

The FAST Lane



FREDERICTON AQUANAUT SWIM TEAM

Volume 1, Issue 1

November 2008

Coach's Corner

Hello everyone,

Welcome to our first newsletter edition. I hope you'll find this form of communication full of interesting facts and news about our club and swimmers. We will have monthly editions of the newsletter with updated info about practices, meets, and interesting articles.

On behalf of Fast team I would like to extend big thank you to Sarah McIntyre from Enbridge for giving us a helping hand in putting together this edition.

We are now going full speed. All the groups are hard at work. Swimmers are working hard on improving their strokes and fitness and coaches are working hard to think up new challenging sets for swimmers. All competitive

groups have had 2 swim meets opportunities. The first one was **Woodstock** meet where we had 18 swimmers. We had a big number of personal best times broken. Djordie Lepir and Hannah Geisterfer Nyvlt made A standards for the first time- Congratulations to all swimmers on the great effort!!

Next we had a **Miramichi** meet. This meet saw 33 swimmers from FAST participating. We had another great meet and lots of first place finishes. Here are swimmers who won their events, Lauren Adam, Gabriella Belsh, Noah Horwood, Sarah Jones, Alexie LeBouthillier-Sanford, Eric Meng, Jon Reid, Cassidy Richards, Katarina Schatz, Jordana Stanford, Laura Whalen, Kaitly Young. *Congratulations swimmers!!!*

Next on our agenda is Tri Meet in Halifax. This is provincial team selection and 6 of our swimmers made the team-Katarina Schatz, Cassidy Richards, Chelsey McCarthy, Monica MacDonald, Djordie Lepir- CONGRATULATIONS Swimmers. Make sure you wish them luck.

I'm looking forward to see all of you getting best times and winning at the next meet. Good luck to all of you.

Our pre-competitive program Fishes and Fishes Advanced is looking really good. All swimmers work very hard and they are learning tons of new swimming skills. All coaches are very happy with the progress swimmers are making. Keep up the good work. *Marta*

Special points of interest:

- NOVICE 1 NEWS
- FAST RANKINGS
- AGE GROUP 3 NEWS
- BIRTHDAYS
- CALENDAR OF EVENTS
- NUTRITION

Inside this issue:

ATTENDANCE IS IMPORTANT	2
NATIONAL GR NEWS	3
AG1 AND AG2 LANE	4
FAST RANKINGS	5
AGE GROUP 3 NEWS	6
BIRTHDAYS	7
CALENDAR OF EVENTS	9

A festive graphic for the FAST Christmas Party. It features a green border with red ribbons and holly leaves. At the top center is a green wreath with a white bow. The text is centered and reads:

FAST Christmas Party
Location: Willie O'Ree Community Room
Date: Saturday, December 20, 2008
Time: 9:00am to 12:00pm
RSVP: Grace Martin emartin@unb.ca, 459-1974 by Dec 05
to help us plan and prepare for great party
Please check web site and email for details

The FAST Lane

Attendance is Important!



Attendance at practice is very important. It doesn't take a lot to miss couple of practices a week and while it looks quite innocent (only 1 or 2 out of 6 or 8 a week) it adds up very quickly. All of the sudden you're looking at 50% attendance for the whole month. Please make an every effort possible to attend every practice. Swimming is a very special sport unlike any other and it does require big number of practices. You may ask why that is. The very big reason is environment we are training in. In any other sport you

are not restricted with your breathing. In swimming we can only breathe so often and that is one of the biggest challenges for swimmers. It is a huge skill to acquire and often one that we do not think about it. Proper breathing, timing of if, body position to make it more effective and coordination is essential to fast swimming. This takes a long time to develop and creates all kinds of challenges to swimmers.

For all older swimmers who have morning practices they are as important as the evening ones. I under-

stand it is a challenge to get up in the morning but this is your chance to get better and work on important skills. Going to bed early is important. Have a look at your home routines, maybe you're wasting time on the computer playing games or watching TV or you need to reorganize and find different time to do your homework (during lunch break or before practice and not after).

All coaching staff is really encouraging you to make as many practices as possible

Attendance Excellence Award

Each month we will announce the winners who were able to make 100% practices

Attendance Excellence Award goes to Lauren Adam

Congratulations!

