AGE GROUP WINNERS | Female | Male |
|------------------------|------------------|----------------------|
| 10 and Under | Addison Deap | Michael Tselichtchev |
| 11 - 12 | Mackenzie Norris | Mohamed Elshahat |
| 13 - 14 | Sara McNabb | Daniel Duguay |
| 15 - 17 | Emma Sinclair | Ethan Nestoruk |

The performances from different age groups and all events are ranked based on their times and FINA points.

The FINA Points Table allows comparisons of results among different events.

The FINA Point Scoring assigns point values to swimming performances, more points for world class performances, typically 1000 or more, and fewer points for slower performances. Point values are assigned every year.



FREDERICTON AQUANAUTS SWIM TEAM

Aqua 1 – **Maimuna Mirza**



Aqua 3 – **Caleb Griffiths**



Aqua 4 – **Juan Langarica Cabredo**



Aqua 2 – **Sophie Page**

APJ – **maybe next month!**

**Swimmer of the
Month**
Oct 2022

FIRST IN LAST OUT

Awarded to the swimmer who comes prepared to practice, participates to the best of their ability and is enthusiastic.



APS – **Jillian Davis**



Swim Meet Information Parent
Session Part 2 – **Invitational
Level Meets**

Nov 1, 5:30-6:30 pm

All parent who have or will have swimmers going to invitational level swim meets please attend

November 2022

SWIMMER OF THE MONTH



Keeping it Positive

Try to be a rainbow in someone's cloud.
Maya Angelou

Swimmers Vote for a Teammate



Wanted! Volunteers for:

- Meets & Officials Committee
- Swim-a-thon 2023 Coordinator

If you are interested, please contact fastswimmingoffice@gmail.com for more information

Volunteer Spotlight

Mike Gaines

Thank you, Mike for going above and beyond helping with the Oct 22, 2022, Bottle Drive!

Waleed Elshahat

Thanks, Waleed, for taking all the great pics from our Awards Banquet! They are so nice to have!

Thank You!



FAST Bottle Drive Oct 2022



Thank you for helping make this fundraiser a success!



FAST Custom Pottery Mug

A special gift to our outgoing extraordinary volunteers!

FAST has commissioned special pottery mugs to give as special recognition gifts to our outgoing volunteers who have contributed in the following ways:

- served on the BOD for minimum 2 years
- chaired an active FAST Committee for a minimum of 2 years
- was an exceptionally active volunteer, who contributed to FAST in an extraordinary way

Nominations:

Each Year prior to the Awards Banquet, a committee of three individuals (President, Vice President, Past President) will review all the names nominated to receive a mug. Majority rules...

A call for nominations will be sent in April of each year. (same time as volunteer of the year nominations)

Who can nominate:

- any BOD member
- any Chair or Coordinator
- Volunteer Coordinator

2021-2022 Recipients:

[Holly Lydon](#) – Outgoing BOD

[Lindy Porter](#) – Outgoing BOD

[Wendy Sinclair](#) – Outgoing BOD

[Martin Wielemaker](#) – extraordinary long time FAST volunteer, team trip chaperone, livestreaming meets

[Gisele Hickey](#) – extraordinary long time FAST volunteer, parent liaison, and Meets & Officials Committee Member

[John Sinclair](#) – extraordinary long time FAST volunteer, investment advisor and member of financial review committee for 6 years

[Chris Ramsey](#) – extraordinary long time FAST volunteer, chaperone team trips, team photographer, New Pool Initiative



FAST Holiday Wreath Fundraiser

[Order Here](#)
by Nov 7



12" \$20

16" \$25

Proceeds from the first 5 wreaths sold go to FAST. Proceeds from the sale of your 6th and up wreath will be credited to your FAST account

How it works:

- Collect orders from your family/friends/neighbors
- Fill out the [Order Form](#) indicating the total # of 12" and 16" wreaths you need – please remember to use the FAST sections as Artistic Swimming is also participating in this sign up
- You will collect payment from your sales and keep that money to pay your FAST account
- Your FAST account is charged on Dec 1 for the total number of wreaths you ordered times the sale price listed above
- You will be notified when and where to pick up your wreaths
- Once the Fundraiser is over, your FAST account will be credited for the proceeds of any 6th and over wreath you sold. This credit will come of the next charge to your FAST account

**Congratulations
Jesse Canney!**



Athlete of the Year 2022

City of Fredericton
Sports Wall of Fame

Athlete of the Year
2022

The Myer and Jack
Budovitch Trophy

Swimming NB
Awards Banquet
2022



Here are some great gift ideas for your swim family!

