



AQUA-NEWS

September 2025

www.swimmingfast.com

Welcome to the 2025-2026 swim season!

This will be my 10th season coaching with FAST, and I am super excited to get this season started as Head Coach!

Before coaching, I swam for my home club the Prince Albert Sharks in Saskatchewan for 6 years, and then went on to swim with the UNB (Varsity) Reds for 5 years. My favourite events were 50 and 200 Breast, 50 Fly, and 200 IM. I had multi stroke (IM), multi distance based focus during training and I carry that through into my coaching philosophy as well.

Looking towards this fall, some things coming up to look out for (dates and times to follow):

- Team photo night
- Annual awards banquet and AGM
- Bringing back our FAST newsletter with quarterly editions
- Please also look for info on Parent Meetings coming up. These are an important and valuable information sessions with your group's coach(es). Even if you have attended in the past, there may be new material to be covered so please do your best to attend

Our coaches are all working hard on planning for their groups this season and are looking forward to meeting their swimmers!



A huge FAST welcome to Brittany Harvey in her new role as Interim FAST Head Coach for the 2025 – 2026 season!!!

Recap of the 2024-2025 Season

Thank you to Coach Sammy!



Sammy White

We are very excited for Coach Sammy, who will be joining the UNB Reds Swim Team this fall. Unfortunately, this will keep her too busy to lead one of our Aqua groups.

We want to thank Sammy for stepping into the Lead role for Aqua 2 in the 2025-2026 season – we can't wait to cheer her on as a Reds swimmer!

Thank you to Coach Eric!



Eric Jean

Congratulations to Coach Eric, who will be attending medical school at the University of Sherbrooke, Moncton Campus this fall.

Thank you Eric your leadership at both practices and meets! We will miss you but are excited for your next adventure as a medical student!

Farewell to Coach Sam!



We wish you the best as you begin a new journey in the land of the midnight sun!

2024-2025 Swim Meets

FAST swimmers attended 24 different meets in the 2024 – 2025 season.

From local and Premier Level meets, Flying Fins and Qplex, to Provincial Invitationals, multi-session Championships and out of province meets all the way to National Trials, **FAST registered more 770 swimmers to meets** in NB and across the country!

NB Meets

Premier 1,3,4,5
Premier Festival
Invitational 1,2,3,5
Distance Meet
March Time Trial
Flying Fins 10 & Under
MLTC
NB Open Cup
NB LC Provincial Championship
Qplex
East Coast Championship SJ

Out of Province and National

Dal Sprint Meet
Summerside Invitational
Halifax East Coast Champs
Quebec Cup
Team Trip Trois Riviere Quebec

Ontario Junior International
Canadian Swimming Trials
Summer SC Nationals



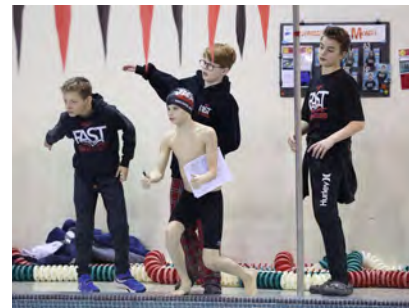
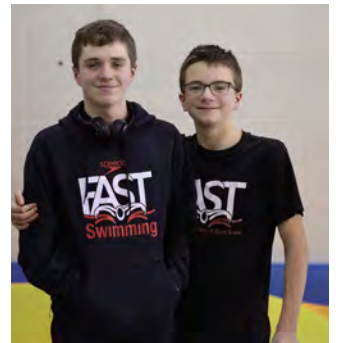
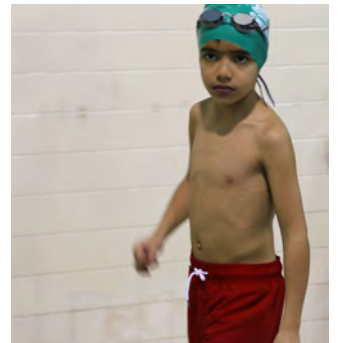
Meet Hosting

FAST hosted 4 meets in 2024 – 2025 Season

Distance Meet
March Time Trial
10 and Under Flying Fins
NB Long Course Provincial
Championships with SNB



FREDERICTON AQUANAUTS SWIM TEAM



Representing from West to East

Congratulations to all of our swimmers who competed on the National stage from coast to coast this past season!

