



BASA News



Back: Nicholas Hall, Kai Proverbs, Tiffany Titus, Amara Gibbs, Kent Mullins, Andrea Gooding, Marketing Manager - Rubis, Luis Sebastian Weekes, Damon St. Prix, Hannah Gill, Shannon Smith, Alex Sobers, Jonathan Manning

Front: McKayla Treasure, Jack Kirby, Zabrina Holder, Kobi Talma, Vanessa Keany, Rebecca Lashley, Alexis Clarke and Destiny Harding. Missing are Kendi Bynoe, Saryiah Sherry, Keisha Rouse, Christian Selby and Matthew Courtis.

BARBADOS CARIFTA TEAM 3RD IN GOLD MEDAL HAUL

Twenty four swimmers, including five open water swimmers represented Barbados at the XXVIII CARIFTA Swimming Championships held in Jamaica from March 30 - April 03, 2013. The team comprised of fourteen females and ten males spanning the age ranges 11-12 to 15-17 was accompanied by seven officials: Head Coach **Abdul Sharif**, Assistant Coach **Antonio Petrolando**, Open

Water Swim Coach **Enrico McConney**, Manager, **Andrea Titus**, Open Water Swim Manager **Pamela Mullins** and Chaperone **Samantha Clarke**.

The Barbadian team placed 6th overall and surpassed Coach Abdul's goal of gaining between 35-40 medals with a haul of **41 medals** which included **20 gold**, **9 silver** and **12 bronze**.

Damon St. Prix with outstanding performances in nine events emerged the 11-12 Boys' Age Group Champion.

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Andrea Titus,
Team Manager

Upcoming Events

May 20, 2013

BASA Open Water 5K
Accra to Brownes Beach

May 24-26, 2013

Aquatic Center International
Aquatic Center, Barbados

June 14-15, 2013

Junior Stroke Swim Splash
Aquatic Center, Barbados

June 20-23, 2013

FLA Invitational
Fort Lauderdale

June 30 - July 7, 2013

**XXVIII Central America
and Caribbean
Championships (CCCAN)**
Costa Rica

July 6-7, 2013

**Swim Barbados Vacations
Open Water Festival**
Carlisle Bay, Barbados

Congratulations

*Congratulations to the following swimmers who set new **National Age Group Records** at the **BASA Long Distance Open Meet** held May 10 and 11, 2013 at the Aquatic Centre:*

Aza Dunwoody (Girls 8 & under)
400M Free 6:20.45

Danielle Titus (Girls 9-10)
200M Back 2:44.64
400M IM 5:48.12

Nkosi Dunwoody (Boys 9-10)
400M IM 5:48.99
1500M Free 21:38.28

Tai Garret (Boys 8 & under)
200M Breast 3:50.35

BARBADOS CARIFTA TEAM 3RD IN GOLD MEDAL HAUL

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Some members of the CARIFTA Swim team with Minister of Sports, the Hon. Stephen Lashley M.P.

Luis Sebastian Weekes was a close second with 58 points from 8 events. Both Damon and Luis broke Barbados National Records: Damon with 2:22.71 in the 200 Meters Butterfly and Luis with 5:09.20 in the 400 Meters IM. Hannah Gill won the FINA high point trophy for her swim in the Girls 13-14 Age Group 800 Meters Freestyle.

Team Manager **Andrea Titus** noted that prior to their departure the swimmers benefitted from motivational sessions with **McDonald Fingall**, **Andrei Cross** and **Peter Gibbs**. **Leah Martindale**, Barbados' only female Olympian sent the team a motivational clip via email.

Andrea wishes to congratulate all of the swimmers and officials for a job well done. She also wishes to thank the parents for their continued support and encouragement. In addition, she extends sincerest appreciation to all the sponsors, especially to the **Barbados Olympic Association (BOA)** and to **Rubis** who sponsored the team's beautiful blue Speedo bags; to the Minister of Sports, the **Hon. Stephen Lashley M.P.** and to the Chairman of the Board of the National Sports Council, **Mr Siebert Straughn** who together with the media provided a warm welcome on the team's return to Barbados.

