

'THE STING', Issue 8



We are officially underway with the 2019-2020 Season. It has been a great month back in the pool and were excited for an awesome year!

CNB Sprint Meet

This years Cayman National Sprint meet was a great start to the year. It was a great success and learning experience for our younger and new swimmers. We saw many lifetime best times and had 5 high point winners!

Senior Group: 100% best times in the 100IM as well as close to 100% time improvements from last season's sprint meet.

Gold Group: 26 overall best times

Silver Group: 21 overall best times

Bronze Group: 19 overall best times

New Participants: Dillon Phillips, Ty & Paris Rhone, Lev Fahy, Owen Franklin

High Point Winners: Riley Watson, Andrew Muyanga, Jorian Neblett, Alison Jackson, and Corey Frederick-Westerborg

Photo courtesy: Scott Swing



Foster's 35th Annual Sea Swim

The Open water Season kicked off with a bang on September 14th. Stingray had tremendous success! The 800m swim featured victories in both the male and female divisions with Jake Bailey, and Raya Embury-Brown. Elana Sinclair was second in the women followed closely by Kyra Rabess (4th) and Allyson Belfonte (7th).

In the 400m race Chase Watson brought home victory for the 8-unders.



The sea swims are a great confidence builder for our swimmers and a chance to show case their training. For our younger swimmers in the 400 it is exciting, new and a safe way to introduce them to open water swimming. Keep an eye open for our beach practices where the entire team comes together. The practices will give them the confidence they need to participate in the sea-swim. Our next beach practice at gov beach will be 26th. Our senior distance swimmers will be in intense preparation for the Pirates week 5k set to take place in November. These swimmers begin the official training next week! Wish them luck and take notice!

COLLEGE RANKS

Our college swimmers have been off to a blazing start at the next level! McKendree University with John Bodden, Kenneth Glidden, and Cole Morgan swept the competition at their opening invitational beating out 4 different Universities for the over-all win on the men's side.

McKendree two weeks later followed it up with a convincing victory over division one opponent, Southern Illinois University. John and Cole are coming off of lifetime best seasons this summer after medaling at Island Games, and making semi-finals at Pan AM Games, in addition this will be Kenneth's first season competing in the college ranks. We expect all three to have monster seasons with the team. McKendree is looking stacked this year with a great opportunity to win the GLVC conference and the Division II National Championships. With a 2-0 start and our boys making contributions, it is a team to watch this season, keep up at mckbearcats.com

Sarah Jackson and the UNC bears have been battling in the mountains, where in a sport that is already underwater, the air is rare. They suffered a close defeat against Wyoming, but Sarah swam great with a split on the 200 FR relay that could earn her a spot on the A relay, as a freshman, in coming meets. UNC followed up with a victory at home where Sarah scored in both individual and relay events. Follow Sarah and the Bears at uncbears.com



COLLEGE RANKS

Liam Henry swam in the first meet of his collegiate career this past month at an exhibition event. Indian River springs into action on the 26th against a tough opponent in Florida Atlantic University. Indian River is coming off the NJCAA national title last year and will look to defend once again. There will be some exciting action from this team and world class performances, make sure you follow Liam's progress at irsc.prestosports.com



Sam Bailey and the Ohio University Bobcats will kick off their season on the 18th this month against two of the best schools in the country in Kentucky and South Carolina. They have a small squad this year but are coming off a great season and expect to see some fast swimming again this year. Follow Sam and the Bobcats at ohiobobcats.com



Finally, Alex Dakers will be competing for Team Bath at Bath University. His first competition is this weekend. He will be prepping for a major competition in Amsterdam in December. He has been training with some of Britain's most elite swimmers at the University, and is hoping for a big Freshman season. You can follow news on Team Bath at teambath.com



CIASA AWARD WINNERS

The Stingray swimmers raked in the awards at the 2019 CIASA Award Ceremony. Overall Stingray won 10 different awards. It was a great day filled with lots of fun!

National Development Swimmer of the Year:

13-14 Male - Sam Dakers

National Junior Swimmer of the Year:

13-14 Male – Corey Frederick-Westerborg

15-18 Girl – Ali Jackson

Open Girl – Raya Embury-Brown

National Senior Swimmer of the Year:

Male – Brett Fraser

Special Olympian of the Year:

Dayana Powery

800m Open Water Swimmer of the Year:

Youth Female – Elana Sinclair & Raya Embury-Brown

Youth Male – Alex Dakers

Distance Open Water Swimmer of the Year:

Youth Female – Elana Sinclair



FALL TRAINING CAMP SCHEDULE

SENIOR:

Monday 21st – 25th

7-9:00 AM- swim

9:00- 9:45- dryland

9:45-10:00- snack and change

10- 12:00 PM- talk and team building

12:00-6:00- Go home study and rest

6:00 to 8:00- 30:00 technical clinic, 1.5 hours training

*Wednesday evening off



GOLD/ SENIOR II:

7-9:00 AM- dryland and swim everyday

GOLD, SILVER, BRONZE & HSD:

4:30- 5:00 PM- Film review of the pros

5:00 to 6:00 PM- clinic and skills work

6:00 to 6:30 PM- talk on select topic



Film and clinic/talk schedule:

Monday: Backstroke/nutrition

Tuesday: Freestyle/team building

Wednesday: Starts and Turns/ Meet preparation

Thursday: Breaststroke/ goal setting and evaluating personal performance

Friday: Butterfly/ team building

*Gold Transition: Some of you may benefit more from the film review and clinic 4:30 to 6:00 than an evening practice. If there is a particular stroke/ skill that you are struggling with. Take a look at the schedule and make a decision.

