



Message from the Coach

Welcome back to our third edition of the newsletter. We have lots to talk about so pay attention:

- Once again we back to full speed after Christmas break. Warm welcome to all new and returning Swimmers in Fishes and Fishes Advanced program. It is so good to see you all in the water and having fun.
- Thank you to all who attended our Christmas Breakfast with Santa. This event was possible and a success thanks to hard work of couple of volunteers Grace Martin and Heather Horwood. We hope to see even bigger crowd next year.
- All competitive groups had a chance to check out their swimming skills at the UNB meet on Jan 10th. It was good meet for a lot of swimmers with new personal best times and . This meet also saw few new swimmers taking a next step into becoming competitive swimmers. Keep in mind that sometimes the first steps are hard to take and not always successful. Getting a DQ in the race while no fun

- it does remind you about importance of the rules and a need to pay attention to details. I'm confident that with your determination to get better and some help from coaches next meet will be a lot more successful.
- Team practice- big **THANK YOU** to all of swimmers and parents who braved extreme cold temperatures -43 to be exact and came to Team Practice on Jan 17th. It was a great chance to get together as a team. Older swimmers had a new role of instructors and passed their swimming knowledge to younger swimmers. The younger swimmers had a chance to meet our senior swimmers and get familiar with a lot of swimmers who normally they do not see. The relays were fun and proved to be a great team effort (life jackets and aqua belts). Thank you to Monica MacDonald and all girls from AG3 for teaching us two new team cheers. Way to go FAST swimmers!!!!
- Winter is here still for a while so please get familiar with our new

practice cancellation policy. We will make every effort possible to run practices without interruptions.

- At the end of January a group of 23 swimmers will represent FAST at NB Short Course Championships. Good luck to all of you.
- February will be very busy month for all of us. Please check the calendar for all updates.
- First weekend of May we are hosting **Team Champs meet**. This is very important meet for our club and we already have started preparations towards running very successful and fun meet. We need your help in many different ways. Please give us a hand, there is a lot of different things we need to look after so your help is and will be more then welcome. Please contact Claudette Young, Team Manager to find out what can you do to help us out.

Upcoming meets: Easterns in Halifax, Devo meet in Sackville and East Coast Championships in Charlottetown. More info to follow.

Special points of interest:

- DISSERTATIONS FROM HEAD COACH
- JOKES
- BIRTHDAY'S
- PHOTOS
- SCHEULDE OF EVENTS
- TEEN FITNESS

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National Group

Swimmer of the Month- Monica MacDonald. Monica showed a lot of team spirit and leadership. She has been an inspiration to some younger swimmers by encouraging them to work hard and not give up on themselves. Thanks you Monica and Congratulations!!!

Monica, Kaitlyn and Danielle spend the 10 days in Florida training with varsity team. Coach Paula was very pleased how

hard all 3 swimmers trained and they have done great job. UNB meet- very good job racing being tired after the training camp. They even managed to get couple of best times. The next day they took a part in CG Core camp. There was a session on drug testing and the procedures how drug testing is conducted, training session in the water, nutrition and mental training sessions. A lot of very useful informations. February will be a very

busy month for Monica, Kaitlyn and Danielle with 3 meets. First will be NB Short Course Championship in Moncton, then we will travel to Halifax to race at Eatserns Championships. This is a big meet with a lot of fast swimmers. At the end of February another important meet in Charlottetown -East Coast Championship. Good luck to you all and race fast!!!

Coach Marta

Teen fitness

Happy New Year to you all! We are almost at the end of January and it's been a busy time at Teen Fitness. Christmas break and exams have taken a toll on attendance but hopefully with these behind us now, more swimmers will be attending practices. Congratulations to Alex Phillips and John Kennedy for their good attendance record and hard work.

Coach Patrick

Fishes

From Coach Monica:

We have almost completed the first month of our second term and I am already seeing great improvements from both levels! With my level ones, we have been working on basic skills like kicking, skulling and streamlines. We have focused mainly on freestyle and backstroke, but have

worked on breaststroke kicking as well. With my advanced level, we have been working a lot on specific stroke techniques, especially with freestyle and breaststroke. Over the next couple weeks, level ones will work more on freestyle and backstroke swim, while advanced level will work more on backstroke and butterfly.