Five Showed Fine Mettle in Inaugural CARIFTA Open Water Swim

Discovery Bay in Jamaica was the scene of the inaugural CARIFTA Open Water Swimming Championship and making history for Barbados were five swimmers who on this occasion opted to swim the 5 kilometres

The inaugural event was contested by 52 male and female swimmers from nine countries in two age groups: 13-14 and 15-17. CARIFTA pool swimmers **Jonathan Manning**, **Kai Proverbs** and **Kent Mullins** who represented Barbados at previous CARIFTA Swimming Championships took to the open waters on this occasion. First timers to CARIFTA competition **Nicholas Hall** and **Vanessa Keany** who made her debut in the open water at the Caribbean Islands Swim Championships (CISC) 2012 in Aruba held their own against some stiff competition from Aruba, Guadeloupe, Trinidad & Tobago and the Cayman Islands.

Kai Proverbs, veteran breaststroker in the pool, placed 4th in the girls 13-14 age group and proved that her freestyle in the open water was equally capable. Nicholas Hall also placed fourth in the boys' 13-14 with team mate Kent Mullins not far behind in 7th position.

Both Vanessa Keany and Jonathan Manning competed in the 15-17 age groups finishing 5th and 7th respectively and fending off stiff challenges from the Bermudans and Jamaicans.



From Top to Bottom:
Open Water Team
Kai Proverbs,
Kent Mullins,
Jonathan Manning,
Nicholas Hall and
Vanessa Keany

CONGRATULATIONS ON A GREAT PERFORMANCE!



11-12 Girls Relay, L-R: Rebecca Lashley, McKayla Treasure, Shannon Smith, Kendi Bynoe



11-12 Boys Relay, L-R: Jack Kirby, Luis Sebastian Weekes, Damon St. Prix, Kobi Talma



Amara Gibbs



Alex Sobers



Zabrina Holder



Kendi Bynoe



13-14 Girls Relay, L-R: Hannah Gill, Alexis Clarke, Tiffany Titus, Sariyah Sherry



Christian Selby



Damon St. Prix

INDIVIDUAL SWIM

KENDI BYNOE:
200M BUTTERFLY: SILVER
200M FREE: BRONZE

REBECCA LASHLEY:
200M BREAST: SILVER

MCKAYLA TREASURE:
200M BACK: BRONZE

JACK KIRBY:
200M BACK: GOLD

DAMON ST. PRIX:
*11-12 BOYS AGE
GROUP CHAMPION*
50M BACK: BRONZE
200M FREE: GOLD
100M BACK: BRONZE
100M FREE: GOLD
200M FLY: GOLD
400M FREE: GOLD
50M FREE: SILVER

LUIS SEBASTIAN WEEKES:
200M BREAST: GOLD
400M IM: GOLD
200M IM: GOLD
50M BREAST: GOLD
100M BREAST: GOLD
200M BACK: SILVER

