



Week ending March 8, 2020

## ~News from our Federations~



The pool at the Viper's Aquatic Facility at Langfords was boiling with hot performances during the recently held 7th National Swimming Championships. The event, hosted by the Antigua and Barbuda Swimming Federation (ABSF), took place February, 28th to March 1st, 2020. The three-day meet saw over 90 swimmers competing to become National Age Group High Points Champions while also attempting to improve their times and qualify for the upcoming Caribbean Free Trade Association (CARIFTA) Swimming Championships and Central American and Caribbean Amateur Swimming Confederation (CCCAN) 2020. With swimmers as young as 5, the Nationals was a mix of development and high performance. The Minister of Sports, Culture, National Festivals and the Arts, Hon. Daryll Matthew gave the featured address at the opening ceremony and encouraged the ABSF and the swimmers to continue on their paths to success and stressed the importance of sports in everyday life. Also giving opening remarks was Mr. Phillip Isaacs, Antigua and Barbuda Olympic Association (ABOA) 3rd Vice President, who provided a historical perspective of swimming in Antigua and Barbuda as he urged the swimmers to do their best and be excellent ambassadors for the nation. Leading off the recording setting performances was young Kaylee Warner, swimming in the 6 and under age-group category, who scored an impressive six national age group records (NAGR) over the weekend. Kaylee set new marks in the 25 metre backstroke (23.56), the 50 metre backstroke (50.32) the 100 metre backstroke (1:55.41), the 50 metre breaststroke (1:02.20), the 100 metre breaststroke (2:19.13) and the 200 meter freestyle (3:47.45). Eight year-old Keitonya Skepple also had an exceptional meet with 100% time improvements and three NAGRs on her way to securing the girl's high points trophy in the 8 and under age-group. Keitonya secured her records in the 400 metre freestyle (6:29.83), the 200 metre freestyle (3:00.18) and the 100 metre backstroke (1:39.46). Moving up in age, the girls kept the record-breaking momentum going. Selah Wiltshire, swimming in the 11 – 12 age group, posted a NAGR in the 200 metre breaststroke (3:12.69), besting her previous record set in January. Selah also set a AAA (triple-A) time in the 50 metre freestyle (29.36) in the 50 metre freestyle. Meanwhile, Hailey Derrick swam hard to claim the high points trophy in the girls 13 – 14 age-group, securing four NAGRs and one national record (NR) along the way. Hailey's NR and NAGR record came in the 200 metre butterfly with a time of 2:30.49, while her NAGRs were accomplished in the 100 metre butterfly (1:07.36), the 200 metre freestyle (2:12.04) and the 400 metre freestyle (4:40.69). Hailey also obtained her second AAA time, which qualifies her for CCCAN later this year. On the boys' side, Tivon Benjamin continued his winning ways with two NAGRs and a NR. Tivon, although only 12 and swimming the 11 -12 age-group, set the NR in the 800 metre freestyle, where he swam an impressive time of 9:31.35. He also set the 100 metre freestyle NAGR (57.13), and swam personal bests in 11 of 12 events on his way to capturing the high points trophy in his age category. Jamie Tranter captured the high points champion title in the boys 8 and under age category and set a NAGR in the Jamie NAGR in 100 metre backstroke (1:34.65). Brandon Derrick also swam his way to the title of high points champion in the boys 15 – 17 age category, also set a new NAGR when he eclipsed his past record in the 800 metre freestyle and with a time of 9:41.33. Addressing the record breaking performances over the weekend, President of the ABSF Dr. Derek Marshall, said, "The Nationals produced outstanding results, especially from the girls. Young Kaylee's six record breaking performances proves that the future of swimming is bright in Antigua and Barbuda". He added, "I would like to congratulate all the swimmers - especially the high point champions and records setters in each age group category. They swam with purpose and delivered an excellent show for the spectators." Beyond the broken records, the meets also saw outstanding performances by the likes of Davien Barton who had 100% improvement in times and qualified for