“Goals determine what you are going to be”

Novice 2 Group News

The novice 2 group has had a busy month this October. They have been working hard to establish the proper basics for swimming competitively, and have shown great progress already. We have been focusing a lot on technique and turns work to try and get the tricky bits of swimming down, and the swimmers are really starting to make progress here. We have also been trying to do a lot of IM work so the swimmers get good exposure to all the strokes

rather than just doing the same one all the time when they might have really liked another. Swimmers also competed in their first time trial and meet of the year in Fredericton and Mirimachi respectively. They performed quite well for their first race experiences, and only hit a snag with a few of the technical rules when it comes to turns at the meet, but its perfectly normal and okay; the best way to learn it is first hand, and the swimmers got good experience this way. I've

seen a lot of improvement in all the swimmers skills, and am quite pleased and look forward to the results in months to come. J

This month's Swimmer of the Month Award goes to Sarah Jones for her hard work and exceptional listening skills. Congrats!

This months attendance excellence awards go to Lonnie, Will, Sarah, and Catherine. Congrats! (Apologies if I've missed anyone else who was there everyday!).



National GR News

Swimmer of the Month Award goes to Kaitlyn Young, she has been working very hard during practices and is also working hard on keeping a positive attitude.

We have started the year off with some good work done so far and we're working on increasing the volume and intensity. Just a reminder to all swimmers that attendance is crucial and necessary to get full advantage of training. The next step is to learn how to swim with desired pace and hold it as it is a great advantage when you swim longer distance. You need to know how to control your speed and stroke technique like stroke rate and stroke length to be able to swim with desired pace.

Work on improving your stroke constantly.

Here is a question I hear very often: Can I work on my stroke and still swim fast in practice?

This is a good question. Often times when you learn a new skill or try to change your stroke, you have to swim slower for a while before you will swim faster. This can become frustrating since everyone wants to swim fast, even in practice. So, to slow down on purpose goes against our natural instinct and desire to race. But this is why it is important to slow down when learning a new skill. The more you do something, right or wrong, the more it becomes a habit. Your body learns to activate muscles in a certain way, and eventually the motions you make become second nature. If the habit is a good one, then you have no problem. However, if you are doing a skill incorrectly, every time you do it wrong, you reinforce that bad habit in your body. (For example, if you have a bad arm pull, think how many times you reinforce that bad habit during even one practice).

Before you can learn to do a skill correctly, you have to "unlearn" the incorrect way. It takes a lot of thought and concentration to break an old habit. When you try to swim fast, it is natural to focus your attention on going fast and not necessarily on holding your "new" technique. When this happens, the body goes back to what it is familiar with, and that usually is the "old" technique. So to make a long story short, while you are learning a new skill and making it a habit, it is OK to swim slower; in fact that is what you **should** do initially. Then, as you become more comfortable and the new technique becomes a habit, you should try to swim faster and faster. Chances are you will be able to hold the new technique.

Coach Marta

The Billboard

FAST Challenge Rankings

Each month coaching staff will pick one event (100 fr, 400 kick, turn speed, etc.) and we'll combine all the results and post FAST Rankings.

November Challenge -400 kick choice (one stroke)
December Challenge 100 Free

SNC Web site- please visit swimming.ca for great deal of up to date news about swimming and also to develop your own swimming page where you can track your swimmer meet results (very neat future that shows best times, splits and even does graphs), your own link pages and more. SNC is working hard to develop the web site and they are adding new features all the time. SNC is also celebrating 100 years of its existence. You can find out great interesting facts about our organization and history.

Team Gear Policy -please remember our Team Gear Policy as it is in effect.

Swimmers are required to wear team gear and the swim meets on the pool deck and during afternoon practices. Please visit our web for all details.

The FAST Lane

AG1 and AG2 Lane

Swimmer of the Month Award from AG1 goes to Jon Reid for his quiet dedications and determination to swim faster and better. Hi made significant improvements in his best times in the last two swim meets.

Swimmer of the Month Award AG2 goes to Mary Ketterling. She has been working very hard and is persistent in her attempts.

We have been working hard on number of different skills over the last month. The latest challenge is how to swim and do flip turns with a snorkel without choking and swallowing 3 gallons of water every 25 meters. Some have a harder time than others but slowly you're figuring out the way to do it. Notable mention here is Laura W and Alex who picked up the new skill with great ease. Way to go.

The biggest challenge that we are working from the first day we hit the water is to not breathe of the wall. We have some success in that but still number of swimmers has difficulty with the skill. I know it is hard to coordinate everything but this is doable as some swimmers in the group already have mastered it. Think about this as a new challenge. As any challenge goes it is all about getting out of comfortable zone you are in to a new harder and a bit more demanding zone. If you are able to control and

concentrate for a period of time to do the new required skill with some degree of consistency you will create a new habit that will enable you to do it automatically. We also filled out the goal sheets and will have now short one on one meetings to go over them in more depth and detail.

Skill to work on in November- 4 dolphin kicks of each wall on free, back and fly turns.

