



AQUA-NEWS

October 2022

www.swimmingfast.com

Swim Meets

Swim Meets are incredibly important to swimmers. This is an event that gives your swimmer the opportunity to put into practice all the things they have learned during their training. They will learn responsibility and build character. In addition to providing goal setting opportunities and focal points for training sessions, swim meets are character building. It takes a lot of courage to stand up on the starting block and compete in a race. Dealing with the ups and downs of performance in a competition setting develops resilience and mental toughness, respect for oneself, and respect for others.



Above all, swim meets are fun and rewarding. Seeing a hundred or more other swimmers come together in one place is a great experience and validation for the sport that your swimmer enjoys.

An official swim meet is sanctioned by Swimming New Brunswick. This allows the times earned at that meet to be on the swimmer's official record of swim times. We often hold "fun" or "mock" swim meets during practice times. Times earned at these meets do not count on the swimmer's record, however, it provides a great opportunity for swimmers, especially new swimmers, to get a feel for what will happen during an official swim meet.

All swimmers participating at a sanctioned swim meet receive official timed results for their races. These times serve as markers of personal best (PB) achievements as well as qualifiers for various levels of other competitions.



FAST Meet Calendar 2022-23

Please note some locations are still tbd. The website will be updated as we receive more information

Save the Date

Wednesday, Oct 19

Parent Session for all groups

All about Swim Meets

Please plan on joining us for this session, we will be sharing information and answering your questions about all things "Swim Meet" (room tbd)

Officiating Clinics Scheduled - mark your calendars

Date	Clinic	Info
Oct 11, 2022	Officiating & Safety Marshall (Timer) Clinic	6:30-8:00h PM Room – TBD SIGN UP HERE
Oct 20, 2022	Stroke & Turn Judge Clinic	6:00-8:00 PM Room – TBD Sign up coming soon
Oct 24, 2022	Stroke & Turn Judge Clinic	6:00-8:00 PM Room – TBD Sign up coming soon

Hydration Matters!

2% Dehydration = Athlete begins the game with approx. 96% maximal power output.

Very Important...if you cannot attend a Swim Meet

If your swimmer cannot attend a swim meet that he/she qualifies to attend, it is imperative that you log into your FAST account and “decline” attending that particular **meet BEFORE the meet’s registration deadline**. Otherwise, your swimmer will be signed up for the meet and you will be responsible for paying the meet fee.

Meet Fees

Each Swim Meet your swimmer attends has a fee. The amount of this fee varies from meet to meet. The estimated meet fee is included in the swim meet information that is posted in the Events section of our website.

Each Meet Fee includes the following: 1) An amount paid to the Hosting Club, and 2) FAST’s Coaching & Travel Fees.

The amount paid to the Hosting Club (per registered swimmer) is determined by SNB. The hosting club forwards a portion of this amount to SNB and the remaining amount and it is used to pay for all the expenses incurred to run the meet (i.e.. pool rental, supplies, any awards, hospitality, etc.).

The FAST Coaching & Travel fee is used to pay our coaches a per diem (rather than hourly pay) to attend/coach the swimmers for that meet, and also cover any travel & accommodations expenses the coaches may incur if travelling outside the Fredericton area. None of the officials and/or volunteers are paid to run the swim meet. The goal is to provide an opportunity for the swimmers to race with minimal expense.

Hosting clubs do use this opportunity to sell canteen items, programs and/or advertising in an effort to make revenue for their swim club.

How to decline attending a Swim Meet to avoid charges:

[Click here for Step by Step Instructions](#)

What to pack for a Swim Meet:

- FAST Swimsuit (Speedo) (spare if you have one)
- Goggles (2 minimum)
- FAST Swim Cap (2 minimum) the coaches usually bring extra to the meet if needed but you can’t rely on this.
- 2 towels
- Comfy dry clothes to wear over their suit between events (sweatpants, hoodies)
- FAST T-shirt
- Water bottle
- Plastic Bag for wet stuff
- Light snacks for between events (ex. Fishy crackers, fruits such as grapes, oranges, apples or watermelon, raisins. Chocolate milk for after the meet.)
- Money for a meet program – so the swimmer can follow along with the meet and know when their swim is coming up. Meet programs are typically between \$2-\$5 for a one-day meet.
- Positive attitude and cheering voice

What is in that backpack?