CARIFTA with two AA (double-A) times in the 50 metre and 200 metre freestyle. Ethan Stubbs-Green also qualified for CARIFTA with 2 AA times in the 100 metre butterfly and the 400 metre freestyle. Meanwhile, Arianna John lifted the high points trophy in the girls 15 – 17 age group, while Jamie Trantor (high points champion 8 and under, boys) and Tony Goodwin (high points champion 13 – 14 boys) had perfect weekends scoring 10 golds each. Adrian Karam had a near perfect weekend on his way to boys' high points champion in the 9 – 10 age group with nine golds and one silver. While reflecting on the meet, Vice President of Pools Darren Derrick, stated, "We had three days of glorious weather during the meet and I would like to thank all the sponsors, officials, volunteers and screaming supporters that made the event successful. We had 93 swimmers compete in the ABSF Nationals and 17 national age group records were broken. Most of those were in the younger age-groups, so that is an excellent sign for the future of swimming." Derrick confirmed that the high point champions in each age category are restricted to nationals of Antigua and Barbuda. High point champions: 8 and under – Keitonya Skepple (Girls) and Jamie Trantor (Boys), 9 – 10 years old – Davina Barton (Girls) and Adrian Karam (Boys), 11 – 12 year old – Aungelique Liddie (Girls) and Tivon Benjamin (Boys), 13 – 14 years old – Hailey Derrick (Girls) and Tony Goodwin (Boys), 15 – 17 years old – Arianna John (Girls) and Brandon Derrick (Boys), 18 and over – Darryl Appleton (Boys). There was no 18 and over female swimmer. The ABSF National Swimming Championships was the last local qualifying event for CARIFTA 2020. The ABSF Selection Committee will review the results from the meet and those of overseas qualifiers and name the national swimming team to head to Barbados. CARIFTA 2020 is scheduled to occur on Easter Weekend (April 10th – 14th) in Barbados. The meet is an approved qualified for the XXXII Olympiad 2020 to be held in Tokyo, Japan this summer.



While many countries dropped out last second due to coronavirus, the first leg of the FINA Artistic World Series in Paris, France was a weekend filled with nerves and excitement. Aruba's new pair Meghan Tromp & Kyra Hoevertsz showcased their new routine programs for the first time together on the international stage. While the pair had strong swims, they hoped for a bit higher score. Aruba also competed



in the solo events. Tromp swam her 'Toxic' free solo earning a score of 71. Hoevertsz swam her free solo to "Just a Fool" by Christina Aguilera & Blake Shelton earning 74 points. Hoevertsz's technical solo earned 73 points. Esther Croes, Aruba's FINA A judge was present at the competition as well. While she didn't judge Aruba's routine directly, she did have the tough job of judging all the other events. At the end of the competition



the pair also performed a Carnival routine in the Gala, representing a part of Aruba's culture. The crowd absolutely loved the music.



Allyson Ponson representing Azura Florida Aquatics lowered the Aruban 200 metre freestyle national record at the 2020 Sectionals which ran from March 5 to 8 in Plantation Florida. She lowered the national mark from 2:06.97 held by Florence Kock from 2016 to 2:05.66 to place second in the B final. Her previous personal best was 2:07.03 set recently at the TYR Pro meet in Knoxville. In the 800 metre freestyle relay she swam the second leg in 2:07.43 to help the A team to the Bronze medal in a total time of 8:42.43. In the 50 metre freestyle she won the Silver in a time of 26.12 after swimming 26.09 in the heats. In the 400 metre medley she anchored the team in 56.89 to help them to the Silver in 4:22.90. She took Silver in the 100 metre freestyle time in a time of 57.40. She would lower that 100 metre freestyle time to 57.10 leading off the 400 metre freestyle relay. Azura Women won the Gold in a time of 3:55.28.