Christmas training camp.- We will run training camp starting Dec 22nd until Jan 4th. Please stay tuned for training times and watch your emails.

In the last 6 weeks we were polishing our basic skills like streamlines, push offs and kicks. Here are few things to remember. The push off is one of the most important parts of every pool length you swim and it's the timing of the push off that is the most critical aspects. Some of you try to go as far as possible thinking that farther you go the less you have to swim. Others try to get up quickly because they are very excited about churning up the water.

The ideal push off is one in which the kick and then the pull are initiated at just the right moment to maximize the velocity from the push. If you start the kick and pull too late, you'll slow down and have to re-accelerate. If you kick and pull to soon you'll break your perfect

streamline and slow yourself down.

You have to experiment with the timing of when to start each element and the best timing has the kick and pull being initiated in a sequence that occurs just BEFORE the body starts to slow down. Your perfect push off should allow you to maintain your velocity off the wall.

Freestyle sequence: Push off with a perfect streamline, hands locked on to one another, biceps squeezed just behind my ears, and toes pointed to full extension. After a brief "ride" initiate the kick without allowing the streamline to break at all. After few kicks initiate the first pull, keep your head in line and try not to allow any movement. Take the second stroke and at this point you can take your first breath.

The important thing about push off is how LONG you can maintain your VELOCITY (speed) off the wall.

Along the same lines the breaststroke pullout can either make or break a race. Traveling too far will

save you strokes, but will also severely reduce your velocity and momentum.

Try not to dive down which can cause you to travel farther than you want to and require you to climb back to the surface.

When you push off you should think of 3 things:

- Squeezing your arms to your head.
- Pointing your toes.
- Squeezing your glutes (check your dictionary) and abdominal muscles together.

That's it. If you have done it correctly you just traveled half down the pool in 6-7 seconds and you're still moving fast.

Congrats and enjoy the ride.

Wishing you happy streamlined push offs.....

Coach Marta



FAST Rankings Top 10

	Female		Male	
	100 Free	50 Back	100 Free	50 Back
1	1:01.82S Losier, Danielle	33.68S Losier, Danielle	54.29S Garcelon, Chris	31.20S Garcelon, Chris
2	1:03.07S Young, Kaitlyn	34.08S Young, Kaitlyn	1:05.14S Garland, Mark	33.66S Farland, Mark
3	1:05.27S MacDonald, Monica	34.17S schatz, Katarina	1:06.85S Reid, Jon	37.2S Reid, Jon
4	1:07.22S Adam, Lauren	34.97S MacDonald, Monica	1:12.63S Horwood, Alex	37.56S Horwood, Alex
5	1:07.39S Vanderlaan, Eden	36.07S McCarthy, Chelsey	1:20.39S Waugh, Charles	41.49S Lepir, Djordje
6	1:08.07S McCarthy, Chelsey	36.16S Judd, Rosemary	1:25.29S Archer, Tristan	43.02S Meng, Eric
7	1:08.26S Judd, Rosemary	36.47S Figler, Courtney	1:28.84S Meng, Eric	43.13S Goodyear, Alex
8	1:08.83S Schatz, Katarina	36.58S Richards, Cassidy	1:31.13S Horwood, Noah	45.77S Waugh, Charles
9	1:09.74S Figler, Courtney	36.64S Adam, Lauren	2:02.87S Lepir, Djordje	47.82S Archer, Tristan
10	1:10.28S Whalen, Laura	36.69S Stanford, Jordana		48.30S Horwood, Noah

Novice 1 News

I just want to take a quick minute to let everyone know what is going on in the Novice 1 group. Although, for most of my swimmers, this is not their first year, we have started from the basics. To be able to become the best swimmers they can be I have been putting an emphasis on smaller things which are the most important things. After getting the basics down we have continued on to learning the strokes step by step. This may seem tedious to some of them but in the long run it is only going to make them stronger.

We recently attended a developmental swim meet in Miramichi where all five of the swimmers attended. We had some fantastic swims and saw some good racing. I now know the kids limits and know what I can expect in practice and I can now start setting individual goals for them.

Each month we are asked to pick a swimmer of the month based on attendance, effort, and over all attitude. It is tough to pick just one swimmer, but I feel as though one swimmer in particular went above and beyond this past month. She always puts 100% into

practice regardless of how tough it is. I rarely hear any complaints when it is a set she does not like, and she takes all criticism with a smile and applies them to the best of her ability. For all these reasons and more **Roan Amos** is the Novice 1 swimmer of the month

Congratulations Roan and keep up the good work!

