



# AQUA-NEWS

September 2022

[www.swimmingfast.com](http://www.swimmingfast.com)



Andrea Addison, FAST President

This season we once again ask all of our parents/guardians to Let the Coach COACH. Please focus on your three main jobs as a swim parent; 1) chauffeur/drives to practices & meets, 2) provide healthy food options to fuel their bodies, and 3) provide an environment where they are able to get adequate sleep. That's it! Leave the rest to our very capable coaches.

Feel free to contact me at [fastswimminggeneral@gmail.com](mailto:fastswimminggeneral@gmail.com), I am always available if you have any questions or concerns.

## Welcome to the 2022-2023 Swim Season

On behalf of the FAST board of directors, I would like to welcome our new and returning swimmers and their families to the 2022-2023 season!

We are very excited to begin a new season, particularly as we move forward into the 'new normal' following the many pandemic related challenges during the last two years.

Thank you to everyone who attended the AGM – it was wonderful to be together in person again and see many new faces in the crowd! For anyone who missed it, the information presented is accessible in a link in this newsletter. We also have parent meetings coming up that will be full of important group specific tips, as well as the “all you need to know about swim meets” information session on October 19<sup>th</sup>.

There is so much to look forward to this season! We are excited to once again be able to plan for Team Trips, social events and the return of a more “normal” swim season.

FAST would like to challenge our families to explore new and different ways of getting involved with the club this season – whether it be taking an officiating course, helping out at a club party, providing your time or ideas to our fundraising and sponsorship committees, or adding your voice to the new aquatics' facility initiative. We are always grateful to have our members share their talents and time with us!

In closing, we would like to encourage families to reach out, make connections with other FAST families, and get involved however you can – we are so lucky to be part of such a dynamic and positive sport environment – thank you for being part of it!

See you at the pool,  
Andrea

# 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

**\*New 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 Meets” (room tbd)

## Coaches 2022-2023

Group	Name	Contact
APS & APJ	Marta Belsh (Head Coach), Vikki Hallihan, Hannah Casey & Hannah Geisterfer	swimming@rogers.com
Aqua 4	Wendy Sinclair	aqua4coach@gmail.com
Aqua 3	Brittany Harvey & Wendy Sinclair	aqua3coach@gmail.com
Aqua 2	Sarah Kelly & Jordana Stanford	aqua2coach@gmail.com
Aqua 1	Andrea Creer & Hannah Casey	aqua1coach@gmail.com
Pre-Competitive Programs	Susana Somerton	fastprecomp@gmail.com
Subs	Ian Smith, Bea Lougheed, Hannah Casey, Hannah Geisterfer, Drake Butler	

## Annual General Meeting & Orientation

[Link to Presentation](#)

FAST Coaches...the heart of FAST



Marta Belsh  
Head Coach, APS & APJ



Hannah Casey  
Aqua 1



Andrea Creer  
Aqua 1



Sarah Kelly  
Aqua 2



Hannah Geisterfer  
APS & APJ



Brittany Harvey  
Aqua 3



Hannah Casey  
APJ & APS



Jordana Stanford  
Aqua 2



Wendy Sinclair  
Aqua 4 & Aqua 3

FAST Pre-Competitive Program Coordinator



Susana Somerton

Hello FAST!

My name is **Susana Somerton**, and I will be your pre-competitive coordinator for this season. I am a swimmer for the UNB Reds, and my favorite stroke is backstroke. I am currently studying Kinesiology, with the intention of working in recreation programming. I love to be active outdoors, travel, and eat good food. I am very excited to be working with the pre-competitive program this year. If you have any questions or concerns, I would love to help and I can be reached at [fastprecomp@gmail.com](mailto:fastprecomp@gmail.com).

I will see you on the pool deck!

Susana

[www.swimmingfast.com](http://www.swimmingfast.com)

## Your Source for Information!

Meet Info  
Order Team Clothing  
Registration  
Group Schedules  
Parent Information  
Policies  
Resources  
Financial Info  
Contact Info  
And much more...