In a crunch...

Tips for Fast Food Options

- Choose whole wheat
- Low fat sauces
- Grilled chicken rather than breaded
- Single or double meat if looking for higher protein
- Salads with low fat dressing and/or dressing on the side
- Caesar dressing is high fat, other salads are better options
- Add fruit/apples slices, veggies or fruit/yogurt on the side
- Skip the soda and ask for water
- Hold the bacon on that club
- Non-cream soups
- Low fat muffins
- Grocery stores are good options for fast food

Don't rely on the canteen at swim meets to provide you with food during the meet. Stay away from nachos, pizza, hot dogs and candy. Go for bagels, vegetables, water and fruit. Always plan ahead and pack nutritious foods that you are familiar with. Swim Meet days are not the right time to try something new.

If you are in a crunch here are some Gas Bar & Canteen Options:

- Milk, yogurt, cheese strings
- Bananas, apples, oranges
- Oatmeal or granola bars
- Pretzels
- Boiled eggs
- Low-fat "jerky"
- "white flour" muffin
- Nuts (but not on the pool deck)
- Rice crackers
- Water



BOTTLE DRIVE

Save your Redeemable Cans and Bottles!

FAST will be holding a bottle drive on Oct 22, 2022

OR drop them off at Best Metals (320 Wilsey Road) anytime. You don't have to wait while they count them. Just ask them to rebate the FAST Account.

ALL FUNDS RAISED, FALL 2022, THROUGH BEST METALS WILL BE USED TO SUBSIDIZE COACHING FEES FOR SWIM MEETS THIS SEASON

How much redeemable's are worth:

- .05 cents for all cans, pop bottles, juice bottles, mini sips, liquor bottles (500ml & under)
- .10 cents for all liquor bottles (501ml & up)
- \$1.20 for a dozen beer bottles
- Can provide cube van or truck for bottle drives
- Electronic counting machines to ensure 99.9% counting accuracy
- * Must be containers bought only in New Brunswick & say "Return For Refund"
- * Please remove all bottle caps/covers. It would be greatly appreciated

Parents & Guardians

A MUST WATCH!

Changing the Game
TED Talk
Watch John O'Sullivan



Its HOT in there!

The pool area during a Swim Meet is usually very warm. Therefore, you need to make sure you dress appropriately. Even on a cold day, the pool viewing area will be very warm.

Nothing is worse than being hot at a swim meet. It makes the time pass very slowly!

POSITIVE
SPACE
IN
SPORT



Fall Classic FAST Water tables – Supporting our Community

A big Thank You to everyone who volunteered at the 2022 Fall Classic FAST water tables. You've made us proud!



"A Special Thank You to the FAST volunteers who were handing water and/or Gatorade... Totally appreciated"

Réjean Thibodeau,
former FAST parent



Hotel Bookings - currently being updated for 2022-23

Each season FAST books a "block" of hotel rooms for most of our Swim Meets that are outside of Fredericton. You will have to call the hotel and book your own room, using the information in this [Hotel Bookings](#) document (which is also on our website under the Meet Information tab. Don't forget the **Cut Off Dates** when the block of rooms are released, and you may not be guaranteed a reservation.

Parents are encouraged to not be concerned with the time standards. Your swimmer will begin to figure them out as the swim season progresses. Let the attainment of these standards be their focus, not yours.