\$7  Water bottle

\$5  Stickers pkg 4

\$5  Tattoos pkg 10

\$12  Ornaments

\$30  Deck Slides

\$10  Drinkware

\$20  Bucket Hat

[Order Here](#) and we will arrange pick up before the holidays



**Salmon Fundraiser
CANCELLED**

Due to high price and lack of availability of fresh salmon, this Fundraiser has been cancelled

FAST honor's Truth and Reconciliation always!



FAST Parkas

[Order Here](#)

*Estimated cost \$150
Limited sizes available*



Volunteering – we need you!

Stroke & Turn Judge — A Stroke Judge walks the distance alongside the side pool, typically between the backstroke flags, and observes the swimmers on their half of the pool. The stroke judge ensure compliance with the rules pertaining to the mechanics of the swim such as arm stroke and kick.

| | | |
|--------------------------------|------------------------------------|-------------------------|
| Timer | Hospitality | Starter |
| Stroke & Turn Judge | Canteen & Program Sales | Chief Timekeeper |
| Safety Marshal | Referee | Electronics |
| Set Up & Take Down | Runners | Marshals |
| Announcer | Meet Sponsorships | Meet Manager |

FAST Coaches Advice to Swimmers

Time Management, Sleep and Nutrition

- Managing your schoolwork is your top priority so get on it as soon as you can and do not leave any assignments or projects for later. Even if it seems like a good idea at the moment, it's almost a guarantee that a week from now you will have more homework and less time.
- Find time to do some of your work at the library, or between practices at the pool (you can use our office-just wear a face mask). Additionally, leaving everything for Sunday is not a good strategy as often you will find yourself needing more time as one component may take more time than you thought it would.
- Bedtime routine- morning practices (especially the first week or two) will add additional stress onto your body. Going to bed early enough is crucial to get enough sleep so you can be active throughout the day at school after morning practices.
- Find a consistent bedtime (around 9pm) so your body can learn the routine.
- It's a good habit to leave your electronics in a different room so you don't have to check for messages or play games.
- It's also important that on Sunday you don't sleep in till noon or later. By doing so you mess up your internal clock and you will not feel tired at your normal bedtime. That means you will be wide awake at the time when you should be asleep. Your body needs a certain number of hours to be awake and you can't just shut it down like a switch. Sleeping in means 8 or 9 am.
- Nutrition is also a big part of your wellbeing. Take time to pack enough food for school and to have it after morning practice or after school, before practice.

**FAST
TEAM
CHEERS**

Caller
Answer
Together

Dynamite

Our team is what?

Dynamite!

Our team is what?

Dynamite!

Hold on wait a minute

FAST let's put some spirit in it

Tick tick tick tick boom

(x3)

Dynamite!

Naughts On the War Path

Give me an O

O

Give me another O

O

Give me another O

O

What do you got?

Ooooooooooooo

Give me an A

A

Give me another A

A

Give me another A

A

What do you got?

Aaaaaaaaaaaaa

Ooo aaaa naughts on the warpath!

Ooo aaaa naughts on the warpath!

Ooo aaaa naughts on the warpath!

1, 2, 3, FAST

Don't get stuck paying for Swim Meets you can't attend

Decline attending BEFORE the Deadline to Decline

November Birthdays

Addison Deap

Elisabeth Foisy

Mackenzie Norris

Myles Murphy

Avery English

Hannah Casey

Maeleigh Murphy

Scott Addison

Claire Gillespie

Jax Howard

Maimuna Mirza

Suhaib Elashmawy

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](#)

FlipGive

Do your shopping through Flipgive 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

Do you have FAST Drinkware?

Get them while you can, they make great gifts!

\$10 each



[Order FAST Clothing & Merchandise Here](#)

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](#)