Another Olympian Mikel Schreuders was testing his speed at the TYR Pro swim Series in Des Moines. He was fourth in the B final in a season best time of 49.32. The winner of the race was US Olympic Gold medallist Nathan Adrian in 48.62 and 2019 World champion in the event Caleb Dressel was second in 48.68. Mikel would go on to win the B final of the 200 metre freestyle in a time of 1:49.84, yet another season best. He would take the C final in a time of 22.89.





The Bahamas Aquatics Federation (BAF) ratified a 36-member team for the 2020 CARIFTA Swimming Championships that will be held at the Barbados Aquatic Center in Wildey, Barbados, set for Saturday, April 11 to Tuesday, April 14. The team was ratified yesterday afternoon, a day after the BAF hosted its CARIFTA Trials, which was dubbed the 'Last Chance Meet', where swimmers put their best foot forward to improve their times.

Team Bahamas will be heading back to Barbados as the defending champion after completing a three-peat last year. They will be going for their fourth straight victory and their sixth title in the seven years. The female division will be represented by Tia-Isabella Adderley (11-12), Mia Patton (12), Zidane Salting (11-12), Elle Theberge (11-12), Rayven Ward (11-12), Zoe Williamson (11-12), Abayomi Brown (13-14), Maria Fox (13-14), Rhanishka Gibbs (13-14), Keianna Moss (13-14), Seannia Norville-Smith (13-14), Mia Sastre (13-14), Katelyn Cabral (15-17), Jamilah Hepburn (15-17), Rachel Lundy (15-17), Anya MacPhail (15-17), Delaney Mizell (15-17) and Zaylie-Elizabeth Thompson (15-17). The male division will be represented by Jarrod Charles (11-12), Caleb Ferguson (11-12), Ellie Gibson (11-12), Zion Gibson (11-12), Tristan Hepburn (11-12), Asher Johnson (11-12), Donald Saunders (11-12), Caden Wells (11-12), Jack Barr (13-14), Tristin Ferguson (13-14), Nigel Forbes (13-14), Marvin Johnson (13-14), Joshua Newry (13-14), DaVante Carey (15-17), Ian Pinder (15-17), Lamar Taylor (15-17), Erald Thompson III (15-17) and Mark-Anthony Thompson (15-17). The coaching department will be spearheaded by Travano McPhee for a fourth straight year. He will be assisted by Andy Loveitt, Camron Bruney and David Delcueto. Georgette Albury will return as the team manager. The male chaperone will be Kendric Albury and the female chaperone will be Denise Mizell.



last (11-17),



The team features 19 swimmers who are returning to Barbados for the meet as last year's CARIFTA Championships was held in Barbados as well. A total of 10 of them are females and the other nine are males. Aside from Patton, the other 11-12 girls are new. In the 13-14 girls category, Fox and Brown are new. All of the 11-12 boys, with the exception of Asher Johnson, will make their CARIFTA debut. Some of the younger swimmers have seen action at the regional level. In the 13-14 boys, Barr and Newry are the newcomers. All of the 15-17 boys and girls swimmers swam at the meet last year and the ones who are aging out this year will be looking at finishing their junior careers strong. The 13-14 girls has Moss who holds the top CARIFTA qualifying times for her age group, and Sastre, who will compete in open water swimming, also returns. Moss is at the top of the age group this year and will be looking to end her competition in that group strong. Individually, she won a gold and silver, along with a silver in the relays, last year. Gibbs will look to take the 13-14 breaststroke races at CARIFTA. She has the fastest times in the sprint breast races. Jamilah Hepburn has the fastest times in the breast sprints for The Bahamas in that age category and will be looking to lock up the top spots at CARIFTA too. Cabral and MacPhail are returning team captains and will look to show their leadership in the pool. Both have competitive times going into the meet and with just under a month remaining, will look to drop times even more. In the 13-14 boys, Forbes will be joined by his club teammate Marvin Johnson, who won 10 individual gold medals and four relay gold medals at last year's championships. Forbes won six medals last year including a gold. Last month at the Union Americana de Natacion (UANA) Swimming Cup, he swam away with six medals – four gold, a silver and a bronze. He also set three championship records. The senior boys are strong with national record holder DaVante Carey at the helm. The McKendree University freshman has been having a great year and will be swimming at the National Collegiate Athletic Association (NCAA) Division II Swimming Championship this weekend. Taylor was also at the UANA Swimming Cup, picking up four individual medals – two gold, one silver and one bronze. He also broke a championship record. Mark-Anthony Thompson will look to improve on the bronze medal he won in the 1500m race at last year's CARIFTA Championships. The 11-12 boys and girls have very strong swimmers who were in a fierce battle up to Saturday night. Last year, the team won a whopping 73 medals at the championships, dominating its Caribbean counterparts in grand style. The Bahamas grabbed 35 gold, 18 silver and 20 bronze medals.