ALEXIS CLARKE:
200M IM: BRONZE
800M FREE: BRONZE

HANNAH GILL:
800M FREE: GOLD
200M FREE: GOLD
400M FREE: GOLD

SARIYAH SHERRY:
50M BACK: BRONZE
200M FREE: BRONZE
100M FREE: GOLD
50M FREE: GOLD

ALEX SOBERS:
200M FREE: BRONZE
200M FLY: BRONZE
400M FREE: BRONZE

CHRISTIAN SELBY
400M FREE: GOLD

AMARA GIBBS:
200M FLY: SILVER
200M BACK: BRONZE

ZABRINA HOLDER:
100M FLY: SILVER
50M FLY: SILVER

NATIONAL AGE GROUP BOYS' 11-12

DAMON ST. PRIX:
200M BUTTERFLY 2:22.71

LUIS SEBASTIAN WEEKES:
400M IM 5:09.20

RELAYS

GIRLS' 11-12:
400M MEDLEY RELAY: SILVER
REBECCA LASHLEY,
MCKAYLA TREASURE,
SHANNON SMITH,
KENDI BYNOE

BOYS' 11-12:
200M FREE RELAY: SILVER
DAMON ST. PRIX, LUIS
SEBASTIAN WEEKES, JACK
KIRBY, KOB TALMA

400M IM RELAY: GOLD
JACK KIRBY, LUIS SEBASTIAN
WEEKES, DAMON ST. PRIX,
KOBI TALMA

GIRLS' 13-14:
400M FREE RELAY: GOLD
SARIYAH SHERRY, TIFFANY
TITUS, ALEXIS CLARKE,
HANNAH GILL

800M FREE RELAY: GOLD
SARIYAH SHERRY, TIFFANY
TITUS, ALEXIS CLARKE,
HANNAH GILL

200M FREE RELAY: GOLD
SARIYAH SHERRY, TIFFANY
TITUS, ALEXIS CLARKE,
HANNAH GILL

LOCAL GIRL WINS ACADEMIC AND SWIM SCHOLARSHIP

BASA News: Congratulations Lee-Ann Rose on obtaining an athletic and academic scholarship to attend Florida Southern College. This shows that our home grown swimmers can enjoy significant achievements. However, did you ever consider leaving Barbados earlier?

Lee-Ann: *Thank you so much! It feels good to be "home grown" haha. My mum once considered sending me overseas because it's often recommended if you wish to pursue swimming at tertiary and international levels. I was keen on going abroad because I didn't think I could handle CAPE and swimming. After CXCs, many of our swimmers either go overseas, or stop swimming entirely. So I felt as though going overseas was a "must".*

BASA News: Many parents and young swimmers are concerned about combining swimming and school work. I understand that you swam through Common Entrance, CXC and Cape. How did you do that? Was it difficult? What skills are needed if a swimmer is contemplating a maintaining competitive swimming programme and a sound education?

Lee-Ann: *Swimming is the best teacher of time management. It's a fact. If you look around, many of our swimmers go to "top schools". With swimming, school and our tiny ounce of a social life, swimmers have no choice but to do their work in those tiny slots of free time. It's so strange because if I asked to miss practice an evening to go home to do schoolwork, I'd always end up starting the work at the SAME time as if I'd gone to practice! I'm sure the other swimmers would agree haha. It almost gets me angry when I think of all the "normal" kids at school who don't do any sort of physical activity, yet never hand in work or complain that they didn't have enough time LOL. Once you're a swimmer, that routine frame of mind sticks with you forever, and I think we're very fortunate to have it.*

BASA News: I have heard that competitive swimmers face several challenges. For example, wet hair on a mornings, a less active social life etc.? How did you cope with these and other challenges and what advice do you have for younger swimmers?



Lee-Ann Rose in the water

Lee-Ann: *Man oh man. If I had a dime for every time I said "Sorry I have swim practice" I'd be swimming in gold and not chlorine! It's so sad because lots of people are unaware of this swimmer life. Normal folk are always shocked to hear what a swimmer's schedule is like. The most common reaction would be something like: "You swim EVERY DAY and on MORNINGS?! Are you CRAZY?! Not me!" Thankfully I've had teachers over the years who were a bit lenient when they saw me chipping into school like a zombie with chalky skin, red eyes, wet hair and chlorine as perfume. When I was younger I was always bummed when I had to miss stuff like sleepovers, parties and movie nights because of swimming. One thing that my mum always said was that you have to draw the line between work time and play time. If I wanted to take swimming seriously I had to become more responsible and efficient. "Do what you have to do. You'll have time enough after", she always reminds me.*

BASA News: You have been swimming for many years with a great deal of success. What do you consider to be some of your greatest achievements and why?

Lee-Ann: *Success never comes easy. A lot of sacrifice, self-discipline and humility goes a long way. If it weren't for my former coach Darry Olalde Hernandez, I know I would not be swimming at this level. He taught me that being small was not a disability and that the heart and mind control everything. Within months of training with him, I went from the reserve on the relay team to a Carifta multi-medalist.*

I trained with him from 2006 to 2011, and within that time I've broken national and open records, medaled at Carifta, CISC and CCCAN, and qualified for Youth Commonwealth Games, CAC Games, Pan-American Games and Youth Olympic Games. It all started with a few words of encouragement.



Lee-Ann with trophies and medals

BASA News: In addition to the academics what are your goals at Florida Southern? Do you see the Olympics in that future?