"It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice." -Eric Lindros

AG1 Lane

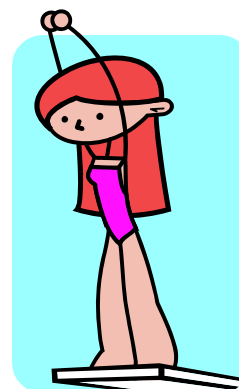
Swimmer of the Month- Mark Garland. Mark has seriously taken some encouragement to work hard and work towards long term goals. He stepped up his effort in practices and is working hard to be able to swim with National group. Way to go Mark!!!

A lot of things happened since last newsletter. We had successful training camp. Unfortunately it was not as exotic as National group but it still was fun. Especially foggy practice when air exchange fans didn't work. Some swimmers took advantage of

extra practices during the Christmas break to put much needed mileage and work on their skills. Great job. Once we were back to regular schedule we were back hard at work. Some sets proved to be more challenging than the other. Ask your swimmer about 4x50 or 4x100 or 4x200 on even pace. In some cases swimmers had to do 45x50's in order to make 4x50. We are getting ready for two big meets coming up: one is Moncton at the end of January and second will be East Coast Championships in Charlottetown at the end of Feb. Good luck

to you all. Also best of luck to Lauren in her quest to make Easterns in Halifax. After busy February we will have first 3 days off during March break and we'll get back in the water on Thursday. Please watch out for schedule. Make sure that in the coming days you keep working on little details and you put a lot of effort in technical parts of your stroke. The more time you spend now remembering little things the easier it will be racing.

Coach Marta



AG2 Lane

Hello Parents and swimmers,

I would like to take this time to introduce myself since this is my first month coaching this group. I am formally the coach of the Novice 2 group. I also coached along side of Dominique two times a week with the Age group 3 group. I am a fourth year psychology student at UNB and I swim for the Varsity reds. I started swimming 16 years ago and have competed nationally as well as internationally. I like to incorporate my personal experiences with swimming into what I can teach your kids and help

them realize what they can get out of this sport. This past month we have been focusing on aerobic sets with specific emphasis on underwater work. We have also been working on some drills to get the strokes perfected so we can properly learn how to do them all. We recently had a swim meet here in Fredericton, where all the swimmers did phenomenal. After such a long Christmas break out of the water it was great to see the swimmers get in the pool and race, and even have best times by all the swimmers in the group. Our next meet is coming up quickly and is short

course championships at the end of the month. After the great effort I have been seeing in practice, I am extremely excited to see the results, and some best time ribbons. Congratulations to Djordje Lepir who is this month's swimmer of the month. I have picked Djordje because he is always willing to take constructive criticism with a smile. He takes practices seriously but also knows how to have fun when the time is right. Djordje listens to strategies given to him for races and applies them in the pool. Congratulations again Djordje and keep up the good work.

I would like to end this letter saying to my swimmers that a positive attitude will benefit you more than a negative one. Don't give up before you try it and never say never. You are all talented athletes and never admit defeat. If you fail during a set use it as a learning experience and know what to change for the next set. Keep up the good work guys and thanks for getting them to the pool parents.

Sincerely,
Nick or Cameron or Cam
(which ever you prefer)

AG3 Splash

Happy New Year to everyone and welcome back for the second part of the swim and training season. With the first part gone I'd like to take this opportunity to let everyone know that each swimmer made significant improvements in both speed and technique and as a result, new time standards were achieved along with personal bests. Congratulations on a fast first half.

With Christmas break come and gone the kids and I are looking forward to the some fun swim meets and fast swimming. Since the break our group has gone through some changes, congratulations to Djordje Lepir, Eric

Meng, Megan McCarthy and Sarah Wood who have moved up to AG2, best of luck. Although we are sad to see them go a great many benefits have come from this move, now that we were back down to 10 swimmers we had the room to welcome a new member, Charles Waugh. The shuffle also provided the other swimmers with an opportunity to become the new leaders. Since our return to the pool there has been increase in their dedication and motivation which is a wonderful thing to see and will be beneficial in helping them attain their goals.