#FASTPROUD of **Anton** and **Sara** for representing FAST at **OJI**.

Jesse competed in ON at **Ken Demchuck**, and with **Sara** in QC at summer **SC Nationals**.

Huge shout out to **Sara** and **Jesse** for their performances at **Trials in Victoria, BC** this June



and congratulations to our **8 strong** FAST crew and **Coach Brittany** who represented with Team NB at the **2025 Canada Games** in St. John's, Newfoundland in August
#FASTPROUD

Fundraisers

Totals for 2024-2025

Holiday Wreath Fundraiser



\$823.34 – Funds both directly onto member accounts, and FAST operations.

Information for 2025 orders coming soon!

Bottle Drives



\$1673.45 Fall Bottle Drive

\$1921.90. Spring Bottle Drive – funds used for FAST Retro design shirts and caps

Laura Secord Fundraiser



\$5280 – thanks to all for their patience with the return and re-order of the shipment!!

**Information for 2025 - 2026
Fundraisers including the Fall
Bottle Drive and Holiday Wreath
Fundraiser coming soon!**



**\$11,134 Total Funds Raised
in 2025**

Surpassed \$8,000 Goal

Top Fundraisers

Caleb + Liam Griffiths (\$629)

Dorsa Choroomi (\$625)

Ryker Bertram (\$600)

Weekly Draws

Week #1: **Caitlin Murphy**

Week #2: **Amelia Sherwood**

Week #3: **Ryker Bertram**

**Top Fundraisers/4th – 12th place
winners**

4th – **Arabella White**

5th – **Jax Howard**

6th – **Hannah Benjamin Gillies**

7th – **Alexander Ouelette**

8th – **Claire Gillespie**

9th – **Amelia Sherwood**

10th – **Kyle Dick**

11th – **Rori Gaines**

12th – **Olivia Doherty**



2025

Congratulations to our 2025
Grads! You will be missed!

2025



Jacob, Abigail and Callie!

2025

WELCOME TO THE NEW SEASON.....

Coaches and Contacts for 2025 – 2026 Season

Group

Lead Coach

Aqua 1

Rori Gaines

fastcoachrori@gmail.com

Aqua 2

Maia Reynolds

fastcoachmaia@gmail.com

Aqua 3

Drake Butler

fastcoachdrake@gmail.com

Aqua 4

Brittany Harvey

fastcoachbritt@gmail.com

Senior

Brittany Harvey

High Performance

Brittany Harvey

Secondary and Cover Coaches

Mark A., Hannah G., Jacob G., Liz G.,
Sarah K, Mar K., Leanne Y.

LySports Team Store



FAST has partnered with **LySports** to open an online team storefront. To make things easier, we have added our FAST logo to all items. It's important to use the **Team Code: FAST** each time you place an order.

FAST Clothing & Swag

Order at our
Online Store

Speedo Vanquisher 3.0 Mirrored Swim Goggles

NEW stock

\$33



HAWAIIAN BLUE



PINK PEONY



DARK TEAL



PINK/ORANGE



BLUE/TEAL



PURPLE



Meet **Maia Reynolds**, FAST pre-comp coordinator!

Pre-Competitive Corner

Hi all, I am Maia the new Pre-Competitive Coordinator for the 2025/2026 season. I grew up swimming with FAST, starting at a young age in our pre-competitive program and sticking with the sport until grade 12. My favourite events were the 800/1500 freestyle or 50/100 meter breaststroke, I also enjoyed the occasional 400 IM. At the age of 14, I also began shadowing the Pre-Competitive coaches which is when I fell in love with coaching.