Lee-Ann: I'm not gonna lie. I'm actually too excited for college life and college swimming! I've already met my future teammates and they made me feel so welcome and ready to be a Moc! I have my eyes set on lowering my times, continuing to represent Barbados at international meets, and finally, acquiring my Marketing degree. Three and a half years until the next Olympics. Who knows? Maybe I'll be there.

BASA News: Thank you Lee-Ann and very best wishes with your studies and swimming. We will be keeping our eyes on you.



Lee-Ann with Coach Darny Olalde Hernandez

TEAM BARBADOS
FLEA MARKET & CAR BOOT
SALE

THE AQUATIC CENTRE CAR PARK
 Wildey St. Michael
 Date : June 1st 2013 | Time : 7am - 2pm
 Entrance Fee: **FREE!**
 Rental of Stall Space: \$75
 Tel: 429-7946 | Email: teamcccan2013@gmail.com
 Music + Food & Drinks on SALE

COME OUT AND SUPPORT TEAM BARBADOS!!

The Aquatic Centre



Call the Aquatic Centre any day at 246-429-7946,
 fax 246-436-2272 or
 email basa@caribsurf.com
 to reserve pool space.

Inaugural Darren Eastmond Memorial Invitational Water Polo Tournament a Resounding Success

A total of five teams participated in the inaugural *Darren Eastmond Memorial Invitational Water Polo Tournament* (DeBIT 2013) which was held at the Aquatic Centre, Wildey, Barbados from March 29-1st April, 2013. *Darren Eastmond* represented Barbados as captain of its water polo team as well as in competitive age-group swimming. After qualifying as a dentist Darren continued to play and coach water polo in Wales.

Cheryl, Lady Forde, President of the Barbados Water Polo Club, noted that Dr Eastmond, who died in December 2010, ... “embodied the spirit of competition, bringing excitement and enjoyment to team members and to all who interacted with him. His passion for the game was evident in his skill and his desire to promote the sport. His untimely passing left a void”.

In addition to the *Barbados Sharks*, *Lamar Men from Texas*, *Lamar Women from Texas*, the *Men’s Combined Dolphin* – an amalgamation of Barbados and UK, and *US Men*, and *Womens’ and Combined Flying Fish* – an amalgamation of Barbados and UK women participated in the four-day event.

Barbados Sharks were the eventual winners of the Men’s Trophy and the *Lamar Women* emerged as the female winners. Exhibition games which were played at the Pebble Beach on the Monday provided an opportunity to showcase the sport to the general public, many of whom took the opportunity try their hand at the game.

The tournament’s top scorer was *Ryan Forde* of the Barbados Sharks, but sterling performances also came from *Russell Broome-Webster* and *Andre Ferdinand*. *James Edghill* was a veritable wall as goalie for the Barbados Sharks helping the team to maintain its leads throughout the tournament and to its ultimate victory.

Special mention must also go to *Jason Corbin* for easily being the most improved player from Barbados. Jason had some timely goals that kept the Dolphins in the game during regulation time and also scoring two of the goals in the penalty shootout.

The Closing Ceremony held on Sunday evening at the Aquatic Centre saw all participants receiving a specially engraved sports flask



Standing L-R: Nicholas Gill, James Edghill, Andre Ferdinand, Stanley Brooker, Liam Manning, Chippy Bayne.

Kneeling L-R: Ryan Forde, Cary Banfield, Sebastian Drakes.



Gabriel Mayers (13 yrs old) swims towards goal with the ball.

which carried the DeBIT 2013 logo along with product from one of the tournament’s sponsors.

The after party hosted by *Dr and Mrs Victor Eastmond* at their residence saw the visiting coaches and players trying their hands (or bodies, rather) at limbo and calypso dancing under the demonstrated tutelage of coach/player Liam Manning et al.

Lady Forde noted that the organising committee has received favourable comments and congratulations from the visitors and from local spectators... “Everyone spoke about the warmth of our hospitality. We were able to execute the tournament virtually on point without any major problems. The club now have a good template for preparing for next year’s tournament.”