First the first week back included a development

meet here at UNB. Despite the fact that the swimmers were tired at the beginning of the week, they all fought through the aches and pains to achieve PBs during the meet. I was so excited to see such fast swimming right after the break, which can be hard. Things are shaping up to be an even faster second half!

To concluded I like to congratulate Gabriella Belsh, Hannah Geisterfer Nyvlt and Emma St.Onge on perfect attendance in January so far. A double congratulation goes out to Gabby on being the swimmer of the month for January. Although good genes must run in the family,

Gabby never takes that for granted. Along with attending just about 100% of her practices she also never gives anything less than 100% effort. No matter what time of day or day of week she constantly has a smile on her face and is eager to get in and swim. Just recently at the devo meet Gabby achieved her first two "A" times in the 50 Bk and 50 Fr while leading off one of the relays. Good Job Gabby, keep up the great work.

Dominique

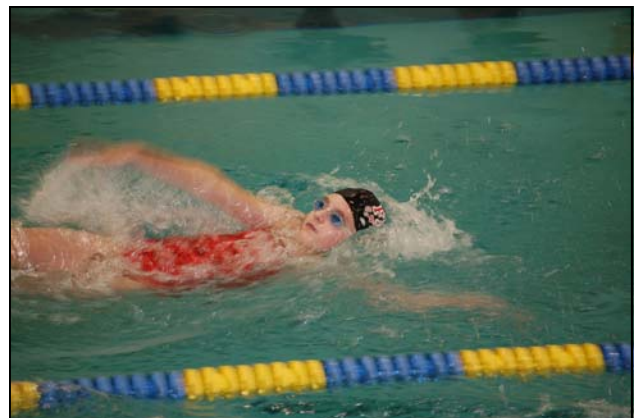
Novice 1 News

We have been working on a lot of technical components, and spending a lot of time reinforcing rules. Rules such as two hand touches, IM transitions and turns. As well as small details in starts. The group has shown me a lot of enthusiasm towards the sport in my short month with the team.

My swimmer of the month this month is Lonnie. He has shown a very positive

attitude towards swimming and always listens. He is eager to learn ways to improve all his strokes and works with criticism he is given. He always masters any task given.

For perfect attendance this month I have Emily, Alexie, Alex, Lonnie, Will and Eric.



FAST Rankings

Female 50 Fly

1	30.20	MacDonald, Monica
2	30.24	Losier, Danielle
3	30.87	Young, Kaitlyn
4	32.63	McCarthy, Chelsey
5	33.17	Richards, Cassidy
6	33.44	Adam, Lauren
7	33.93	Judd, Rosemary
8	34.44	Martin, Rachael
9	34.47	Whalen, Laura
10	34.53	Stanford, Jordana

Male 50 Fly

1	27.88	Bartlett, Dylan
2	28.52	Garcelon, Chris
3	32.35	Reid, Jon
4	32.73	Garland, Mark
5	37.25	Horwood, Alex
6	39.03	Lepir, Djordje
7	39.45	Meng, Eric
8	40.81	Waugh, Charles
9	43.35	Kim, Eric
10	44.10	Horwood, Noah

Novice 1 News

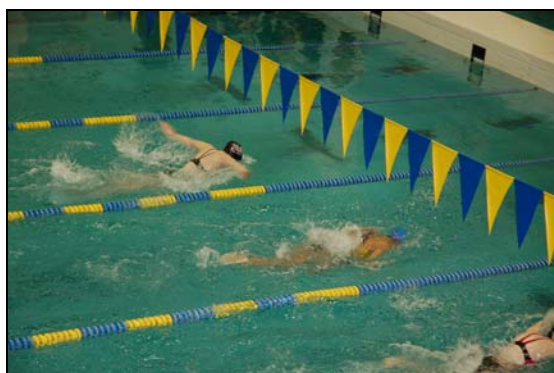
Swimmer of the Month- This month's swimmer of the month goes to Hannah for her hard work and enthusiasm! 100% attendance for the month goes to Jessie! Great work guys!!

