

'THE STING', Issue 6 March 2019



2019 is now 3 months in and so much has already happened; Special Olympics, Nationals, Clearwater, a new coach, and our very own Legend! Continue reading to find out more!

Welcome Coach Macon to Cayman!

Coach Bio: Grew up swimming for the YOTA Swim Team in Raleigh, NC. Continued swimming career at East Carolina University in Greenville, NC. After graduating, I started coaching for the YOTA Swim Team as a Site Director where I started and built the site in Sanford, NC from the ground up. I am excited to be in Cayman and coach for Stingray!

Favorite sport: Baseball/Swimming

Favorite Team: ECU Pirates/Atlanta Braves

Favorite Stroke: Backstroke/Freestyle

Hobbies: Being Outdoors

Embarrassing Moment: Miss counted the 200 Freestyle.....in a 50m pool.



Spring Splash: Weekend in review

Across the board the coaches from all teams felt like this past weekend was a great experience for everyone involved. For me in particular, it was a great reminder of why I first fell in love with the sport and what we have been missing on island to some extent or another for a long time.

Saturday started with an 11 and Over practice for every swimmer on island. We had swimmers with a wide range of abilities from all three teams. We had a great turnout but still missed quite a few. The practice brought together competition depth that we don't get to see on a regular basis and put the swimmers into a great state. We made it challenging but fun. The main Set was 8x100 on 8:00 all out with no cool down between. A lactate tolerance set that starts fun and ends in agony. It was perfect. No matter what level you could step up and race swimmers at your speed. The time between swims encouraged swimmers to cheer on their lane mates regardless of team and introduce themselves to swimmers they might not have met otherwise. The island is small enough that every swimmer can know every other swimmer here and support them in some kind of way. It was fun to have it all together.

We followed with a burrito making station for the 11 and overs and they stayed back to help the 10 and unders, fair trade! It's hard to overstate how awesome our older swimmers were at the 10 and under meet. They were excellent leaders, supporters, and teammates! Zero missed events! They made it an awesome experience for the young ones.

The meet itself was as pure a competition as could be. Everyone followed rules as best they could but it was just about who could get across the pool for the ring pop to the heat winner. No DQs, less focus on times and more focus on racing and doing things right. We saw massive technical improvements across the board with our team and some great efforts! We looked good! We even had 3 brand new swimmers participating and doing awesome in Tory Yen, Kylen McLean, and Aidan O'Reilly.

As coaches this meet was just fun. I did not look at the scoreboard or the heat sheet the whole meet. I focused on two things, effort and execution, the two things that matter most. No qualifying times, no scoreboard to tell you how you did and no heat sheet to compare. Something that is too easily lost with our older swimmers. It was good to get away from it all. My favorite story of the meet came from one swimmer who had an outstanding swim in the 100 IM. He looked absolutely phenomenal, beautiful timing in the fly (1st time it was this good), high rate and head back in the backstroke, great timing in breast, and a furious kick coming home in the free. I was so excited for him to come over and talk to me because it was such a great swim. When he arrived he was upset saying he did bad and the swim was bad. Confused, I asked what was bad about it and what he could have done better, and his response was "Cuz, I added three seconds". I looked at him funny, with no heat sheet to correct him, and said "I donno, I thought you looked awesome! Forget about the time I'm happy with the swim." He walked away and came running back with a heat sheet in hand "Never mind, I dropped 13 seconds!!!".

I wondered where he had learned this from and the only answer is from the older swimmers. All too often we let a scoreboard, or arbitrary standard get in the way of the value of the sport. Things that are out of control will only ruin the purity of the competition and can be detrimental to the spirit of sport if we place too much focus on them. At the end of the day we can only control two things, effort and execution. If we give our absolute best and we try to follow the race strategy then we have succeeded, the rest will come in turn.

2019 Sealand Adventure Tours Aquathlon

Mr. CJ Moore's Sealand Adventure Tours Aquathlon took place this Saturday April 6th. What a great event this is each year with the combined efforts of a run and swim!

We had the youngest competitor complete the 800m swim in Noah Watson (7), and the youngest runner to complete the 2 mile run in Kylen McLean.

Kyra Rabess, Andrew Muyanga (indv), Elana Sinclair & Kylen McLean, Jake & Dave Bailey, Jake Alberga, Raya Embury-Brown & Michelle Bailey, Stephanie Royston, and Alex Dakers (indv) all finished at the top of their divisions. It was a great effort and turn out for SSC with more participants than any other group.



CIASA NATIONAL CHAMPIONSHIPS

The CIASA National Championships took place March 7-10 and it was a very exciting weekend of racing! As a whole Stingray went 200+ best times as well as 132 medals (50gld, 55slvr, 27brnz)!