My favourite moments as a coach are seeing kids enthusiasm over their own progress and development. I spent my remaining high school years as a pre-competitive coach before heading to university. After a degree in Engineering and a couple years in the workforce, I was delighted to return to FAST as a competitive swim coach in 2024/25. This year I am ecstatic to also be adding the role of pre-competitive coordinator to my resume. Having seen the program develop over the years, I am excited to see how we can further develop the program for our future FAST swimmers. I am always happy to answer any questions you may have, please do not hesitate to reach out.

fastcoachmaia@gmail.com

What should my swimmer bring to practice?

Pre-competitive swimmers will be provided a coloured swim cap that matches their group placement.

Swimmers should bring a towel, and a suit they are comfortable wearing in the water. We recommend that swimmers wear their caps – our coaches are happy to help swimmers learn to put them on! Caps are a great way to keep hair out of their field of view, and help in keeping goggles on as well.



Viewing Pre-competitive sessions:

Parents are welcome to accompany their swimmer into the changeroom however we ask that parents watch their swimmer's practice from the stands not the pool deck. Access to the bleachers is found on the first floor hallway.



What's your Superpower?

Do you have a talent or skillset that you would like to share with the FAST community?

Examples of FAST family members who have supported FAST and FAST activities with unique skills:

Gordie Howard – fixed FAST distance bells that had broken (again) after a warranty repair

Amanda Benjamin – ongoing support through review of FAST policies and programming for inclusivity

Michele Benoit – volunteers her photography skills to capture our swimmers in action at Competitions

Tara Swift – clothing and gear co-ordinator extraordinaire

Patricia Field – shares her organizational skills to plan and manage the annual Swim-a-thon



Kim Howard & Maria Griffiths – Organized and ran hospitality for numerous meets

**Volunteers are not paid,
not because they are worthless,
but because they are priceless**



FAST thrives on contributions from members who are able to volunteer their time in various parts of the organization. FAST is always seeking expressions of interest for club involvement :

Committees/Projects –If you are interested in working on specific projects or committees as they come up, please use the following link to indicate the areas you are interested in:
[Volunteer Expression of Interest – Google Form](#)

Thank you for your interest!

Volunteer Requirements – FAST's Family Participation Plan (FPP)

Background:

Years ago, the FAST BOD adopted the FPP in an effort to provide stability and make the running of FAST activities a bit easier for our volunteers. We had many occasions where we didn't know until last minute if we would have enough officials to run a swim meet and more often than not, it was the same group of a handful of volunteers who did everything.

In an effort to fix these issues, the FPP was developed, and it has been working. We see more faces volunteering, and for those who choose not to volunteer, they are required to pay for each hour they do not volunteer for, depending on their swimmer's group (see chart).

While this system isn't perfect, it is certainly better than the way things used to operate. The Board of Directors review the FPP plan annually and monitors its effectiveness, making changes as needed.

One question we get a lot of... is why can't my swimmer's volunteer time be counted against our family's annual requirement?

There are a couple of reasons for this: 1) **it is at the meets your swimmer is racing in that we need help.** These are often out-of-town meets where it is more difficult to find officials & volunteers. We typically do not have trouble finding help for local meets for our younger swimmers; and 2) FAST has always fostered an attitude of giving back and encourage our swimmers to give back to their community. By providing them with "remuneration" for their volunteerism takes away from this important value.

Cost of hours not earned?

