



THE STING

A New Year a New Commitment!

We are headed into a new season with exciting reason to make a bigger commitment to achieve our goals. For many years the motivation of our swimmers was to make a big enough commitment that parents would see the value in sending them to one of our travel meets. It has been a couple years now that we have been able to make this happen but, with confidence, we can say that there will be travel meets ahead. CARIFTA has been confirmed by Barbados and we have found a few options in Florida in early April. We will have details on the meets to come. Let's use these meets as an incentive to commit to achieving our goals.

Fundraising is a Team initiative

Stingray has received incredible help from corporate sponsorships over the past 7 years. We have been able to provide our swimmers every opportunity to succeed with the help of meet sponsorships and general equipment sponsorship. The efforts of the corporate world have rightly been redirected to give back to those more in need. Youth sports sponsorship has been extremely difficult to secure since COVID hit.

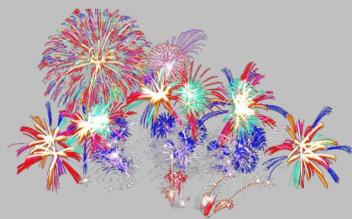
We need help forming Fundraising teams that are willing to take on one event and see it through. We have ideas but we need leadership and a willingness to see things through. If you think you may be able to help with an event please reach out to any of our board members and we will get you headed in the right direction.

We must pick up our fundraising initiatives if we are to continue to operate the way we have.

Be an athlete!

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HAPPY
Holidays

Fina
WORLD SWIMMING
CHAMPIONSHIPS (25M)



2021 Short Course World Championships

After Raya and Kyra have returned from top 16 finishes and finals appearances in Colombia, Stingray is proud to announce that Alison Jackson and Liam Henry will be headed to Abu Dhabi to compete at the Short Course World Championships. This will be Ali's second appearance since the 2016 World Championships in Windsor, Canada. Ali will be competing in the 100 Fr and 100 IM. She has been training in Greeley Colorado at the University of Northern Colorado and is coming off a successful invitational meet from mid November.

This will be Liam Henry's first appearance at a senior international meet. Liam won swimmer of the year for Stingray as he came off an extremely successful college campaign. He will be swimming his specialty in the 50m Fly and 100m Fly!

Be sure to follow along and cheer on all of Cayman as our two join Lauren Hew (Florida State University) and James Allison (SMS) in Abu Dhabi!

"One hour of life crowded to the full with glorious action, and filled with noble risks, is worth whole years of those mean observances of paltry decorum, in which men steal through existence, like sluggish waters through a marsh, without honour or observation." — Sir Walter Scott

SSC Board of Directors

Please welcome, and welcome back our board this year! We were able to maintain steady leadership with Marlene and Lynne. We have great retention in Carol, Karen, Justin, Angela, and Sam.

We have two brand new members in Dee and Rachel.

All our board members are dedicated volunteers and ready to help the club where needed. Everyone on the board has a full time job elsewhere and will need your support.

If you have a special skill set and limited time please reach out to the appropriate board member when you can.

Meet The Board!

President: Marlene West

stingraypres@gmail.com

Vice President: Lynne Walton

stingrayviceprez@gmail.com

Treasurer: Carrol Cooper

stingraytreasurer@gmail.com

Secretary: Angela and Justin Bard

stingraysecretary@gmail.com

Sponsorship: Karen Watson

stingraycorporate@gmail.com

Public Relations: Dee Clark

stingrayswimmedia@gmail.com

Compliance and Fundraising: Samantha Fletcher-Watts

stingrayswimfunds@gmail.com

Team Gear: Rachel Taylor

stingraysgear@gmail.com

Group Liaison: Tracey-Anne Blair



Ms. Penny with SSC, and SOCI athletes

Upcoming Events

We Will be taking a slightly different approach this year with our hosted meets that should make it easier on everyone. We will still need help where we can get it!



RED VS GREEN DEC 17

The premier social event of the year. Bring the whole family for festive Christmas fun and an excellent potluck meal! We will start 5:00 PM! Food by 6:00 PM.

THE PENNY SERIES JAN 14, 21, & 28

We will be hosting the NEW Penny series in honor of the late Penny MacDowall. Penny was a massive supporter of Stingray Swim Club, SOCI, and the swimming community as a whole. Ms. Penny brought a competitive spirit and willingness to help anyone in need! We are excited to bring this tri meet style competition to fruition. The series will run Friday nights for the 11 and overs.

JANUARY SPRINT MEET JAN 29

Saturday morning we are running a sprint meet for 10 and unders and those that might not get enough races at the Tri Meets. This will be an action packed meet where our older Seniors will be there to support and help our young ones.

CUC 800M SEA SWIM JAN 15

Mark your calendars and lets show up in full force!

HAPPY BIRTHDAY

Noah Watson– 10 on Dec 14

Alex Dakers– 21 on Dec 20

Kenneth Glidden– 22 on Dec 20

Zaiden Rankin– 9 on Dec 20

Andrew Mbugua– 15 on Dec 26

Sachin Baxani– 9 on Dec 27



Coconut Cup Standouts

Hard to pick just two for this meet as our results were out of this world. We decided to pick a bunch and still felt bad for leaving some deserving swimmers off!