## Parent Information Sessions

We will be holding two parent information sessions; the week of Sept 19.

These sessions will give you an overview of the season and we will be able to answer any questions you may have.

Please plan on attending

- Swim Meet Parent Session – all groups, Tue, **\*New Date\*** Oct 19– 5:30-6:30 pm
- Aqua 1 parent meeting – Fri, Sept 23 Room C210 SMA pool building
- Aqua 2 parent meeting – Wed, Sept 21 Room C210 SMA pool building
- Aqua 3 parent meeting – Wed, Sept 21 Room 208 New Kin Building
- Aqua 4 parent meeting - Mon, Sept 19 Room C210 SMA pool building
- APJ & APS parent meeting – Wed, Sept 21 Room 214 New Kin Building

## Upcoming Community Support Opportunity for our Swimmers

### Fall Classic

Run Event

Sept 25, 2022

Once again FAST will be running a water table at the 39<sup>th</sup> Annual Fall Classic run event. **This is all about giving back to our community.** We hear from participants of both the Fredericton Marathon and Fall Classic how much they appreciate seeing the FAST swimmers cheering them on & encouraging them as they tackle this arduous run. **Athletes supporting athletes!**

[Sign up Here](#)



## BOTTLE DRIVE

Save your 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**



### Committees & Operations 2022-2023

Executive Committee	President, Vice President, Past President, Treasurer
Operational Committee	President, Vice President, Staff
Officials & Meets Committee	Cynthia Duguay
Events Committee	Andrea Addison
Fundraising Committee	Stephanie Savoie
Clothing & Merchandise Coordinator	Michelle Barclay
Family Participation Plan/Volunteer Coordinator	Pam Moxon
Communication - External	Jeanne Van den Broeck
Communication - Internal, Registrar, Webmaster	Jill Ramsey
Team Travel Logistics	Jeanne Van den Broeck
Head Coach - Staff	Marta Belsh
Office Manager - Staff	Jill Ramsey

**Save the Date  
FAST Awards Banquet**

**Oct 12, 2021**

Time: 5:30-7:30 pm

Location: Sam Sneads 1700  
Kingswood Way, Hanwell

Groups: Aqua 1, Aqua 2, Aqua 3,  
Aqua 4, APJ & APS

**RSVP Required**

Swimmers – no charge  
Parents/guardians – tickets  
\$27/person

**Welcome to our 2022-23  
Board of Directors**

President	Andrea Addison
Vice President	Cynthia Duguay
Past President	Jeanne Van den Broeck
Secretary	Pam Moxon
Treasurer	Erika Mbaya
Member at Large – Sponsorship	Scott McNabb
Member at Large – Policy & Governance	Grant Sinclair
Member at Large – New Pool Initiative	Nathan White
Head Coach – non-voting	Marta Belsh



**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!**



**EVERYONE** must stop to pick up their new **HEADSET** during one of the scheduled pick up times

# FAST Clothing Gear Pick Up, Sales & Sizing

Clothing Gear Pick Up & Sales	Team Suit & Swim Parka Sizing
Dance Studio	Room A206 (Marta's office)
Mon, Sept 19 – 6:15-7:15 pm	Mon, Sept 19 – 6:15-7:15 pm
Wed, Sept 21 – 6:15-7:15 pm	Wed, Sept 21 – 6:15-7:15 pm
Fri, Sept 23 – 4:00-5:00 pm	Fri, Sept 23 – 4:00-5:00 pm

## No cash accepted

all charges will be invoiced to your FAST account and due on the 1<sup>st</sup> of the following month.