\$30.00 for each hour you have not earned volunteering will be charged to your account every April-June, depending on the meet calendar

Family Participation Plan (FPP) Hourly Requirement (current season)	
Group	FPP Hourly Requirement
Aqua 1	10
Aqua 2	10
Aqua 3	15
Aqua 4	20
Senior	20
HP	20

A swimmer's volunteering time does not count towards their FPP hourly requirement because it is at the meets they are swimming that we need you to volunteer

As always, we do realize there are always special circumstances where a parent would be unable to volunteer. We completely understand this and ask that if this is your circumstance, **please let us know and we can look into a special exemption for your family.** Here are some examples of situations that could be considered for exemption:

- Single parent with multiple children
- Odd work hours and do not have evenings or weekends off
- Traumatic family event

Competitive Group Parent Liaisons for the 2025 – 2026 Season

Group

Parent Liaison (s)

Aqua 1

Arturo Zamora
fastPLarturo@gmail.com

Aqua 2

Nicole Bethune
Nicole.bethune@dal.ca

Aqua 3

Serena Jones Charbachi
fastplserenajc@gmail.com

Aqua 4

Rachel Gillespie
fastPLrachel@gmail.com

Senior

Melissa Ouellette & Patricia Field
fastPLmelissaouellette@gmail.com
fastPLfield@gmail.com

HP

Wendi Wright
wwright@nbpower.com

Did you know that each competitive FAST group has a private group Facebook Page for quick sharing of information?

Links to facebook pages are shared by group liaisons in welcome emails but reach out anytime to your PL for assistance :)

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. FAST coaches are 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 our coaches can help your child become the best swimmer they can be, they need:

- Your trust in their ability as a coach;
- To be able to push swimmers when they are not swimming to their potential;
- To be able to let them swim easy at practice when they are not up to par;
- To let a swimmer make mistakes when appropriate - sometimes after repeated coaching attempts to correct a bad habit, swimmers will learn best through their own experience. A disqualification (DQ) can be a learning tool. Mistakes contribute to swimmers' growth as both better people and athletes. It is okay for your swimmer to make mistakes and learn from these mistakes. Let FAST coaches 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 let the coach COACH. You promise not to coach, our coaches will not try to parent your child. If you are coaching your swimmer behind the scenes, they are getting two different messages – one from their coach, and the other from you as their parent. This may result in confusing the swimmer and setting the swimmer back in the process of improvement and their progress.

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, we 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 their coach in order to get the most benefit;
- Ensure your account is paid in full each month;
- Love them no matter what the outcome of the race!

Adapted from Marta Belsh - UNB REDS Head Coach

What is the 24-hour rule?

FAST has a 24-hour rule that we ask parents, coaches and staff to follow.

This rule means if an issue occurs resulting in a complaint to make, or issue to be resolved, we ask you to wait 24 hours, then put the issue in writing and send it to us.

We want your feedback and want you to feel comfortable approaching any of our staff or representatives. However, based on experience, we know that taking 24 hours to get your thoughts together in a constructive manner will be helpful to both you, your swimmer and our Team.

We also ask our coaches and staff to do the same.

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



FAST Registration Fee Assistance Application

FAST believes participation in organized sport is invaluable to our youth. As a club, we strive to make our programs affordable and accessible to all while ensuring the financial obligations of the club are met. We do realize however, there are situations where families cannot afford to register with FAST. It is for this reason FAST has developed a Registration Fee Assistance Program whereby an individual has the opportunity to apply for financial assistance in paying for their FAST registration fee for one swim season.

To apply, go to the link below and return the completed application form c/o FAST Treasurer, along with the required supporting information.

Your application is confidential and will be reviewed in conjunction with Statistics Canada's latest Low Income Cut Off (LICO). You will be notified of your eligibility after your application is reviewed (allow 3 to 4 weeks).

Funds for 2025 – 2026 season have currently been exhausted however submitted applications will be reviewed when funds become available, so please apply

[Apply Here](#)

Volunteer Spotlight

Michele Benoit-Guignard
(FAST Photos)
Patricia Field (Swim-a-thon Coordinator)

Michele is present at Swim Meets, practices, Fundraiser etc... to take amazing photos of our swimmers. To view these photos, please visit the [FAST Website](#).

Patricia has been our lead volunteer for the **FAST Swim-a-Thon** for the past few years. Her super organized planning has lead to great success!

Thank you!

Contact Us

www.swimmingfast.com

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Fredericton, NB E3B 9P7

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FAST Office	fastswimmingoffice@gmail.com