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Local swimming star Danielle Titus has landed a scholarship with Tulane University. That school's swim team has as its head coach Leah Martindale. Martindale was the first English speaking woman from the CARIFTA region to make an Olympic final in swimming in the 50 metre freestyle. Danielle Titus who is coming off a great UANA Championships where she set won the 50 and 100 metre backstroke races in Championship record time. She also owns all the 50 and 100 metre backstroke records for Barbados in the 8 and under, 9-0, 11-12, 13-14, 15-17 age groups. She will head to CARIFTA putting her undefeated record on the line in front of her home country in the 100 metre backstroke..



**DES MOINES, Iowa** - Brent Hayden, the 2012 Olympic bronze medallist from Vancouver, continued his comeback from retirement this past weekend with a third place finish in the 50-m freestyle. World champion Caeleb Dressel of the U.S. broke the circuit's record clocking 21.51 seconds followed by 2016

American Olympic bronze medallist Nathan Adrian in second in 21.88. Hayden, 36, swam the fourth fastest time of his career placing third in 21.97. Hayden, whose reaction time off the start was sixth best at 0.69, holds the Canadian record in the event at 21.73 set in 2009. He announced his comeback bid this past October after retiring following the 2012 London Games. His clocking this weekend is under the Olympic A time of 22.01 that he'll likely need to swim at the Olympic Trials March 30 to April 5 in Toronto to make the squad for Tokyo in the event. Also this weekend, Olympic finalist Kierra Smith of Kelowna, B.C. was sixth in the 200-m breaststroke. Full results: <http://www.swmeets.com/Realtime/ProSeries/2020/DesMoines/>



15.3373 puntos

Más tarde, en la prueba de dueto libre, Letelier y Lubascher ocuparon el lugar 14 con 76.6000 unidades, en un ranking que dominó Ucrania.



Isidora Letelier y Natalie Lubascher participaron este viernes en el Open de París de Nado Sincronizado

En el dueto técnico, la dupla chilena logró un total de 75.5348 puntos, lo cual las dejó en el puesto 12, a de la dupla ucraniana que ocupó el primer lugar.

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«Terminamos nuestra participación en el Open de France con muy buenas sensaciones y grandes expectativas para el futuro», fue el mensaje de la delegación nacional en las redes sociales del Team Synchro Chile.

**Entrevista a Joaquín Díaz Rojas jugador Chileno de Waterpolo que se encuentra entrenando en España:**

Joaquín Díaz es actualmente uno de los mayores referentes del Polo Acuático nacional chileno y se encuentra en Europa probando en diferentes equipos para asentar bases en el mejor waterpolo del planeta.



Hijo de una familia completamente enlazada con la disciplina y desde muy pequeño practicando el deporte nos deja claro que Joaquín está destinado a dejar huella en el waterpolo Chileno.

**Que tiempo estarás entrenando en España y con qué clubes?**

Estaré desde el 25 de diciembre hasta el primero de Marzo con la división Juvenil del Barceloneta y el Sant Adriá pero tengo la intención de probar con la mayor cantidad de clubes posibles.

