



Competitive Group News Letter

Department of Sports

Volume 1, Issue 1

October 2008

“Athlete Centered, Coach Driven, Parent Supported”

2008 / 2009 Swim Season

Welcome

I would like to take this opportunity to welcome everyone back to the Lions Aquatic Centre for the 2008—2009 swim season.

New to the Program

If you are new to our program please take note of the following.

Swimming Equipment

For ideal preparation, athletes need to have the correct training equipment. Please ensure that your children have the required equipment to allow them the best opportunity to develop their skills.

Stingray Swim Club

Once your child has moved into the Competitive side of our program, they are encouraged to join the Stingray Swim Club. The Club offers a number of benefits including the following:

- Opportunity to be part of

the # 1 Sports Club on the island.

- Reduced cost for Swim Meets.
- Club uniform included in sign up such as swim suite, t-shirt and cap.
- Opportunity to travel with the team to swim meets in Jamaica, USA and other Caribbean Islands.

To join the club please visit the website at www.caymanswimming.com or speak to one of the Stingray parents at the pool.

Swim Meets

All swimmers are encouraged to take part in all local Burner and Sprint swim meets. It is a great way for your child to see his / her progress and to compete in a fun and organised event. Please feel free to speak to your child's group coach for advice on which events to enter.

Parents Involvement

We are a parent supported program so please feel free to volun-



teer for swim meets, pool parties and swim camps. Your involvement is great appreciated and always needed. Please feel free to contact coach Alex for more info on how to get involved.

ciswimming@gmail.com

Upcoming Events

Sea Swim	September 20th
Cayman Airways Sprint Meet	October 11th
Cayman Swimming Barbeque	October 12th
Pirates Week Swim Meet	November 14th—16th
Overseas Swim Meet (Stingray Members only)	January 2009

Equipment Required for All Swimming Groups

Training Suite

Goggles x 2 pairs

Swim Cap x 2

Fins—Only for Enthusiasm swimmers and up.

Please have all specified equipment by no later than

October 6th.