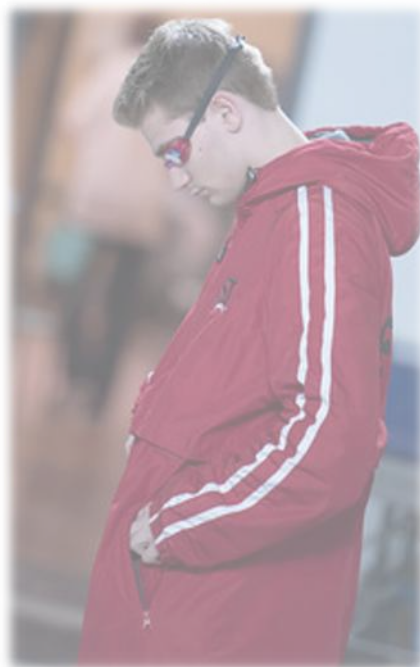
Celebrate when standards are achieved, but don't get discouraged at near misses or set expectations that your swimmer may not be ready for.

What Happens if Your Child has a Disappointing Swim?

If your child has a poor race and comes out of it feeling badly, talk about the good things. Don't talk about the negative things and don't keep talking about the race.

Drop it and get your child to focus on the next race or something enjoyable coming up after the meet! Limit the "post mortems!"

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.



Understanding Heat Sheets & Swim Meet Terminology

[Link to Swim Meet Terminology/FAQ](#)

Please talk to your kids before the Meet about putting those devices away...

Despite there sometimes being long waits between a swimmers' events during a meet, using electronic devices is discouraged. We want the swimmers to use their "down time" cheering on other swimmers as they race and building relationships with other teammates. This is a great opportunity that isn't always available during busy weekly practices.



Tentatively, we will be taking orders for Fresh Atlantic Farmed Salmon in October/November for December delivery

What you get: 10 lb box fresh salmon fillets

Fundraising benefit : Depending on the market price, families who sell boxes of salmon keep all profits from their sales as a credit on their FAST account.

Stay tuned!

FREDERICTON AQUANAUTS SWIM TEAM



Aqua Dates			Group						
Date	Event	Notes	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Oct 11	Officials Clinic - Officiating & Safety Marshall (Timer Clinic) Sign Up Here	6:30-8:00 pm Room: tbd		x	x	x	x	x	x
Oct 12	Awards Banquet 2022	5:30-6:30 RSVP deadline has passed		x	x	x	x	x	x
Oct 14	Deadline to Decline Premier #1 in Woodstock			x	x	x			
Oct 15-16	Swimming NB (SNB) AGM and by Invitation Only Meet								
Oct 19	Parent Information Session SWIM MEETS	5:30-6:30 pm Room tbd		x	x	x	x	x	x
Oct 20	Officials Clinic – Stroke & Turn Judge	6:00-8:00 pm		x	x	x	x	x	x
Oct 22	Bottle Drive – Fredericton Exhibition Center			x	x	x	x	x	x
Oct 29	Premier #1 – Woodstock, NB			x	x	x			
Nov 11	Remembrance Day – Swimmers meet and walk to service at the Cenotaph together – practices cancelled			x	x	x	x	x	x
Nov 11-13	SNB Weekend	Info tbd							
Nov 24	Officials Clinic – Stroke & Turn Judge	6:00-8:00 pm		x	x	x	x	x	x

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



October Birthdays

Drake Butler	Vikki Hallihan	Jaylon Mbaya	Kate Sissons
Theo Champion	Lauren Kenny	Marnia Mirza	Tessa Sissons
Noah-Simon Charbach	Ran Liu	Annabelle Nicholson	Marie-Elle State
Liam Griffiths	Aubrie Lockhart	Hannah Pilgrim	Caleb Taylor

Volunteering at a Swim Meet ...it's the best seat in the house!

Swim meets would not happen if we didn't have parents and volunteers helping out. A meet in a six lane pool generally requires 30+ volunteers for officiating and additional resources for non-officiating activities. Officiating is not as intimidating as it looks, and no prior swim knowledge or experience is necessary for many jobs.

Email Cynthia Duguay at fastmeetsofficials@gmail.com for more info.