### **Como fue tu llegada a Europa y estos Clubes de alto nivel?**

El entrenador Joao Brandao hizo contacto con Felipe Perrone (unos de los mejores jugadores del waterpolo mundial) el cual me ayudo para ingresar al club y adaptarme.

### **Tienes intención de quedarte en un equipo allá o es muy descabellado?**

En un momento pensé que era imposible, Los primeros equipos de la división de honor están completamente fuera de alcance por ahora pero si quizás existen opciones en alguno de la mitad de la tabla para abajo o la primera división nacional

### **Que estudias y cómo llevas los estudios con el deporte?**

Jajajajaja.... Por el momento esa es una incógnita, Es lo que te tengo que ver si es que se da la oportunidad de volver. Estoy estudiando ingeniería en Sonido.

### **Que diferencia ves en Europa y el waterpolo del primer nivel con Chile ? Social y deportivo**

En el club donde estoy entrenando ahora está en las primeras posiciones de la tabla en casi todas las categorías, entrenan todos los días doble turno eso ya es un cambio claro.

El waterpolo es un tema, la gente habla del deporte, dentro del club y en las calles también es parte de la cultura deportiva del país



Tras cuatro días de competencias en las piscinas olímpicas Hernando Botero O'Byrne, el Campeonato Nacional Interclubes Juvenil de Clavados ha terminado.

El Club Marlins del Valle se llevó el título de Campeón Absoluto en la rama femenina mientras que, el Club Alcatraz de Antioquia fue el Campeón Absoluto en la rama masculina.

Los responsables de las mejores marcas técnicas del campeonato fueron Mariana Osorio Ramírez (ANT).



marcas técnicas del (VAL) y Juan Esteban



### **Olympian Howard Hinds honoured by his alma mater Springfield College**

Hinds has made an immeasurable impact in the sport of swimming, both as a student-athlete and coach. While on Alden Street, he broke a number of program records, including five in 1999. He still holds the program record for the 100 freestyle (45.08), which he set in 2000. A six-time All-America honoree, Hinds was twice named NEWMAC Swimmer of the Year. He won three ECAC championships in 1999, followed by two in 2000. At the end of his career, Hinds was a co-recipient of the Robert Muir Award, given annually to the senior swimmer who has scored the most points in four years of competition at the New England Championships. Hinds made his mark on the international swimming scene as well, as he raced in the 1999 and 2003 Pan-American Games for Netherlands Antilles, and reached the semifinals of the 50 freestyle 2003. A two-time Olympian who competed for Netherlands Antilles in the 1996 and 2000 Olympic Games, he finished 51st in the world in the 100 free and 52nd in the 50 free in the 2000 Olympics. After graduation, Hinds continued to work with swimmers, as a developmental coach for the Long Island Aquatic Club, and currently, he is the owner of Impact Training, based in New York City, where he with swimmers and athletes of all levels as a personal trainer. "I am extremely proud of and happy for Howard and his family for this well-deserved recognition. He was one of the most talented and gifted swimmers in Springfield College history. He set numerous college records during his time here and was the heart and soul of our program. More importantly, he is a true gentleman and someone I admire. The thing I cherish most is that Howard and I have never lost touch and have

always made time to catch up on life," said Springfield swimming coach John Taffe. "In truth, Ken Wall and folks in the International Center deserve all of the credit for bringing Howard to Springfield. I never met or spoke with Howard before he showed up on campus, but once we saw him in the pool and got to know him as a person, we knew he was a special athlete that we could build a strong team around. And we did! He has provided me with great, lasting memories that I will never forget. I was honored to be his coach and now I'm grateful to call him a friend."