Its been another busy month of swimming for the Novice 1 group; we are seeing a lot of new faces and it is great to see so many new swimmers! As such we are trying to re-cover a lot of the important swimming basics so everyone is up to speed on what's up, and trying to

steadily work in more meters as the swimmers develop. I've seen a lot of improvement and can continue to look forward to it. We also had some racing time in recently with swimmers taking part in swim meets here at UNB, in Moncton, and soon at an upcoming meet in Sackville. Swimmers put forth great efforts and gained some valuable racing experience.

Anthony





"My favorite part of the game is the opportunity to play." -Mike Singletary





2008-09 Coaching Team

Head Coach	Marta Belsh swimming@rogers.com
Age Group	Dominique Legault
Novice Coaches	Cameron Nick Kirsten Johnston Anthony Hickey
Teen Fitness	Pat Adam
Fishes Coaches	Danielle Merasty Shannon Donnelly Monica Mac Donald Shaunna Manning Richard Macaluaay

February Birthdays

Lauren Adams
Roan Amos
Carol Davis
Cassidy Richards
Eden Vanderlaan

FAST Rankings

Female 200 IM

1	2:24.04	Losier, Danielle
2	2:29.12	Young, Kaitlyn
3	2:34.76	Adam, Lauren
4	2:35.10	MacDonald, Monica
5	2:38.43	McCarthy, Chelsey
6	2:44.56	Vanderlaan, Eden
7	2:46.31	Schatz, Katarina
8	2:48.59	Richards, Cassidy
9	2:50.45	Whalen, Laura
10	2:51.25	Martin, Rachael

Male 200 IM

1	2:35.31	Bartlett, Dylan
2	2:35.41	Garland, Mark
3	2:38.73	Reid, Jon
4	2:48.70	Horwood, Alex
5	3:03.63	Lepir, Djordje
6	3:09.15	Meng, Eric
7	3:25.25	Horwood, Noah
8	3:27.87	Waugh, Charles
9	3:36.19	Archer, Tristan
10	3:50.99	Kim, Eric

Dissertations from Head Coach

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly. I am easily managed- you must merely be firm with me. Show me EXCATLY how you want something done and after few lessons I will do it automatically. I am the servant of all great men: and alas, of all I have made failures. I am not a machine, though I work with all the precision of a machine plus the intelligence of a man. You may run me for profit or run me for ruin- it makes no difference to me. Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you. Who am I? I AM HABIT! (Author unknown)

I hope the above quote got your attention and made you think a little. Polish off your strokes and turns, dives and finishes. Your goal for each practice should be working on technical parts of your stroke and not just to be faster. Remember that working on speed only and forgetting about quality of your stroke will not get you a lot faster to the other side of the pool. Here is a challenge

see how far you can swim smashing your arms around (fast and not pretty). I'm positive that even the most fit and determined person will last only couple hundreds and be exhausted at the end. So how about that nice long stroke holding high body position and steady head. Suddenly it is not as bad as you thought. The trick is to keep that stroke when swimming fast and under pressure (race). The trouble is most of swimmers can do that kind of strokes swimming easy. But you have plenty of opportunity at each practice to hold stroke and swim fast at the same time. All you have to do is work on changing your training habits. When you are half way through the set remember to work on the streamline or on not breathing in and out of the turn, or hold that elbow high or steady head. It's tough job you have to do, nobody denies that but it will be that much easier during your next race catching up to the guy in front of you. Simply because you don't have to pay attention to what is happening with your arms or head, all you have to do is concentrate how fast you need to be to win. In order to be at the top we need to constantly work on our strokes. The bad news is your work is never done, the good news are you have great coaches and