Meet Manager	Click here to Learn about becoming an Official	Referee	Starter
Set Up & Take Down		Timing	Chief Timekeeper
Safety Marshal		Stroke & Turn Judge	Marshals
Hospitality	Click here for details on Officiating Jobs	<p>All Parents!</p> <p><i>Please volunteer as a lane timer at both home and away meets. It requires absolutely no swim race knowledge or prior experience, and is essential to the meet. Most meets require 3 timers per lane. It is also the best seat in the house!</i></p>	
Canteen & Program Sales			
Meet Sponsorships	Click Here to Sign up for Officiating/Safety Marshall (Timer) Clinic Oct 11, 2022		
Electronics			
Announcer			

An Honest Sport: 15 Truths About Swimming



by [CHANDLER BRANDES](#)
04 April 2021, 07:15am

15 Truths About Swimming

Swimming is a sport like no other. You learn a lot about yourself throughout your years as a swimmer and the sport inherently instills valuable life lessons in you. Even when your time as a competitive swimmer is done, you still continue to learn more about the sport and have time to reflect.

Here are 15 very real and very honest truths about swimming:

1. **Swimming isn't like any other sport, so don't expect it to be.**

Swimming is unique for many reasons and is truly unlike any other sport. You don't get a timeout in the middle of your 400 IM, no matter how badly you may need one. Swimmers don't, and probably won't ever, get the same recognition as other teams, despite the achievements in and out of the pool. You may see your friends who play other sports have the week off around the holidays while you're on your way to doubles. That's just the way swimming is.



2. **The clock will never lie.**

You always hear the cliché—the clock never lies. Well, it's true. The clock doesn't and will never lie, but that's the beauty of it. The precise nature of our sport allows us to visibly see the outcome of the work we do. There is no judge marking off points for technicality or style: you swim, look up at the scoreboard and *boom*, there's the result. If you were .01 off the cut time, you were .01 off the cut time. If your reaction time was -0.32, you left early. It's an honest sport; you can't make up excuses for numbers that are right in front of your eyes.

3. It's okay to fail.

Swimmers often find themselves in the mindset that failing is not an option. But here's the thing: it's okay. **Fail.** Make mistakes. Try a new race strategy. Hold a faster interval in practice. Maybe you fade in the last 50 of your 200 breast, maybe you have to add a few seconds for the final reps. You won't know unless you try and you will never learn or grow or get faster if you never push yourself out of your comfort zone.

4. It's not always fair.

Some people have natural talent. We all know the type, those who may not necessarily put in the training but can bust out a fast time at meets. Others simply do not have that ability. Swimming was never natural to me; I was not one of those lucky individuals who had God-given speed. I had to train extremely hard to see minor results at best, if any improvements at all. But that's just how it is. You cannot control what others do.

5. You don't have to be best friends with all of your teammates.

You can choose what club team to swim with or where you go to college, but your teammates are like family—you don't get to pick them. Despite spending a good portion of your time with them, it's okay not to be best friends with all of them. Despite any differences, support each other and push one another to be the best athletes you can be. After all, you're there for the same reason, and competing with the same team name on your caps.

6. You won't always drop time like your 10-year-old self.

Remember when you were younger, and you would drop three seconds in your 50 free each time you raced it? As we all know, once we get older, that stops happening. There comes a point in your swimming career when you simply won't drop time anymore. As much as you'd like to and no matter how hard you train, the results just don't seem to go your way. Plateaus happen. You may only drop a few tenths here and there—celebrate that success.



7. No one cares about your excuses.

I've made my fair share of excuses, don't get me wrong. But here's the thing: absolutely no one cares about your excuses. You can make excuses all you want—go right ahead—but those will be what prevents you from reaching your goals. As one of my 13-year-old swimmers once told me, excuses are the nails that build the house of failure. *Wow.*



8. The suit doesn't make you go fast.

It's the mindset you have while you're *in* the suit that makes you go fast. Did the fancy new tech suit put in hours of training each day? No. Did the suit that takes 20 minutes to put on wake up at the crack of dawn to head to the gym? Not a chance. Was it the \$300 piece of fabric that survived winter training? Nope. No one can swim your race except you. Put that suit on and feel—*be*—unstoppable.