- More reading: [here](#), [or here](#), [or here](#), [or here](#), [or here](#)

New Carifta Qualifiers:

Gabriela Royston

Allyson Belfonte

Jake Alberga



Record breakers:

Raya Embury-Brown:

200fr/400fr/800fr

Jake Alberga: 200Br

Kyra Rabess: 50Fly/100Fr

Corey Frederick-Westerborg: 100Br

Great job to everyone who competed at the



THE LEGEND OF MARZ!!!

Our very own LEGEND! The CIG Department of Sports has declared Marlene West as a LEGEND! She received the 2019 Honouring Women's Month award. Marz has been superwoman for SSC heading up the board as president and secretary before that! We are in good hands with such a profound background in sport! Her legacy extends over several sports reaching success at the highest levels!

More on the award: [click here](#)

We strive always at stingray to develop strong independent girls and help them to achieve their most ambitious goals.



Sam, Sarah, Marz, and Kyra at the Governor's house honouring inspirational women!



Our incredible group of senior girls!



The Cayman Islands competed in the Special Olympics in Abu Dhabi, March 14-21. The athletes all competed at a very high level bringing home 26 total medals! This was the cultural experience of a life time and reminds of what is to come after the hard work is done! Andrew Smiley competed in basketball this year and was awarded a badge of honour from the prince of Wales ([read more](#)).

The following Stingray athletes competed :

Rasheed Lawrence, Matthew Javier, Keanu McKenzie, and Andrew Smiley.

Congrats to our athletes and all involved in the incredible effort!

More reading: [click here](#)



2019 SPRING FLORIDA INTERNATIONAL SWIM MEET

Another big meet we have had was the Florida International Swim meet. This meet was held in Clearwater, Florida March 20th – 23rd.

Athletes Competing:

Sarah Jackson, Krishna Adapa, Alex Dakers

It was a great opportunity for three of our most experienced swimmers. Overall there were 11 Top 8 finishes, 11 personal best times between them, and 1 new Island Games Qualifying Time for Alex in 1000 yd FR! The three of these athletes showed the true spirit of competition and sportsmanship throughout the meet. They raced with passion and determination. The future is bright for these three!



After the meet coach David felt he needed to get in on the racing action! PRs were set in the pool and on the track! Burning rubber!

JACKSONVILLE SPRING INTO FINALS INVITE

Where: Elizabeth Walton Aquatic Center 4455 Atlantic Blvd, Jacksonville Florida 32207

When: We will depart April 11th at 1:15pm and return Monday April 15th at 12:20pm. The meet will take place Friday April 12th – Sunday April 14th.

What: Prelims/Finals Long Course (50m) meet

Athletes Attending:

Kassandra Adapa Anthony Chin Madison Chin

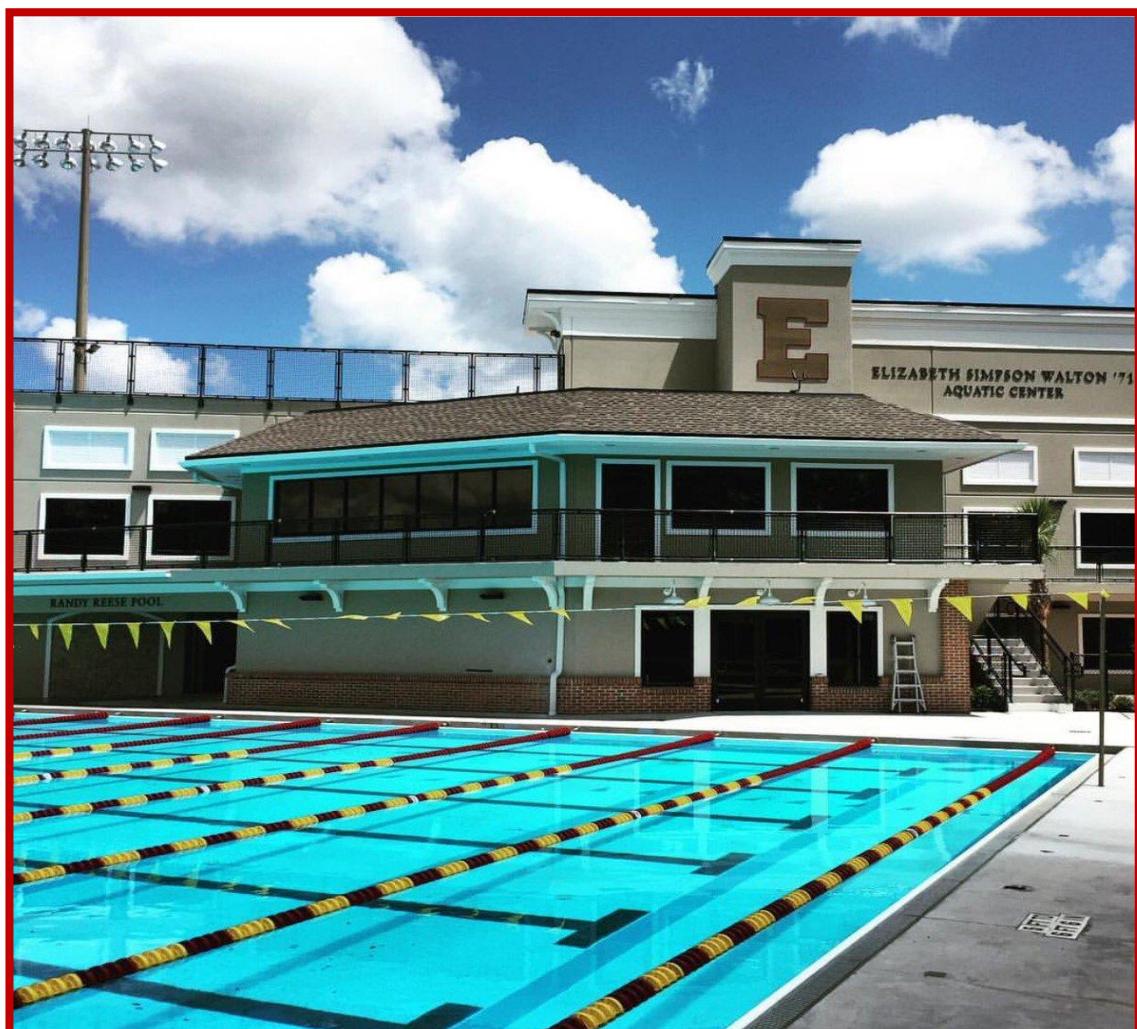
Abriann Cooper Daniel Cooper Sam Dakers

Teagan Fletcher Andrew Muyanga Jorian Neblett

Abbey Walton Chase Watson Riley Watson

Mikayla Young Abbygale Freebourne

This meet will be a great travel experience for the athletes with deeper competition than what we are used to on island. Make sure to bring extra suits, goggles, caps, and a lot of energy! Lets have the most energy out of everyone at the meet! GO STINGRAY!!





Coming to our shores
April 11th - 24th 2019

WATER POLO | ARTISTIC SWIMMING | SWIMMING | OPEN WATER

The CARIFFA Games are quickly approaching! It is a very exciting time here at the pool with lots of different workouts and preparations to make sure everyone is ready to swim fast and represent Cayman! The 2015 edition of CARIFFA was in Barbados and we came away with an incredible experience and loads of medals. We are excited to return with an even stronger team this year!

Athletes Participating:

Jake Alberga, Jake Bailey, Allyson Belfonte, Raya Embury -Brown, Corey Frederick-Westerborg, Liam Henry, Ali Jackson, Kyra Rabess, Gabriela Royston, Stephanie Royston, Elana Sinclair



Barbados 2015!

I count 4 returning for rd. 2!

Parents Corner:

For those of you struggling to find talking points for your swimmer heading off island. These 6 things should be reinforced at home.

1. Responsibility- for equipment, being on time for the vans, getting to bed on time, waking up, and eating healthy.
2. Representation- when on a trip a swimmer represents their family, country, and team from the time they step on the plane to the time they get off.
3. Sportsmanship- supporting teammates, positive outward demeanor, grace in defeat, grace in victory. Simplicity of “good-luck” and “congratulations”.
4. Perseverance- At some point something will go wrong. How will you respond? Picking yourself up and focusing on what you can control vs. what you can’t.
5. Integrity- how will you act outside the pool and what kind of example will you set for others. Especially in the rooms at night. No coaches and no parents gives a great opportunity to gauge your integrity.
6. Effort- Even when confidence may lack. All that is expected and all we can hope for is your best. And your best is always good enough!
 - Leave the few minutes before the race, what happens in the pool, and the details of critiquing after the race to the coaches.

Up coming events

- April 11th- 16th EAJ Spring into Finals, Jacksonville FL
- April 11th-28th No practices for Bronze, Silver, HSD or Gold
- April 13th Earth Day clean up (sign up online, more details to come)
- April 18th-25th CARIFTA Championships
- April 25th- May 5th Seniors break
- May 18th- Lion's Sprint Meet
- May 26th- Team Banquet

Parents, We would like to have a section moving forward that recognizes the accomplishments of Stingray swimmers outside the pool. We have so many members doing incredible things in the community but it is often hard to keep up. If you have photos and a story to tell please send it to coach Macon and we will get it in the next Newsletter.