Andrei Cross Takes Up Position At The Aquatic Centre



Andrei Cross

Former Barbados Olympian

Andrei Cross has been appointed BASA's 'Facility Manager' and 'Director of Swimming Development'. Andrei notes: the Aquatic Centre has been the cradle of aquatic activity in Barbados. It has nurtured swimmers from "Learn to Swim" into their various swimming paths, whether in water polo, synchronized swimming or the elite swimming arena. "In my case there is no exception, as my career started and continues as a member of this aquatic fraternity".

Swimming Development

From a sports development perspective, it is my intention to place emphasis on the "Learn to Swim" component of swimming – the foundation of any aquatic discipline. Strengthening the "grassroots" levels is a long-term investment in all aquatic activities while educating a population with life saving skills. Given my previous association with "Learn-to-Swim" programs and duties with elite squads, I have a strong interest in fostering a more effective transitional process for our young swimmers.

Coach Education

One of my key initiatives is to develop monitoring and evaluative procedures for swimmers thereby allowing coaches to make better, more informed decisions. These procedures will provide additional information on the athletes' anatomy, physiology, biomechanics, nutrition and psychology.

Implementing a Continuous Professional Development (C.P.D) plan will also be on the agenda for coaches and staff members. This will allow our very talented coaches to see their coaching from a different perspective, leading to innovation and inspiration to adapt efficiently to the ever changing environment, methods and technology. The staff members of the facility will participate in C.P.D training to stay current on safety protocols, effective administration and management procedures.

The position of 'Facility Manager' and 'Director of Swimming Development' provides me with a tremendous opportunity. Not only to maintain and enhance the facility, but simultaneously influence the careers and development of age group and elite athletes under the umbrella of a vibrant and healthy sporting culture.

I look forward to working with all the coaches, athletes, parents and administrators to enhance the facility the various disciplines which call the Aquatic Centre home.

Andrei retired from competitive swimming in 2009, he has been:

Multiple Barbados Age-Group and National Record Holder

Multiple Carifta Champion & Medalist

1999 & 2001 CCCAN Gold Medalist 100m Breastroke

2002 Commonwealth Games Finalist 50m Breastroke

2006 CAC Bronze Medalist

Multiple British University Swimming Champion & Medalist

2007 Pan-American Games Semi-Finalist

2008 Olympic Games competitor

Pirates Teammates Break 19 Year Record

Pirates teammates Hannah Gill and Alexis Clarke broke the 19 year old women 1500m freestyle record at the BASA Long Course Distance Meet held on Saturday, May 11, 2013. Hannah's time of 18:08.94 and Alexis, 18:10.19 eclipsed the old time of 18:41.16 set by Chantal Dulieu in 1994.

More on BASA Long Course Distance Meet in the next edition of BASA News.





Holetown Starters



Weston Starters

Inaugural Flying Fish Masters Open Water Swim

Monday 29th April (Heroes Day) turned out to be exactly that for the **Flying Fish Barbados Masters** swim club.

The two “Geoffs”, **Geoff Farmer** and **Geoff King** came up with the brilliant idea of organizing a friendly **3-stage Open Water Swim**, baptized the “1st Friends of Open Water Swimming”. In order to cater to as many swimmers as possible, it consisted of 3 separate distances, all finishing at St. Peter’s Bay:

- 6.20 Kms from Holetown,
- 2.80 Kms from Weston,
- 1.30 Kms from Gibbes Beach

In spite of the inclement weather and rough

seas, over 50 determined swimmers turned up at the various starting points. Age was not an issue with the youngest swimmers in their “teens” and the oldest in their “sixties”.

Safety was the order of the day, with a convoy of power boats, kayakers and paddle boarders accompanying the swimmers along the coast as they headed North.

Everyone arrived safely at St. Peter’s Bay.

To top it off, a delicious breakfast was served and the swimmers, their family and friends, and those very important volunteers spent time chatting about their experiences during the event.

As a result of the amazing success of this first effort, plans are already being made to stage the “2nd Friends of Open Water Swimming” event.

Look out for dates to be announced in the near future!

*Submitted by Geoffrey King, Secretary,
Flying Fish Masters.*

BASA EXECUTIVE 2013

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Training Tips/Parents Questions

BASA News wishes to hear from our parents. Please feel free to email questions about any aspect of swimming or swim training to **BASANEWS@gmail.com** and we will try to provide a response, with input, from either our coaches or from one of our other swim experts.