

'THE STING',

Issue 3 October to November 2018



Welcome to the October edition of 'THE STING' issue 3, this month has seen Stingray members busier than ever, from competitions at Camana bay, the first ever for a few of our new stingray members, to clinics hosted by our coaches during half term to graduations and scholarships we have all been very busy. One of the highlights for our swimmers this month has been the half term clinics, ran by Coach David and Coach Neil, members of all groups were invited to 6 days of clinics during the half term break. Talk topics included team building, nutrition, goal setting and meet preparation. We all had a lot of fun learning new things, discovering skills we never knew we had on two feet and two wheels, it was pleasure to host you all for video analysis and stroke clinics in the evenings.

This is definitely something we will be considering again in the future as the pictures and video's we took speak for themselves. Coach David attended a clinic of his own by Dr. Teddy Wilsey, Katie Ledecky's physio and long time partner with NBAC, Michael Phelps' age group club. The clinic lasted all day Saturday and Coach David was able to walk away with some valuable information both on preventing and recovering from injuries. Thank you to the board for the awesome opportunity.

[Dr. Teddy Wilson - Instagram](#)



ALL WAYS FORWARD, NEVER BACKWARDS

Stingray Swimmers took to the Camana Bay pool from the 12th – 14th October for the CBAC Fall Kick off, and kick off the season we did. Stingray saw encouraging signs early on in the season and it was the time to capitalize on the progress we had made. Our senior group walked away with 25 personal bests and were 95% of better than all swims from last year's Fall Kick off. Our Gold group walked away with 38 personal bests and were 100 % better than last year's Fall Kick off. The Silver group walked away with 39 Personal Bests and every swimmer achieved at least 2 personal bests and finally we had 13 Bronze swimmers competing and every swimmer achieved at least 3 personal bests. In a press release Coach Neil said:

“This has been a promising start to the season for both our junior and senior swimmers. Whilst there is still a long way to go and we are still learning we have a culture for success here at Stingray. We have a great team dynamic and we intend on remaining focused until we achieve the goals we have envisaged”

LOOKING AHEAD



As another November arrives so does the festival of the Cayman islands. Pirates Week is back kicking off Saturday 10th with the 5k Sea Swim. If you wish to participate please speak to your coaches before entering. The deadline for registration is the day of the swim at Governors beach 6.30am. The previously cancelled CUC 800m sea swim is due to be reorganized for 1st December. As the major meets of the season comes into focus we look ahead to the following weekend for the Mike Lockwood Memorial Meet, we have had plenty of success in the past at this meet and wish to continue this tradition. The meet takes place from the 16th – 18th at the Lions pool. [See the Pirates Week website for further information](#)



(Pirates Week Festival, 2018)

'SWIM-A-THON 2019'

The premier fundraising event of the season is just around the corner, we need all hands on deck to help Stingray reach it's goal of \$15,000. You can support the club and your fellow swimmers through Go-Fund ME link or on paper forms. Coach David has sent out an email explaining the Swim-a-thon in depth, if you can't find the email contact coach David and he'll update you.

GO - FUND ME, STINGRAY SWIM A THON



As part of our community campaign Stingray will be hosting a Car boot sale in the Lions Pool carpark. It's time to gather your knickknacks, come down to the Lions Pool parking lot Saturday morning 1st December.

Gates open from 5.30am and there is a sales fee of \$25 per car boot or a \$2 entry fee.

Bring your items to sell for personal profit or make donations to the club to sell at our table, Email lynne@rainbowreality.ky for details or donations.



Sat. 1st December From 5:30 am

Lion's Pool Parking Lot

\$25 per car or \$2 per entry

Refreshments available and donations appreciated.

All proceeds in support of Stingray Swim Club

Email lynne@rainbow.ky for details or donations.

COLLEGE SWIMMING

SSC be sure to congratulate Kenneth Glidden and Sarah Jackson when in passing as they will be joining the top swimmers in the world!

Kenneth is off to join Cole Morgan and John Bodden at McKendree University in January. He had A nice piece done on him through Cayman 27, [Click here to see the story.](#)

Sarah Jackson has committed to the University of Northern Colorado and will be only the second female swimmer, after Heather Roffey, to compete at an NCAA division I school in the club's history. [Click here to see the story.](#)

These are exciting times for Stingray Swim Club. In one year's time we are likely to have 8 Stingray swimmers competing in the NCAA all at once, a higher number than ever before. It has been through relentless commitment and dedication that they have been able to reach this level. Cole Morgan, Jonathan Key, John Bodden, Sarah Jackson, Sam Bailey, Alex Dakers, Kenneth Glidden and Liam Henry all reached the NCAA level with somewhere between 95 and 100% practice attendance in their final seasons with Stingray.

The senior group has 9-10 practices per week averaging over 20 hours per week of work. That is no doubt a massive load to put on a teenager with the pressures of school and peers. However, we know for certain looking back none of them will regret their commitment and know that both their families and themselves feel they are much better off for it. Look to them for inspiration and dare to make the commitment yourselves. Together let's strive to reach the top!

As coaches we could not be more proud of these swimmers moving on and know that their dedication and discipline will serve them well through college and far beyond.



*Kenneth Glidden,
#GrandMasterFlash*



*Sarah Jackson,
#theMotherHenIsLeavingTheNest*

CIASA AND FROM THE BOARD

In recent weeks Cayman swimmers have been successful both in the pool and academically, CIASA and the board would like to recognize the achievements of swimmers in Cayman. Most notably the success of swimmers achieving scholarships and the performance of Jordan Crooks at the Youth Olympic Games in Argentina. The CBAC swimmer broke two personal bests recording a 23.88 in his 50m free, and in the 100 clocking a new personal best of 53.52.

The reputation of Cayman swimmers in the Caribbean is magnifying and it is essential that we continue to support both clubs and community to develop the right culture for our swimmers and coaches to thrive. A lot of work goes in behind the scenes, swimming on the island is run by both paid staff members and volunteers, the culmination of this hard work is the construction of a 50 meter pool.

Whilst this project has been ongoing for sometime both Government and governing body are aligning their visions and CIASA have begun making headway, at the next AGM Weds, **14th November**, they are unveiling there plans for a multi complex sports facility including both new 50 and 25 meter pools. See the plans in person and show your support as the sport of swimming in the Cayman islands continues to grow. In addition Stingray will be hosting it's own AGM on **29th November** 7pm at the Rugby Club on south sound road.

[Cayman 27 Crooks. J - YouthOlympics 50m Fr](#)
[Cayman 27 Crooks. J - YouthOlympics 100m Fr](#)



(ABOORBARLEY Photography, 2018)

DATES FOR THE DIARY

- *Pirates Week 5k - 10th November*
- *CIASA AGM 14th November*
- *Stingray AGM 29th November*
- *Mike Lockwood Memorial Meet -16th to 18th November*
- *CUC Open Water 800m - 1st December*
- *Red Vs Greens, Potluck - 14th December*

Lions Aquatic Centre
Olympic Way
George Town
Grand Cayman

For more info visit our Website: www.caymanswimming.com