Thanks for reading and I look forward to updating you all again next month!

As Hal Johnson and Joanne McLeod always say "keep fit and have fun",

Nick



The FAST Lane

Age Group 3 News



“It’s not where you start but where you finish”

Hello to all my swimmers, fellow FAST swimmers, parents, coaches and friends. I'd like to take a few moments of your time to give you an overview of who I am, what's been going on in the pool and to announce our 1st every swim of the month for AG3. My name is Dominique Legault and for those who don't know who I am I'm a former UNB Varsity swimmer and Alumni of the Nepean Kanata Barracudas in Ottawa, or otherwise known the Tri-Athlete girl. But I hope that you know all know me as the coach of Age group 3 along with the help of coach Nick Cameron (who UNB swimmer and a CIS finalist). Together we have 25 + plus years of swimming experience and defiantly not as much coaching. However we are learning slowly from Marta, Paula and your swimmers and are very thankful to be given this opportunity. But enough about us this is all about the swimmers.

Although the swimmers have only been in the water a short time, the season has started with a bang. With only two meets under our belts we as a group

have posted 15 new B standard times and 8 more A standard times. This awesome start to the year couldn't have been possible without the swimmers determination and dedication to work hard and swim fast. The first two months has also been an exciting time for other reason. Over the past two months we have focused on stroke technique, starting with the basics. With their strokes getting better each day we are slowly starting to work on speed. We have also implemented an attendance challenge. If they attend 80% or more of their practice by the end of the year they will all receive a special treat. Along with other little perks I hope this season will be both fun and fast for all of our 11 swimmers.

Each month Nick and I will be choosing a swimmer of the month for AG 3. The swimmer is chosen based on the following criteria: practice attendance, effort in practice and performance in the pool.

Swimmer on the Month: Eric Meng
Eric is a very talented swimmer who is always

giving a 100% both in practice and in competition. During the recent meet in Miramichi he achieved two B times (200 Free and the 50 fly) along with two A times (200 I.M. and 200 BR). He is always willing to receive any feedback and is never shy to ask for tips to improve. During practice he takes his time and is always thinking of about technique. Over the past seven weeks he has received five red stars (5 out of 6 practices) and 2 gold stars (6 out of 6) for his attendance. Congratulations to Eric and keep up the good work!

Here's a little something extra.

For my swimmers...for the times I get mad, remember this!

"You can only really yell at the players you trust."
~Bill Parcells~

And for every swimmer. The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can't do.

Dennis Waitley



“If winning were easy everyone would do it”

Parent's Corner

Board Positions- we have couple of board positions available. If you are interested in giving us a hand in any way we would really appreciate. The Board position and club is run by volunteers. We meet once a month so commitment is small but you can make a deep impact on how things are done within our club. Please contact us at frederictonaquanuts@gmail.com



“Think big, believe big, act big, and the result will be big”

November Birthdays

Gabriella Belsh

Lauren Craik

Brennan Hickey

Noah Horwood

Rosemary Judd

Jon Reid

Jacob Wilkins



2008-09 Coaching Team

Head Coach	Marta Belsh
Age Group	Dominque Legault
Novice Coaches	Cameron Nick Kirsten Johnson Anthony Hidrey
Fishes Coaches	Danielle Mersaty Shannon Donelly Moncia MacDonald Shaunna Manning Richard Macaluy



Newsletter Title

Fishes Updates

I'm Richard Macaulay, coach for the fast fishes and fishes advanced. So far over the course of the term we have been working hard on freestyle, backstroke, breaststroke and touching a little bit on butterfly. Everyone has been improving over the past few weeks. We are now starting to do a little more work on dives and doing

some more metres. Remember with your freestyle and backstroke to never stop kicking and to work on "Pepsi, cola, 7up" with your breathing in freestyle. Breaststroke remember to lift your head out of the water on every stroke and to glide after each kick. Hope everyone is having fun and I'll see you in the water.

Nutrition

This area is for swimmers and parents. Each month we will try to highlight nutrition and its importance for our swimmers and children. We also encourage parents to share their nutrition ideas and recipes. Please send your inputs to frederictonaquanauts@gmail.com

Swimmer and Parents mark your calendars-on November 24th (Monday) at 6:30 PM we will have a Nutrition session with Kevin Roy, Sport & Fitness Performance Consultant at UNB

Water

The human body has been described very simply. a hairy bag of water.. This description, although not particularly sexy is actually quite accurate. The aver-

age male athlete of 75 kilograms consists of over 50 liters of water. In heavy training they need to replace ALL of it every 6 days. Think about it, 50 liters every 6 days. Think you drink enough water? If a muscle is dehydrated by as little as 3% then there can be as much as a 10% reduction in contractile strength (the strength in which it can contract). Now that you should be convinced to drink more water, there is more to it! Great water is hard to come by. The importance of clean water then comes into play. When possible athletes should drink filtered or bottled water.