9. Mental health matters.

If we're sore, we ice. If something's hurting, we see our athletic trainers. If we're tight, we stretch and roll out. Mental health should not be any different. If something is bothering you, talk about it. Asking for help is not a sign of weakness; your coaches, teammates, athletic support staff, family and friends all want to see you succeed. Swimming (and diving) are both extremely mental sports, and to perform your best in the pool, you must be in the best mindset possible.



10. Warmup also matters.

I once raced a 200 breast final at my championship meet without any warmup; I hadn't touched a pool since my prelim swim that morning. Somehow, unbeknownst to me, I managed to go a best time, but let me tell you, I couldn't walk the next day. Never underestimate the power of a good warmup. If you don't have a pool available, do some dryland exercises to get your heart rate up. Get both your body and mind ready to race.

11. It's impossible not to compare yourself to others.

Don't pretend that you have never compared yourself to anyone. It's inevitable in sport and swimming is no exception. *Wow, that guy is so much stronger than me. That girl's seed time is five seconds faster than mine.* Although it's impossible not to compare yourself to others, learn how to manage it. Stay in your zone, race your own race. If you start to hear that little voice in your head get to a negative place, reroute it to focus on you and no one but yourself.

12. It's okay to not always love the sport.

Swimming is not always rainbows and butterflies—it rarely is. It's hard. It takes an emotional, physical and mental toll on you. Sometimes you feel stuck, simply just going through the motions, even questioning what you truly want from the sport. That's fine. It's normal. You're not the only one who feels that way, and you definitely won't be the last. Even on the hard days, remember why you started. Somewhere, no matter how deep down it may be, that love for swimming is still there.

13. You are never alone.

It's okay to admit when you need help and to seek out resources. Communicate with your coaches about how you're feeling and let your teammates know what's going on. Chances are, some of them are probably feeling the same way. Through the good times and the bad, you have an amazing support system. Even when the going gets tough, your swimming family is in your corner. It's not easy and you never have to go through it by yourself.

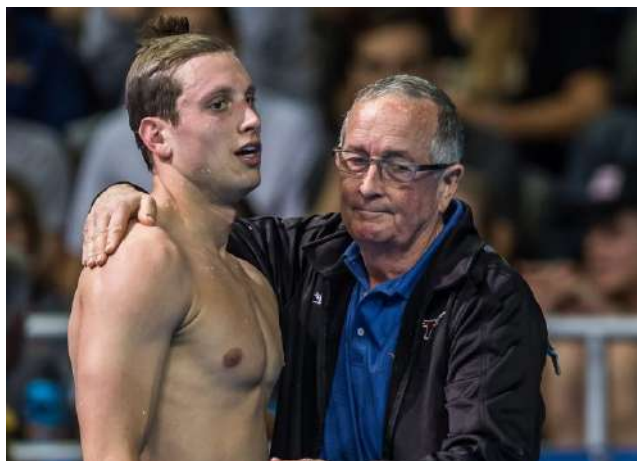


Photo Courtesy: Carl Labonge III

When at a swim meet, can my swimmer leave the meet when their events are all completed?

They need to ask their coach first. Depending on the meet, there could be relays that your swimmer is swimming in and/or attendance at Finals is sometimes expected.

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



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 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.



[Download the App today!](#)

FAST Team Code:

BMCCMW

A thought from Rowdy Gaines, Olympic Gold Medalist and former World Record Holder:

"I believe we swim for two major reasons – 1) TO SWIM FAST!!! And 2) TO HAVE FUN!!! And the amazing thing is, these reasons are so intertwined. There is no way you will ever be able to swim fast unless you enjoy the sport, and I don't think you will have much fun in the long run unless you see some success. But you've got to remember that success is measured in so many different ways. To tell you the truth, I remember so many things about my swimming career, but I couldn't tell you my best times in my events. I do remember the friends I made, the travel that was so much fun, the high school bus trips to meets, the shave-down parties and the many values the sport taught me."

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