



THE STING

Exciting Things ahead for Stingray Swim Club

We got off to a rocky start this season, but most sports on island have. It isn't just on island that youth sports have suffered since COVID. Reopening has brought back 30% less participants in the U.S. and even higher rates around the globe. We are down 28% of our members from our typical September start. One thing we know is the importance of sport and physical activity for the mental and physical well being of our youth. Encourage those around you to get their kids back into sport and swimmers, get your friends back to the pool and back on the fields! The added stress of COVID and school doesn't lend much room for the stress of competition and performance. Kids are shying away from stressful activities and we need to find a way to draw them back to what has the potential to be so healthy. Our focus forward needs to be on building a fun community experience that still instills all the great benefits of competition and sport.

You Can Help us Build a Better Future

Stingray AGM Nov. 24th 6:45 PM at the Squash Club (south sound)

The Annual General Meeting for the club is right around the corner. We need more members on the board, no swimming knowledge is required. We need skills that far out reach the pool. The coaches have the pool covered but lack in skills that you may have. To bring kids back we need people that can help build our family and impact the community around us. We would like to see more community outreach from our club, but do not have a point person. We need people to take on the social side of the club to bring families together. We need to be more than just the black line and we need the people that can help on our board.

Be an athlete!

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Special points of interest

If you take nothing else from this Newsletter. Take this....

WE ARE A COMMUNITY PROGRAM THAT NEEDS A COMMUNAL EFFORT TO CONTINUE TO PROVIDE A POSITIVE AND WORTH WHILE EXPERIENCE TO OUR ATHLETES. HELP WHERE YOU CAN!



2021 Junior Pan American Games Nov 26-30

Stingray is proud to announce that Raya Embury-Brown, and Kyra Rabess will be headed to Cali, Colombia to represent The Cayman Islands at the inaugural Jr. Pan American Games. Coach David will be joining the girls along with Jordan and Jillian Crooks to fill out the team! This is the first time the games has been held, leaving zero expectations for what's to come and a lot of promise for great competition and international exposure! The games is comprised of 41 countries, and 3,500 athletes. Quick shout out to Cassandra and Krishna Adapa's brother, Karthik, who will also be participating as a gymnast at the games! The Swimming will commence the 26th of November when Kyra will swim the 50, 100, 200, and 400 freestyles, while Raya will swim the 400, 800 and 1500M freestyles.

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand.” — Nelson Mandela



Jacky Pellerin

New to the Island!

Technical Director: Jacky Pellerin

Bailey Weathers will be passing the torch to a new technical director, Jacky Pellerin. If you see him around welcome him to the island! Jacky is a rugby fan, so if you are too it's a good week to meet him! Coach Jacky was the coach of Anton Mckee, you may remember him from the lock down zoom call, before coach David had Anton. He was an excellent coach for the Icelandic national team before his arrival and is sure to help tremendously with his past experience and success.

Glacier Pool Cooler!!!!!!!!!!!!!!

It has been 7 years of emails, failing attempts with 150 foot tarps taking 4 hours to put up, only to take down for the storm the very next day, aerator motor replacement, ice drops and so much more (that we should not speak of) to try and keep our swimmers cool enough to swim in the hot summer months. The monstrosity of a tank and box outside the pool right now is the cooler ready to be installed! A huge thank you goes to Stephen Broadbelt for making it happen!



South Sound Squash Club Gym

Our top senior group has finally found a home that works for the sport specific strength program we need. SSSC recently installed a gym with everything we need. No more make shift coolers as box jumps, dirty carpet cut outs for slides, rusted trap bars, duck taped ab rollers, heavy rope cooler pulls, or yard lifting. We are eternally grateful for the equipment we have and will continue to make the most of it with our Gold and beginning senior groups but now we have access to a state of the art gym at an unbelievably low price.





**STINGRAY LESSONS ARE BACK! TELL YOUR FRIENDS TO CONTACT COACH DAVID AT
STINGRAYLESSONS@GMAIL.COM
WE ALSO DO COMPETITIVE LESSONS TAUGHT BY OUR TOP SENIORS!**

Upcoming Competitions

Firstly, apologies for the event emails that have not come to fruition. We were ambitious, along with CIASA, in thinking we could have everything planned in advance. The website sends out automatic notifications for events and we have not been able to have them as planned thus far. We will fix this moving forward. (It's not coach Jackson misleading you... he set up the original events so its his name on the emails)

Mike Lockwood Memorial Meet Nov 19-21

We will be hosting the Mike Lockwood Memorial meet at Lion's Pool. We will need volunteers and support for the meet. Look to the website to sign up to volunteer and enter your swimmer. The Friday night will be a 10 and under session while Saturday and Sunday will be 9 and over. These will be shorter sessions than the Fall Kick Off.