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## I National Open Water Ranking

On Sunday March 8 the first National Open Water Ranking 2020 took place in the waters of Lake Coatepeque, the participation of athletes with 102 swimmers, the distances And categories in competitions were 500 meters (9-10 years), 1 km (11-12 years), 3 km (12-13 years) and 5km (14-17 years, 18-24 years and Master category). The participating teams were Merliot olympic swimming Team, Club El Polvorín, Aqua Center, Ilopango Swimming Club, Copesa and Honduras team. This first event in the open water discipline allows us to keep the athletes improving their times in the different tests reaching the marks for the selection of the team with a view to the CCCAN 2020. In the minor categories it allows us to visualize the athletes with future projections for This beautiful discipline.

The outstanding athletes were

500 meters: Alexandra Meléndez  
(El Polvorín)

José Matute (Selection of Honduras)

1Km: Gabriela Muñoz (El Polvorín)  
Mauricio Barrera (MOST)

3Km: Dayana Meléndez (El Polvorín)  
Rodrigo Ventura (MOST)

5 Km 14-17: Fátima Portillo (El Polvorín)  
José Campo (IMDER)

5Km 18-24: Miroslava Bahr (Selection of Honduras)  
Elias Segovia (El Polvorín)





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Vincent Davidson continues to do his country proud by setting new national records in the butterfly events. Competing at the Sectionals meet in Plantation Florida last weekend Davidson took down the marks in the 100 and 200 events. He won the D finals easily to stop the clock in 57.72 bettering his old mark of 57.81



from the 2018 CAC Games. In the 200 event he was second in the D new record of 2:15.75. He won the C final of the 50 metre butterfly 26.28. He spoke about his performances: "This weekend in Speedo swimming broke my national record in the 100fly and 200fly of my country. I feel proud of myself training hard the last two months I am ready for my next meets Fedona in Dom. Rep. Rico open."



Primary title went  
points. The Primary



The two day Mayberry Investments school swim meets were held last week Friday and Saturday at the National Aquatic Centre in Kingston Jamaica. The Friday saw the high school and Tertiary institutions in action. Immaculate won the girls section with 802 points,



followed by St Andrew High with 340 and the top three rounded out by Montego Bay high school with 119. The boys competition was won by Wolmers with 619 points, second place went to Kingston College



with 303 and third to Jamaica College with 174. Individual record breakers on the day included Britney Williams, Nelson Denny, Kyle Sinclair, Zaneta Alvaranga, Josh Johnson, Rin Gyles and Kito Campbell. The next day the girls Prep title went to Hillel with 244 points and the to Jessie Ripoll with 91. The boys prep title went to St Peter and Paul with 257 title went to Excelsior with 34.



At the Sectionals in Plantation Florida a small contingent of Jamaica competed. On the medal last weekend was Olympian Alia Atkinson representing South Florida Aquatics. Atkinson won the 100 metre breaststroke in 1:09.36, 100 metre freestyle 56.80, 50 metre breaststroke 31.37, 50 metre butterfly 27.30. Olympian Sion Brinn continued his coaching dominance with Indian River State College at National Junior College Athletic Association Championships. He has made it five out five as both his men's and women's team women the national titles. The men amassed 1112.5 points to Barton Community college 811.5. The women scored 1262 with runner up Barton totalling 623





### St. Lucia Aquatics Federation Presents its Carifta Swim Team for 2020

15th in Bridgetown Barbados. to be held at the Barbados



Team St. Lucia is in preparation stages, as they get set to compete at the 35th Carifta Swim Championship April 11th to The competition is expected to Aquatic Center. Antigua &



Barbuda, Guyana, Aruba, Haiti, Bahamas, Jamaica, Barbados, Martinique, Bermuda, St. Lucia, British Virgin Islands, St. Maarten, Cayman Islands, St. Martin, Curacao, St. Vincent & The Grenadines, Dominica, Suriname, French Guiana, Trinidad & Tobago, Grenada, Turks & Caicos, Guadeloupe, US Virgin Islands will all compete at this year’s championship. Swimmers holding a minimum of 3 Double AA