resources to help you with your technique and stroke. Couple of weeks ago I had this interesting conversation with one of my swimmers saying that he doesn't know how to work on stroke to get it better and longer. Yet every time I'll show him from the side of the pool my outstretched arms he corrects his stroke immediately. Let's think about it for a second. Is it because the swimmer doesn't know how to do it or is it because his arms are tired and he's lazy to control his arm movement? As a swimmer you have a certain picture in your mind of the stroke you're doing. Hopefully it's a good one. In one single stroke of your arm there are many, many small details to execute. Paying attention to those details is part of your job. We as humans always look for ways to do things we're doing easier. It's part of our nature. But we're also smart enough to recognize this. Cutting corners in swimming is a bad idea. You need those small details in your stroke to swim faster and better. If you're not paying attention you will not be successful. Swimming is very repetitive in its movements. After the "learning" stroke stage we go into a "habit stage" where you develop patterns and memories of all movements. Most of the time when swimming your brain doesn't have to work

as hard because it relies on a memory of the movement (habit). Your arms and legs are moving so you know you're swimming. But do you know if your arm is straight or bend, do you count strokes every single lap? It takes great deal of attention and control. Constantly check your body movements to make sure you're executing good stroke and you're not becoming lazy and complacent. Work on building good habits. You are always forming habits. The question is: are you building good ones or bad ones? Habits are aspects that we build every day in every area of life: from how you study to what you eat most often become habits. In training you repeat many swimming skills to become stronger and more efficient at each skill. Ask yourself if you are trying those skills in the proper way or are you being a little lazy and maybe sloppy in the practice? This is how you build habits, by repeating a movement many times so it becomes automatic and done without thinking (subconscious). So you can be tired and lazy or tired and tending to details. The choice is yours.

Happy detailed and conscientious swimming,

Marta...

February 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Fishes and Fishes Adv practice cancelled	6 Swimathon	7 AUS-Varsity Team
8 AUS-Varsity Team Fishes ADV cancelled	9	10	11	12 Easterns in Halifax	13 Easterns in Halifax	14 Easterns in Halifax DEVO Sackville
15 Easterns in Halifax	16	17	18 CIS at UBC (varsity)	19 CIS at UBC (varsity)	20 CIS at UBC (varsity)	21 CIS at UBC (varsity)
22 CIS at UBC (varsity)	23	24	25	26 East Coast SCC, Charlottetown	27 East Coast SCC, Charlottetown	28 East Coast SCC, Charlottetown

Schedule of Events

- Feb 5, Fishes and Fishes Adv practice cancelled
- Feb 6, Swimathon
- Feb 5-8, AUS Varsity Team
- Feb 8, Fishes Adv practice cancelled
- Feb 12-15, Easterns in Halifax
- Feb 14, Devo Meet, Sackville
- Feb 18-22, CIS at UBC (Varsity Team)
- Feb 26-Mar 1, East Coast SCC, Charlottetown

March 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1 East Coast SCC, Charlottetown	2 MARCH BREAK	3 MARCH BREAK	4 MARCH BREAK	5 MARCH BREAK	6 MARCH BREAK	7 MARCH BREAK
8 MARCH BREAK	9 Regular sessions resume	10	11	12 Spring nationals	13 Spring nationals	14 Spring nationals
15 Spring nationals	16	17	18	19	20	21
22	23	24	25	26 last practice for Fishes	27	28
29	30	31				

Schedule of Events

- March 1-8, MARCH BREAK (both Nov 1 and 2 groups off) National and AG1, AG2, AG3 training schedule will be posted soon.
- March 9, Regular Schedule Resumes
- March 12-15, Spring Nationals, Victoria, BC
- March 26, Last practice for Fishes

Swimming Jokes

Q: What kind of stroke can you use on toast?

A: BUTTER-fly!

Q. Why can male elephants swim whenever they want?

A. They always have trunks with them!

Q. Why wasn't Susan afraid when she saw a shark while she was swimming in the water?

A. Because it was a man-eating shark!

Q: Why did the vegetarians stop swimming?

A: They didn't like meets!

Q. Why did the teacher jump into the water?

A. She wanted to test the water!

Q. Where do ghosts go swimming?

A. In the Dead Sea.