Turkey Tri-League Championship Nov 21

Sunday evening after the MLM meet we will finish the dispute to the best team on island! We are 1-1 in our duel record. At full strength we have the win, no doubt. But we will need all our best swimmers showing up in full force ready to compete!

Fosters 400 & 800m Sea Swims Nov 27th

We do not yet have word on the rescheduling of the 5k. However the 400 and 800 is for all groups and all swimmers! All of Silver can complete the 400 and the vast majority of Bronze can complete the 400 alone. If you have a new Bronze member let Coach David know and he can get a Senior swimmer to swim with them. The pride in finishing is great for the beginner swimmer! Don't be shy and show up!

FALL KICK OFF PERSONAL BESTS

Kassy Adapa: 100FL-200BR-50FL	Axelle Lacasse: 50BK-50FR
Annie Arriaga: 100BR-100FL-100FR-50BR-50FL	Andrew MBUGUA:100FR-50FR
Elijah Bain: 100FR-50BK-50BR-50FL	Kylen McLean: 50BK-50BR-50FR
Victoria Bain: 50FR-	Jon-Paul Miller: 50FL-
Sachin Baxani: 50FR	Sashka Parker: 100BR-100FR-50BK-50FR
Alisa Berdnikova: 50BK-50FR	Emilia Pywell: 50FR
Konnor Broadhurst: 100FR-50BK-50FR	Kyra Rabess: 100BK
Kieran Cargo: 50FR	Zaiden Rankin: 50FR
Holly Clark-Terrell: 100BK-50BK-50BR-50FR	Paris Rhone: 100BK-100FR-50BK-50BR-50FR
Arty Clark: 50FR	Ty Rhone: 100BK-50FR
Jack Clark-Terrell: 100 BK-400FR	Henri Rose: 50FR
Cassidy Coles: 100FL-100FR-200FR-50BK	Joshua Rose: 50 FR
Engel Connor:50BR-50FR	Shaelisa Stewart: 100FR-50BK
Sam Dakers: 100FR-	Gianna Tatum: 50FR
Lev Fahy: 100BK-100FR-200FR-200IM-50BK-50FL-50FR	Isabella Ting: 100BR-100FR-50BK-50BR-50FL-50FR
Teagan Fletcher: 100BK-100FR-200BK-200IM	Chase Watson: 100FL-100FR-50BK-50BR-50FR
Owen Franklin: 100BR-200IM	Noah Watson: 50BK-50BR-50FL-50FR
Nathaniel Fraser: 50FR-	Riley Watsons: 100BR-200BK-200BR-200FR-200IM-50BK
Dominic Gunn: 100FR-200BR-200IM-50BK-50BR-50FL	Felicity Westin: 100FR-200BK-200BR-200IM050FL
Kiera Houghton: 50BK-50FR	Maria Westin: 50FR
Lola Haworth: 100FR-200IM-400FR	William Westin: 100BR-100FR-100IM-50BR-50FL-50FR
Sammy Hawthorth:100IM-50BK50BR-50FR	Daniella Whiteman: 100BK-100BR-100FR-50BR-50FL-50FR
Jaden Jackson: 100BK-50BK-50BR-50FR	Kevon McLean:100FR-50BK-50FR

HAPPY BIRTHDAY

Sarah Jackson– 21 on Nov 7

Teagan Fletcher– 15 on Nov 15

Shaelisa Stewart– 12 on Nov 17

Cole Broadhurst– 10 on Nov 24

Coach David– old on Nov 29



Fall Kick Off Stand Outs

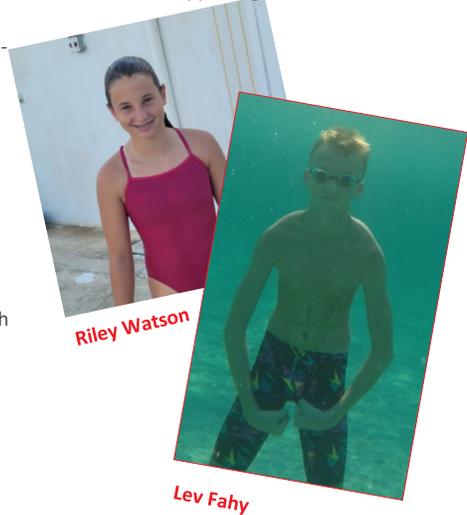
We had an incredible outing at the first meet of the season, The Fall Kick Off. We had several swimmers step up in events for the first time and almost every swimmer achieve a personal best time! It was a very exciting meet for us all in all.