Motivational Standard Times have all Qualified to represent St. Lucia. SLAF is excited to announce the 13 sea lions all set to take on the challenge and return home in celebration. 11-12 Antoine Destang (Sharks), Karic Charles and Ethan Hazell (Lightning Aquatics), Tristan Dorville and Therron Herelle (Seajays Swim Club), 13 – 14 Naima Hazell (Lightning Aquatics), Caitlin Polius (Seajays Swim



Club), Naekeisha Louis (Lightning Aquatics), D’Andre Blanchard (Seajays Swim Club), 15-17 Mikaili Charlemagne (Sharks Swim Club), Jayhan Odlum Smith (Seajays Swim Club), Terrel Monplaisir (Seajays Swim Club). With much debate, SLAF has made an executive decision to include one additional swimmer with the fastest time to compete in the female 13-14 year old age group category allowing this particular age group to compete in the relay swim races. According to President Eddie Hazell “ This Executive is focused on the development and enhancement of swimming. We were faced with a decision of desiring to present a relay team in the 13 – 14 year old age group category and felt it best to select the next fastest swimmer to complete the team specifically for the relay races. We welcome Courtney Paul to team and I look forward to the swimmers returning home with great results” Over the



past years swimmers from St. Lucia have been consistent with returning to our shores with medals. In 2015 Swimmers returned with four and three relays medals, 2016 two, 2017 four, 2018 four and 2019 two. With the determination of the selected team SLAF is confident this year performance will be fruitful.



Con la participación de 18 activistas del deporte de la natación, el día sábado 7 de marzo del año 2020, se impartió el la piscina del Colegio San Luis Beltrán, del Departamento de Chinandega (NCA) Capacitación para promotores de la natación, impartido por el profesor Francisco Venerio.





The Rohrman Triathlon spirit of the sport a friendly atmosphere in Antigua



Two of our endurance athletes; Shane Nisbett and Robert Liddie journeyed to Antigua this weekend along with coaches Terri Andrew's and Winstin Crooke to participate in the AUA Tinman Rohr Triathlon.



is a modern-day race dedicated to the original where competitors of all levels come together in to participate in the inspirational challenge, held



metre freestyle Renzo swam 22.39 won in 22.16. Renzo's preparations as he equalled his 2019 World of 22.33 in the morning heats.

Olympian Renzo Tjon a Joe returned to the pool this past weekend at the Sectionals meets in Plantation Florida. He is coming off a solid block of training in the home country of his club teammate 2019 World Championship Silver medallist in the 50 metre freestyle

Bruno Fratus.



In the final of the 50 for the Silver .Fratus continues to be good Championships time



Donahue of the backstroke in 30.54. Donahue is the reigning CARIFTA Champion in the event. Josiah Morales of Performance Aquatics had his top individual performances in the 50 metre freestyle and butterfly. He placed seventh in the freestyle Championship final 24.07 after recording a morning time of 23.84. In the butterfly he recorded 25.44 before placing seventh in the evening in 25.64. He won Silver in the 400 metre freestyle relay anchoring the PAQ team in 53.69 as they stopped the clock in 3:35.51.



The twin island republic was represented this past weekend at competitions in the United States. Competing at the TYR Pro Swim Series in Des Moines sprint queen Cherelle Thompson won the C final of the 50 metre freestyle race in 25.73.

At the Sectionals in Plantation Florida Gabriela Blue Dolphins won Bronze in the 50 metre



## ~News from our Committees and Commissions~



The first leg of the 2020 FINA Artistic Swimming World Series took place in Paris France this past weekend. USA's Anita Alvarez won the silver medal in the Free Solo event. Other UANA athletes present in the Free Solo event Aruba's Kyra Hovertsz and Meghan Tromp. In the Technical Solo event, USA's Ruby Remati won the

silver medal. Aruba's Kyra Hoevertsz finished 9<sup>th</sup> and Argentinian Camila Arregui 10<sup>th</sup> in the Technical Solo. In the Free Duet, Alvarez and Lindi Schroeder from the USA made it onto the podium for the bronze medal, while Chile's Isidora Letelier and Natalie Lubascher finished in 13<sup>th</sup>, followed by Argentinians Arregui and Trinidad Lopez Brasesco in 14<sup>th</sup> and Aruba's Hoevertsz and Tromp in 16<sup>th</sup>. USA's Alvarez and Schroeder claimed the bronze for the Technical Duet as well, while Chile finished 12<sup>th</sup>, Argentina 13<sup>th</sup> and Aruba 16<sup>th</sup>. USA claimed both the silver and bronze medal in the Technical Team event, but unfortunately USA 1 was disqualified from the Free Team event.