- *Prices fluctuate based on the average cost/item at the time of purchase. This means if FAST purchases some items at regular price (i.e. due to supply issues) and some at 40% off – the average of this cost will be the price*
- There will not be another opportunity to order team suits at the full 40% discount until Speedo is able to supply them to us directly. We are not sure when this will be and suggest if you need a suit you buy it now as we have limited supply and our Team Suit is not widely available at this time

### Competition Suit Sizing

Many swimmers will need to have their suits resized this year. If you are unsure if your swimmer has the right size suit, feel free to bring it in and our coaches/expert parents will be on hand to let you know if the size is appropriate or if it needs to be changed

### Parka Sizing

Our FAST Swim Parkas will be available for sale before Dec 2022. If you are planning on ordering one and are not sure of sizing, stop by and try one on so you will know when the time to order comes around

# FREDERICTON AQUANAUTS SWIM TEAM



Aqua Dates			Group						
Date	Event	Notes	PC	AQ1	AQ2	AQ3	AQ4	APJ	APS
Sept 12	Dryland Starts – schedule will be emailed			x	x	x	x	x	x
Sept 14	FAST AGM O’Dell Park Lodge	5:00 pm		x	x	x	x	x	x
Sept 19	Parent Information Session Aqua 4	5-6 pm Room C210					x		
	Clothing/Gear pick up	6:15-7:15 DS		x	x	x	x	x	x
Sept 21	Parent Information Session Aqua 2	5-6 pm C210			x				
	Clothing/Gear pick up	6:15-7:15 DS		x	x	x	x	x	x
Sept 21	Parent Information Session Aqua 3	5-6 pm Rm 208 Kin Building				x			
Sept 21	Parent Information Session APJ & APS	5-6 pm Rm 214 Kin Building						x	x
Sept 23	Clothing/Gear pick up	4-5pm DS		x	x	x	x	x	x
	Parent Information Session Aqua 1	5-6 pm Room C210		x					
Sept 25	Fall Classic Water Table	<a href="#">Sign up here</a>		x	x	x	x	x	x
Sept 26	Water practices & Dryland starts AFTERNOON ONLY			x	x	x	x	x	x
Sept 26	Deadline to <a href="#">RSVP</a> for Awards Banquet			x	x	x	x	x	x
Sept 30	All practices cancelled Truth & Reconciliation Day		x	x	x	x	x	x	x
Oct 1	Full Schedule starts			x	x	x	x	x	x
Oct 12	Awards Banquet 2022	5:30-6:30 <a href="#">RSVP</a> Required		x	x	x	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
Please see our <a href="#">website</a> for last minute changes to our schedule as well as Swim Meet & Practice dates									



## Volunteering – we need you!

Did you know that FAST normally attends approx. 20 swim meets each season? Every session of each swim meet requires approximately 30 parent volunteers just to run the meet. These meets are so important to your swimmer, and we need your help to make them happen. There are many different types of jobs – many requiring no training. Watch for the Sign Up to Officiate email before the next Swim Meet.

Timing	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

### Swim Meets this Season

FAST requires several volunteers for each swim meet (in house or hosted by another Team) we attend.

Prior to each meet, a sign-up genius will be emailed to everyone where you can select what job you would like to do for that Meet.

Our Meets & Officials Committee will also be running a number of Officiating Clinics throughout this season, stay tuned!

For questions or to inquire about Officiating positions/training, please email Cynthia Duguay at [fastmeetsofficials@gmail.com](mailto:fastmeetsofficials@gmail.com)

### Meet Fees

For every meet your swimmer attends, there is a meet fee that is charged to your FAST account. This fee is established to pay for the expense of running the meet – not to make a profit, we aim to always break even.

If your swimmer qualifies to go to any swim meet, they are automatically registered for that meet

If you do not know if your swimmer is qualified for a meet or not, email your coach or our office.

If your swimmer cannot go to a meet, it is VERY IMPORTANT for you to log into your FAST account and “DECLINE ATTENDING” that meet. If you do not do this BEFORE the meet’s Deadline to Decline attending, you will be charged the meet fee.