Sources of Energy

Energy supplied to the body is measured in calories. When it comes to nu-

From Coach Monica

The kids have been doing great so far! We are now half way done our 10 week program and I feel as if we have made vast improvements.

With my Level 1 Class, we have learned how to do the frontcrawl and backcrawl along with breaststroke kick. We have also worked on streamlines, dives and circle swimming!

With my Advanced Class we have learned flip-turns,

dives, breaststroke and butterfly. We have also incorporated things such as no-breathing drills and streamline kicks off of the walls during our classes.

I'm excited for the rest of the program to see how far we can develop our swimmers. Thanks for your efforts and keep up the hard work! It will definitely pay off.

trition there are 3 basic sources of energy. These are fat, proteins and carbohydrates. Each of these energy sources provide calories but are utilized by the body in COMPLETELY different ways. There are also sub categories of each source as well. There is a fourth category consisting of vitamins and minerals. All of these categories are important to human beings. The exact % of content in your diet is of extreme importance.

Fats

There are good fats and bad fats. The bad fats are REALLY easy to find and the good ones are pretty tricky. Good fats can be found in Extra Virgin Olive Oil and fish. Here are some good rules for fats :

- eliminate all saturated fats from your diet.
- eat fish at least twice per week. (most folks don't)
- keep fat intake to 15% of total caloric intake

There are 9 calories in each gram of fat. If a serving of crackers has 10 grams of fat and has a total of 154 calories that means it is 58% fat, , YIKES start doing some math in some of the things you eat.

Some VERY high sources of Fats Milk. 2% milk still has 25% fat content Chips, Dips, crackers are all high in fat content Butter, margarine Cheese and some granola bars Take a look at the label of the things you are eating as an athlete. It may scare you.



November 2008

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 Time Trial
16	17	18	19	20	21	22
23	24 Nutrition Session	25 Fishes Winter registration	26	27 Fishes Winter registration	28	29 Citrus Pick Up Bathurst Devo Meet
30						

Schedule of Events

- Nov 15 - Time Trial - all comp groups
- Nov 24 - Nutrition Session - All competitive groups
- Nov 25 and 27 - Fishes Winter Session Registration
- Nov 29 - Citrus Pick Up
- Nov 29 - Bathurst Devo Meet : Nov1, Nov2, Ag3, Ag2

December 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 Quebec City Meet Qualifiers	6 Quebec City Meet Qualifiers
7 Quebec City Meet Qualifiers	8	9 Last Practice Fishes	10 High School Champs	11	12	13 Moncton Devo Meet Moncton A Meet
14 Moncton A Meet	15	16	17	18	19	20 Christmas Party
21	22 Training Camp	23 Training Camp	24 Training Camp	25 Training Camp	26 Training Camp	27 Training Camp
28 Training Camp	29 Training Camp	30 Training Camp	31 Training Camp	Jan 1 Training Camp	Jan 2 Training Camp	Jan 3 Training Camp

Schedule of Events

- Dec 5-7 - Quebec City Meet- Qualifiers
- Dec 9 - Last Practice Fishes
- Dec 10 - High School Champs
- Dec 13 - Moncton Devo Meet: Nov1, Nov2, AG3, AG2
- Dec 13-14 - Moncton A Meet- Qualifiers
- Dec 20 - Christmas Party
- Dec 22-Jan 3 - Training Camp AG1



The FAST Philosophy

For swimmers to reach their maximum potential in competitive swimming.

We believe each swimmer derives significant benefits in pursuing this goal, especially in terms of character development and the unique satisfaction that follows an all-out commitment to excellence.

A well-defined, long-term approach of gradually increasing degrees of commitment is essential.

The main objective of the Fredericton Aquanaut Swim Team (FAST) is to provide an opportunity swimmers reach a peak performance.

For up to date information's please visit our blog site at

<http://frederictonaquanauts.blogspot.com/>

We hope to continue the paper copy but you can also find newsletter on our web site

www.swimmingfast.com

Great Websites to Check Out

www.swimmingfast.com Fast web site

www.swimnb.ca Swim New Brunswick

www.swimming.ca SNC Swimming Canada

<http://www.gssiweb.com> Gatorade Sports Science Institute

<http://www.usaswimming.org/> USA swimming

<http://www.swimnews.com/>

<http://www.ishof.org/> International Swimming Hall of Fame