The FINA Diving World Series kicked off with the first event in the three-event World Series in Montreal, Quebec, Canada. Unfortunately, the second leg scheduled for Beijing was cancelled. UANA federations were well represented, with Canada winning 8 medals (6 golds, 2 bronze), Mexico winning 5 medals (3 silver and 2 bronze) and United States adding a bronze. Jennifer Abel was the most successful diver from the Americas, earning gold in each of her three events (Women's 3m, Women's 3m Synchro and Mixed 3m Synchro). In the absence of China, divers from the Americas went one-two in Women's 3m Synchro (CAN, MEX), two-three in Men's 10m Synchro and Mixed 10m Synchro (MEX, CAN for both) and one-three in Men's 3m (Gagne, CAN and Hixon, USA) and 3m Mixed Synchro (CAN, MEX). The Americas had great success to kick off the series and we hope to see more success in Kazan and London!



The [summons](#) for the 2020 UANA Panamerican Junior Water Polo championships in Edmonton has been released. Se ha publicado [la convocatoria](#) para el campeonato UANA Panamericano junior de polo acuático 2020 en Edmonton.

***Medical*** From member of the Stanford hospital board: The new Coronavirus may not show sign of infection for many days. How can one know if he/she is infected? By the time they have fever and/or cough and go to the hospital, the lung is usually 50% Fibrosis and it's too late. Taiwan experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs, basically indicates no infection. In critical time, please self-check every morning in an environment with clean air. Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous. Please send and share this with family and friends. Take care everyone and may the world recover from this Coronavirus soon. IMPORTANT ANNOUNCEMENT - CORONAVIRUS 1. If you have a runny nose and sputum, you have a common cold 2. Coronavirus pneumonia is a dry cough with no runny nose. 3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun. 4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne. 5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap. 6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it. 7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice. 8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on. 9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice. 10. Can't emphasis enough - drink plenty of water! THE SYMPTOMS 1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days 2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further. 3. With the pneumonia comes high fever and difficulty in breathing. 4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

[UANA Sports Medicine Committee Information](#)

[FINA Sports Medicine Committee Information](#)

[International Olympic Committee Information](#)

[World Health Organization Information](#)

## **~Upcoming UANA events in the Americas~**

[UANA Pan American Masters Championships](#) hosted by the Colombian Swimming Federation (FECNA) and Liga de Natación de Antioquia June 17 – 27, 2020 in Medellin, Colombia

[UANA Junior Pan American Water Polo Championships](#) hosted by Canada Water Polo July 3 – 13, 2020 in Edmonton Canada

[UANA Pan American Artistic Swimming Championships](#) hosted by the Aruba Aquatic Federation September 1 – 7, 2020

## **~Upcoming FINA certification events in the Americas~**

[FINA Diving Certification School for Judges](#)- April 3-5, 2020 // Tucson, AZ

[FINA Swimming Coaches Certification Level 1 –](#) Paramaribo, Suriname: Online starts March 30, 2020  
FACE TO FACE May 1 – 3, 2020

Visit the [UANA Website \(DEVELOPMENT tab\)](#) for information on Clinics, Schools and certification courses in the Americas

To have your federation's or discipline's news in the [Aquatics across the Americas](#) newsletter please send your news items to Tony Morrison: [thawkeyes@hotmail.com](mailto:thawkeyes@hotmail.com)

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