Sashka Parker

Sashka was on fire at the Coconut Cup. She had 5 huge drops including a whopping 5.8 seconds in the 100 FR. Sashka swam with incredible passion this meet!

Kassy Adapa

Kassy gave everything in the pool and swam one of the toughest races I have ever seen in her 31 second drop in the 400 IM to achieve her very first Junior team time standard and hopeful CARIFTA berth!

Riley Watson

Riley had 12 races over the weekend and dropped in every Single one. She achieved new junior standards and swam the toughest events!

Jorian Neblett

Jorian has had a tough go the last couple seasons but he stayed committed and saw big pay off at the Coconut Cup! He went 100% best times and dropped a phenomenal 2.8 seconds in his 100 fly. His positive energy lifted the whole team!

Sam Dakers

Went 100% best times in some of the hardest events. Sam narrowly missed his first Junior Standard on his way to a 6 second PB in the 200 FLY. No doubt Sam will hit the standards come nationals in February!

Teagan Fletcher

Learned what it means to give everything! She was awesome in every race she swam and the highlights were dropping 12 seconds in the 200 back and 8 in the 200 FR!

Corey Frederick-Westerborg

Like Jorian, Corey too has had a couple rough seasons but to see him back on top and having fun helped excite the entire pool! Corey had PBs in back, breast and free, showing all around improvement!

Lev Fahy

This kid is never stopping! He was 100% best times! With massive drops in the 200s. He even went 11-12 age group as an 11 year old in the 200 IM and 200 FR. That is rarely ever seen for the bottom of that age group!

Annie Arriaga

Went a best time in every single event including 9 second drop in the 100 fly and 8 second drop in the 200 free!

Kieran Cargo, Axelle Lacasse, Phoenix Lacasse, Kylen McLean, Jon-Paul Miller, Ty Rhone, Paris Rhone, Henri Rose, Isabella Ting, Jonah Ting, Chase Watson, Maria Westin, William Westin

All went 100 % PBS! Maria with a 10 second drop in the 100 fly. Jonah a 7 second drop in the 25 br. Henri with a 9.5 drop in the 100 IM. Kylen with 11 in the 100 free. Phoenix with 15 in the 50 BK. Axelle 32 in the 100 BK.

HOLIDAY SCHEDULE

Seniors:

Dec 20, 21,& 23: 6-8:00 AM and 4:15 to 7:00 PM
Dec 22: 4:15 to 7:00 PM only
Dec 24: 7-9:00 AM only
Dec 25-26: OFF
Dec 27, to 30: 6-8:00 AM and 4:15 to 7:00 PM
Dec 31: 6-9 AM only
Jan 1: Beach 11-1:00 PM (Wear SUNSCREEN)
Jan 2: OFF
Jan 3: 6-8:00 AM and 4:15 to 7:00 PM

Gold:

Dec 20 to 23: 4:00 to 6:00 PM
Dec 24: 7-9:00 AM
Dec 28 to 31: 4:00 to 6:00 PM
Jan 1: Beach 11-1:00 PM
Jan 2: OFF
Jan 3: 4:00 to 6:00 PM

Silver and Bronze:

Dec 20 and 22: 3-4:00 PM
Dec 23 to 28: Off
Dec 29: 3-4:00 PM
Dec 31: 9-10:00 AM
Jan 1 and 2: Off
Jan 3: 3:00 to 4:00 PM

“It takes time to create excellence. If it could be done quickly, more people would do it.”— John Wooden

Perfect Attendance November

KYRA RABESS— Attendance Paid off with her new record, dropping 5.8 sec to break Kaitlyn Elphinstone’s 18 year old 400 Free Record by 3 seconds!

RAYA EMBURY-BROWN— Had some monster relay splits at Coconut cup and is looking for November to carry through into the new season!

LOLA HAWORTH— Has continued to see stellar improvement through Coco Cup with massive time drops! Including 20 seconds in the 800 and 13 in the 400 and 5 in the 200!



Pursley Pep Talk: *THE POSITIVE CHOICE*

Every successful coach understands the importance of creating a positive training environment. Our thoughts, choices and decisions will be influenced by the environment around us.

A commitment to excellence is extremely difficult to sustain even under the best of circumstances. It becomes almost impossible to sustain if we are surrounded by negative influences or by those who promote self indulgence or mediocrity.

As much as we are able, we should immerse ourselves in an environment that is conducive to the pursuit of excellence. This means that we should choose our friends from among those who are striving to be the best they can be and who are willing to make the necessary commitment to achieve that goal. It means that the books we read and our entertainment choices should be inspiring and challenging. Most importantly, we should challenge ourselves to “keep it positive” in all of our thoughts, words and actions. The closer we come to achieving this objective, the more likely we will be to achieve performance excellence.



“We are committed to providing swimmers of all abilities with the opportunity and encouragement to pursue performance excellence in an environment, built upon a team-first philosophy, which relies on discipline, teamwork and sportsmanship.”