A few take-aways from the meet were: needed improvement in sportsmanship and congratulating our competitors, gratitude towards officials and volunteers, needed improvement in keeping a tidy team area and swimmers sticking around the team area to support their teammates.

The Swimming in the pool however, was fantastic and highlighted by two a few huge swims from Riley Watson and Lev Fahy! Both achieved new Junior team standards to give them high hopes towards their first ever CARIFTA games! Riley achieved her time in the 200 back and Lev in the 100 back! Big

Congratulations to them!

Best Teammate recognition goes out to Gianna Tatum, and Emilia Pywell! These two girls did an outstanding job of keeping a positive attitude and supporting their teammates!



Riley Watson

Lev Fahy

Perfect Attendance

We want to recognize those with the ultimate dedication each month that have perfect attendance.

KYRA RABESS– Made 38 practices in the month of October and it has shown!!

AXELLE LACASSE– Was our only Silver member with perfect attendance and she has stepped up big in our Duel Meets!

COLE BROADHURST– Had perfect attendance for Bronze. His attitude and rate of improvement have been inspiring!

KYLEN MCLEAN– Kylene came in every practice ready to go this month and is on his way!



Swimmers Eat!

In the heavy weeks of training through early November our senior athletes need upwards of 3500 calories per day for the 15+ year olds, Parents try downloading a nutrition tracker app and check your macros and total calorie count. You might get an idea of how much food your swimmer actually needs.

To get that many calories in a day takes planning ahead and often meal prep. Burritos are the easiest way to get the right amount of protein and calories in after a morning practice. They can be made for the week on a Sunday and are easy to eat on the go. Pack your burritos with eggs, ham, beans, spinach, potatoes, cheese, and bell peppers and you'll have everything you need to recover from an early morning practice.

Whole proteins at every meal and a variety of colors and natural foods will keep you healthy and fueled for performance.

Snacks between school and afternoon practice are necessary for all our swimmers. A hungry swimmer is a slow and unhappy swimmer.

Great snacks can include cheese and crackers or pretzels, peanut butter apples (not at the pool for those allergic), smoothies, and sandwiches with protein. Chips, patties, candy and soda need to be avoided before practices.



“You can’t put a limit on anything. The more you dream, the farther you get.” — Michael Phelps

New Suits and Christmas Gifts

We couldn't be more excited to present a new logo and new suits for the team! Links to order will be sent this week!

We are going to look sharp this year! No worries if you just bought a new suit as those will do just fine until you need a new one. We won't be changing the shirts or socks either.

If you want ideas for Christmas gifts then new training equipment is a great way to go. Gold and Senior need specific fins paddles and snorkels in their equipment bags!

The right equipment makes all the difference. Swimoutlet.com has a sale going on now!

Strokemaker paddles or TYR catalyst paddles are the only paddles for the senior group.

Fins need to be shortblade with a backstrap. Arena, T2, DMC, and now TYR all make these type of fins. See picture.

Snorkels need to be front mount. Do not get a snorkel with a two way valve. The simpler the design the better but any brand will work. The more complicated designs break and have too many moving parts.



Pursley Pep Talk: *THE “COMFORT ZONE” TRAP*

Many years ago at a coaches' conference, one of the presenters made a statement that has stuck with me ever since. I have forgotten his name and the theme of his presentation, but I still remember this simple phrase that has had a lasting effect on my life: “The best choice is usually the most difficult choice.” This little secret has been discovered by everyone who has achieved significant levels of success in any field of endeavor.

The natural inclination for most of us is to seek our comfort zone, to shy away from new and unfamiliar challenges. Personal growth, however, is attained precisely through challenging ourselves to step out of our comfort zone in pursuit of our goals. If we fail to do this, we are unlikely to experience progress, success and fulfillment. Although we all long for it, a comfortable life is rarely a productive life.

There are endless applications of this principle in the many choices and decisions we make regarding our involvement with competitive swimming: the level of commitment to preparation and lifestyle we are willing to make in and out of the pool, the challenge to respond to the alarm clock on a dark and cold winter morning, our reaction to a challenge set that requires us to step up to a higher level of performance, the challenge to conform to team protocol when it deviates from our normal routine and personal preferences...and the list goes on.

If we are to realize our full potential as a team and as individuals, we must constantly be on guard against falling into the “comfort zone” trap. Are we willing to do whatever it takes (consistent with our values and moral principles) to achieve the desired result? Rather than base our choices and decisions on our personal preferences and natural inclinations, we must base them on their relationship to our goals and aspirations. More often than not, these are the most difficult choices and decisions.



“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.”