Saturday October 26th-

Team Potluck Breakfast and Beach Practice

Senior: 7:00 start

Gold/SRII: 8:00 start

SLVR/BRNZ/HSD: 8:30 start

Breakfast: 9:30 AM



UPCOMING EVENTS

We have a very busy couple of months coming up for the Stingray Swim Club!

Fall Training Camp: 10/21 -10/26

- Fall training camp will have plenty of opportunities for stroke technique, educational talks, and great team bonding.

Mike Lockwood Memorial: 11/15 -11/17

- Make sure to be on the look out for the registration deadline. We would love to have all Stingray athletes at the meet.

Pirate Week 5K: 11/19

- The event will be hosted at Governor's beach and start at 7am.

Stingray Swim Club AGM: 11/21

- Everyone come out and support Stingray Swim Club

CIASA AGM: 11/5

- We need to have Stingray Swim Club support on the CIASA board. Come on out and help Stingray!

EXERCISE AND STUDYING

With exams coming up there is always a little more stress around the house and the thought that maybe a break from the pool might be best. Check out what the experts have to say!

- Aerobic exercise has been proven to boost the size of the hippocampus, which is the area of the brain involved in verbal memory and learning
- Exercise helps memory and thinking directly from the ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors. Growth Factors are chemicals in the brain that affect the health of brain cells as well as the growth of new blood vessels in the brain.
- Exercise indirectly improves mood and sleep, and reduces stress and anxiety that can build up around exam time.
- Many studies have suggested that the parts of the brain that control thinking and memory (prefrontal cortex & medial temporal cortex) have greater volume in people who exercise daily.
- What this means:
 - Participation in daily exercise helps to stimulate the brain to increase memory, improves mood and sleep, and reduces stress.
 - Skipping practice to study negatively affects the student by reducing these chemicals in the brain. For more productive learning and retention of information, keeping the routine of daily swim practice helps with studying more efficiently.

[Read more about it here](#)

[Or here about skipping for exams](#)

STINGRAY SWIM CLUB MASTER'S PROGRAM



The Stingray Swim Club is starting a master's program for swimmers interested in improving their skills and a great fitness challenge! This program would be great for any former swimmer looking to get back into the sport, triathletes needing to improve their swimming, or any recreational swimmer. Each session will be 1 hour long at the Lions Aquatic Centre and cost \$5 per session.



Monday/Wednesday/Friday: 7:15am – 8:15am
Tuesday/Thursday: Beach Swim @ Sunset House 7:15am -
8:15am

If interested, contact Coach Macon Crowder:
Stingrayswimcoach@gmail.com

MESSAGE FROM THE PRESIDENT

AGM

The annual general meeting for CIASA, our swimming federation, is just around the corner (November 5th) and Stingray will need your support. Stingray needs greater representation on the federation board. Anyone that might be interested in a seat please contact either myself or coach David. It is also important for our membership to be aware of the greater swimming community. Please make the effort to attend and vote on behalf of SSC.

The AGM for Stingray takes place at the rugby club on November 21st. We have had an excellent and dedicated board this past year, but unfortunately, some of our members will need to step down. Anyone interested in a board position please contact myself or coach David. Becoming a member of the board can be a very rewarding experience. Without the dedication of the board Stingray Swim Club could not see the success it has. We are looking for persons who are willing to come on board to get involved and invest time in the continued success of the club. Previous experience is not necessary, but simply a willingness to contribute and volunteer your time for the benefit of the swimmers.

Fees and Registration

PLEASE COMPLETE REGISTRATION AND SET UP PAYMENT. As a not for profit club we rely on membership fees and fundraising to keep our coaches employed. Don't delay in paying your fees. The membership list for the club must be closed 35 days prior to the AGM.

Volunteer Hours

As a reminder - the clubs policy is to reward our members that volunteer in anyway by a credit to their account at the end of the Swim year. We ask that all members keep track of their volunteer times and send them into the Stingray Secretary at the end of the swim year. The best way to log time is by signing up for jobs via team unify when events are created within the club. Volunteer hours for CIASA sea swims or other club meets are also honoured.

MESSAGE FROM THE PRESIDENT

Child Abuse Reporting

We have been asked, as part of the ongoing efforts of the Government's development of the Child Protection Policy, to make our membership aware that the email address for reporting suspicions of child abuse has been changed by the Department of Children and Family Services and is now: mash@gov.ky

Dart Grant

We are thrilled to share that Stingray Swim club was selected as one of the recipients of a 2019 grant in the amount of KYD\$25,000.00 in support of our ongoing program. The grant was awarded to the club for the continuation of the SOCI Swimmers in our competitive program as well as purchasing necessary equipment. SOCI swimmers have been an integral part of Stingray Swim Club since the beginning and have been a tremendous part of our success. The equipment we purchase is put to excellent use in helping our swimmers prevent injury and understand better biomechanics. The generosity of the DART grant is greatly appreciated.

Please do not hesitate to reach out to myself or any of the SSC Board members should there be any concerns or queries.

Thank you, and look forward to seeing you on deck!

Marlene West

SSC President

stingraypres@gmail.com