**\*New\*** Meet Fees will be charged to your FAST account the day after the deadline to attending that meet (prior to the meet itself)

[Click here to learn how to Decline Attending a Swim Meet](#)

## September Birthdays

John Samuel Daley	Yurui Hua	Aurora Nolan	Cassius Stozek
Daniel Duguay	Bryson Lively	Hilary Norris	Qaillyanna Stozek
Mila Dvorkin	Amro Mahfud	Moiz Pagdiwala	Luke Walker
Vikki Hallihan	Amir Mansour	Madeline Smith	Carolina Xiao

### Financial Highlights

2022-2023

#### NET LOSS

Projecting another net deficit this coming season

\*Note\* this deficit is despite an increase in registration fees (15%) and the use of the CEBA \$20k forgivable loan from the Government of Canada

- Increase registration fees by 15%
- Minimum wage was raised by \$2/hour
- YMCA increased fees again this year
- UNB increased fees by 10% as per our contract
- We continue to have less pool time due to the Ureds program growing and general lack of capacity in Fredericton

### Budget 2022-2023

REVENUE		EXPENSES	
Registration	211,682	Coaching	101,145
Swim Meet Hosting	0	Coaches Insurance & Registrations	1,950
Volunteer Assessment	1,789	Pool Rental	87,017
Sponsorships	0	Dryland Expense	31,824
Fundraising	8,785	Administrative	4,720
Swim a thon	6,400	Financial Review	3,000
Clothing, Merch & Gear (Team)	500	Advertising & Promo & Goodwill	1,000
CEBA forgivable Loan	20,000	Club Events & Development*	13,000
GIC Interest	3,500	Equipment**	500
VISA Rebate	1,200	Athlete Performance/Enrichment	200
Misc.	300	Swim Camps Expense	3,000
SNB Insurance	0	National Performance Funding***	5,000
Swim Meet Entry & Coaching Fee	-3,400	Account Closeout/Bad Debt	300
Convenience Fees	0	Misc.	100
Late Fees/Cancelled Revenue	200	SMA Pool Fund	0
<b>Total Revenue</b>	<b>250,956</b>	<b>Total Expenses</b>	<b>252,755</b>

Net Loss (\$1800)

### Special Recognition

Martin Wielemaker – Long time volunteer/livestreaming meets/strategic plan/chaperone for team trips

Gisèle Hickey – Long time volunteer/meets & officials committee/parent liaison

Chris Ramsey – New pool initiative/chaperone for team trips/team photographer

John Sinclair – Financial review committee

And thank you to the many, many others who have volunteered this season!

*Special thank you to our outgoing Board Members*

All good things must come to an end

Geoffrey Chaucer



- Served as Board Member for 9 years
- Member of meets and officials committee
- Chaperone on numerous team trips
- FAST President from 2017-2019
- Current FAST Coach

Wendy Sinclair



- Served as Treasurer for past two years
- Spent numerous hours working in this position to ensure the accountability of the Team

Holly Lydon



- Served as FAST Secretary for past two years

Lindy Porter

## Food for Thought...

### Letting the Coach COACH, and how best to support your swimmer

Coaches and parents have two very different roles to play in competitive swimming. As a coach, I am qualified to assess swimmers' performance and technique, and provide them with instruction, mentoring, and coaching to help them become the best swimmer they can be. As a parent, your role is to support your swimmer in attaining the goals that they have set for themselves. In order to ensure that I can help your child become the best swimmer they can be, I need:

- To have your trust in my ability as a coach;
- To be able to push the swimmer when I feel they are not swimming to their potential;
- To be able to let them swim easy when they are not up to par;
- To sometimes let a swimmer, continue to swim with bad habits and even make mistakes, after repeated attempts to correct them, until they learn through their own experience. A disqualification (DQ) usually fixes this problem. I strongly believe that it is through mistakes that we are able to learn and become better people and swimmers. It is okay for your swimmer to make mistakes and learn from these mistakes. Let me coach them through this from a swimming perspective;
- To be able to keep order and provide the structure needed for improvement. This means being able to discipline swimmers when they are goofing around, not focusing, disrupting the practice for others, or not doing things properly because they were not paying attention;
- To be able to coach them without interference from the parent, let the coach COACH. You promise not to coach, I promise not to parent your child. If you are coaching your swimmer behind the scenes, they are getting two different messages – one from me as their coach, and the other from you as their parent. Both messages may result in confusing the swimmer and setting the swimmer back in the process of improvement and their progress. If this situation arises, my role as a coach is nullified and I have to take on the supportive role of a parent in order to give the swimmer the balance they need to be successful.

#### You can support your swimmer by:

- Ensuring they get plenty of rest and eat properly;
- Helping them get to practice/events on time;
- Encouraging them to let their coach know when practices will be missed (even after the fact). A great deal of thought goes into the structure of a practice for each swimmer. It is helpful for the coach to know, for example if your swimmer has been sick, so they can tailor subsequent practices in a helpful manner;
- Allow 24-hour response time when discussing issues with coaches;
- Not being concerned with the attainment of Time Standards. Let the attainment of these standards be their focus, not yours;

**As parents, I would strongly encourage you not to 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 with them when they achieve them, but don't get discouraged at near misses or set expectations that your swimmer may not be ready for.**

## Food for Thought continued...

- Letting your swimmer search for approval from their coach at the end of the race before searching the stands for approval from you as a parent;
- Try leaving the stands. During practice, if your child is constantly looking into the stands for your approval, we can't coach them to the best of our ability. Try leaving the stands during some of the practices so that their full attention can be on their coach and what they are doing in the water; Staying off the deck during swim meets and practices. If you really want to be on deck, the best way to do that is as an official;
- After a race, swim meet, or practice, ask your swimmer what they have learned. If they have questions get them to talk to their coach;
- Lead by example. Support your child and team members;
- In the stands...learning not to believe everything you hear;
- If a problem arises, first go to your swimmer's Coach. If it is still unresolved then go to the Head Coach;
- Avoid criticism of the coach in front of your swimmer. Placing the obstacle of criticism between coach and swimmer creates additional pressure on the swimmer, which can impair performances. Your swimmer needs to trust his/her coach in order to get the most benefit from him/her;
- Ensure your account is paid in full each month;
- Love them no matter what the outcome of the race!

*Marta Belsh, Head Coach*

### Parent Liaisons

Group	Name	Contact
Aqua 1	Karen Daley	aqua1parent@gmail.com
Aqua 2	Tara Swift	aqua2parent@gmail.com
Aqua 3	Maria Griffiths	aqua3parent@gmail.com
Aqua 4	Ellen MacDonald	aqua4parent@gmail.com
APJ	Kelly Gaines	aquajparent@gmail.com
APS	Kelly Davis	apsfastparent@gmail.com

### Volunteers Needed for 2022-2023

- Meets & Officials Committee
- Sponsorship
- Fundraising
- Events Planning

**Contact Andrea at  
fastswimminggeneral@gmail.com**



**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](#)



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.

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.



**Download the App today!**

**FAST Team Code:**

**BMCCMW**

## Are morning practices really necessary?

YES! Swimming is not something that comes naturally to humans. It puts us horizontal when we'd rather be vertical, forces us to move very differently through a medium full of resistance and causes us to use different muscles that we normally do. Swimming well requires practice and lots of it. Sometimes, the only way we can get all that practice in is to swim two times a day. Not to mention it helps prepare us for Swim Meets which typically start very early in the morning. If we aren't used to swimming very early in the morning, it will be very difficult to have your best performance at Meets.

## Contact Us

[www.swimmingfast.com](http://www.swimmingfast.com)

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

Head Coach                      Marta Belsh  
 swimming@rogers.com

President                          Andrea Addison  
[aj.addison@gmail.com](mailto:aj.addison@gmail.com), or  
[fastswimminggeneral@gmail.com](mailto:fastswimminggeneral@gmail.com)

Pre Competitive  
 Coordinator                      Susana Somerton  
[fastprecomp@gmail.com](mailto:fastprecomp@gmail.com)

FAST Office                        Jill Ramsey  
[fastswimmingoffice@gmail.com](mailto:fastswimmingoffice@gmail.com)

[Click here for more Contacts](#)