

# BASA News



**Back:** Coach - Abdul Sharif, Christopher Courtis, Akeem Nurse, Damon St. Prix, Jonathan Manning, Jack Kirby, Kobi Talma, Luis-Sebastian Weekes, Kevin Cadogan, Alex Sobers, Christian Selby. **Front Kneeling:** Shannon Smith, Rebecca Lashley, Destiny Harding, McKayla Treasure, Vanessa Keaney, Sariyah Sherry, Lani Cabrera, Alexis Clarke, Lee-Ann Rose, Amara Gibbs, Hannah Gill, Zabrina Holder. **Missing:** Team Manager - Samantha Clarke and Team Doctor & Manager - Dr Asha Pemberton-Gaskin.

## SWIMMERS GIVE “VERY SATISFACTORY” PERFORMANCE AT CCCAN

According to coach Abdul Sharif the Barbados team’s performance at the at the Central American and Caribbean Amateur Swimming Confederation (CCCAN) held in Costa Rica, July 1-7, 2013 “was very satisfactory”. Coach Abdul noted that even with a small team and therefore the inability to compete in all of the relay events, Barbados’ total of 362 points and 29 medals (7 gold, 12 silver and 10 bronze) placed the young swimmers in the 7th position out of 19 teams that competed and 2nd in the English speaking Caribbean, behind Trinidad & Tobago.

Barbados had the distinction of winning the boys’ 11–12 age group trophy through **Luis-Sebastian Weekes** who won Gold in 11-12 Boys 100 meters Breaststroke 1:15.62; 11-12

Boys 50 meters Breaststroke 35.08; 11-12 Boys 200 meters IM 2:24.70; and Bronze in 11-12 Boys 400 meters Freestyle 4:35.95 and the 11-12 Boys 200 meters Backstroke 2:31.87.

The Barbadian swimmers also established the following five individual Age Group Barbados records and three Relay Age Group Barbados records:

**Jack Kirby**

50 meters Backstroke 31.59

**Damon St. Prix**

100 meters Freestyle 58.08

**Luis-Sebastian Weekes**

100 meters Breaststroke 1:15.62  
200 meters Individual Medley 2:24.70  
50 meters Butterfly 29.19

Continued on Page 2...

## Upcoming Events

October 27, 2013  
**Barbados Open Water Festival**  
Carlisle Bay, Barbados

*At the Aquatic Centre, Barbados ...*

October 25-27, 2013  
**Titans Aquatic Swim Team - 1st World Inter-Club Swim Meet 2013**

November 5, 2013  
**Primary Schools’ Heats**

November 8, 2013  
**Secondary Schools’ Heats**

November 9-10, 2013  
**Hightide Stingrays Chefette Sprint Meets**

November 19, 2013  
**BASA’s Water Carnival**

November 20, 2013  
**Secondary Schools’ Swim Finals**

November 22, 2013  
**BASA’s Adults’ Fun Meet**

November 23, 2013  
**Fun Fiesta Swim Meet**

December 3-8, 2013  
**Cave Shepherd Ltd Short Course National Swim Championship**

## Congratulations

**Central American and Caribbean Amateur Swimming Confederation (CCCAN) Championship**

*Age Group Champion*  
**Luis-Sebastian Weekes**  
(11-12 Boys)

**The XIX Goodwill Games**  
*Age group Champions*  
**Zachary Taylor** (8 and under boys)

**Danielle Titus** (9-10 Girls)  
**NKosi Dunwoody** (9-10 Boys)

**Kai Proverbs** (13-14 Girls)  
**Kimberley Willoughby**  
(15-17 Girls)

**SWIMMERS GIVE “VERY SATISFACTORY”  
PERFORMANCE AT CCCAN**

Continued from Page 1...

**800 meters Boys 11-12**

**Freestyle relay 9:13.84**

Damon St. Prix, Luis-Sebastian Weekes

Jack Kirby, Kobi Talma

**400 meters Boys 11-12**

**Medley Relay 4:39**

Jack Kirby, Luis-Sebastian Weekes

Damon St. Prix, Kobi Talma

**800 meters Girls 11-12**

**Freestyle Relay 9:57.12**

Destiny Harding, McKayla Treasure

Rebecca Lashley, Shannon Smith

**Other Medalists were:**

**Jack Kirby**

Gold: 11-12 Boys 50 meters  
Backstroke 31.59

Silver: 11-12 Boys 100 meters  
Backstroke 1:08.61

Silver: 11-12 Boys 200 meters  
Backstroke 2:28.94

**Damon St. Prix**

Gold: 11-12 Boys 50 meters Freestyle 26.91

Gold: 11-12 Boys 100 meters Freestyle 58.08

Silver: 11-12 Boys 400 meters Freestyle 4:29.55

Silver: 11-12 Boys 50 meters Backstroke 32.01

Bronze: 11-12 Boys 100 meters Backstroke 1:10.61

**Hannah Gill**

Bronze: 13-14 Girls 800 meters  
Freestyle 9:32.96

Bronze: 13-14 Girls 400 meters  
Freestyle 4:35.10

**Sariyah Sherry**

Silver: 13-14 Girls 50 meters  
Freestyle 27.94

**Amara Gibbs**

Bronze: 15-17 Girls 200 meters  
Butterfly 2:26.21

**Zabrina Holder**

Gold: 15-17 Girls 50 meters Fly 29.48



L-R: Luis-Sebastian Weekes, Zabrina Holder, Damon St. Prix



Hannah Gill



Amara Gibbs



Sariyah Sherry



L-R: Kobi Talma, Jack Kirby, Damon St. Prix and Luis-Sebastian Weekes



## FUNDRAISING HELPED SUPPORT 2013 CCCAN TEAM

BASA wishes to thank members of the 2013 CCCAN team, their families and friends who over a two-month period were engaged in a number of the fundraising efforts to assist the team with the travel and accommodation expenses for Costa Rica.

Activities included car washes at the *Aquatic Centre* and *Brighton Farmer's Market*, charging for parking at the Aquatic Centre for the *Air Supply* and *Gospelfest* concerts, the sale of food and drink at the *Aquatic Centre Invitational* and a car wash, bake sale and small flea market on the weekend before the team left for CCCAN. The fundraising team was pleased to be able to purchase 5 additional Speedo bags for the swimmers who were not part of the CARIFTA team, as well as to provide water, Gatorade and fruits at CCCAN. The remaining funds were split equally among the team to help offset travel expenses.

COME SUPPORT BASA's  
next **FUNDRAISING EVENT**

**HALLOWEEN DANCE**

at the **Barbados Yacht Club**

8:00pm to 1:00am on

**Saturday, November 9th, 2013.**

Entry fee \$25.00 per person.

BASA hopes that funds raised from this event will cover a substantial portion of the swimmers' travel to regional and international events during 2014. ■

## Lani Cabrera and Alexis Clarke International Debut at FINA Championships in Barcelona



From all accounts *Lani Cabrera* (above left), 20 years and 14 year old *Alexis Clarke* (above right) performed very creditably at the **15th FINA World Swimming Championships** held at the Palau Sant Jordi complex in Barcelona, August 1-4, 2013.

According to reports, Cabrera's coach *Neal Studd* of Florida Gulf Coast University, who attended the meet, was very impressed with both swimmers in their first outing.

Studd is reported as saying that *"Their professionalism while representing their country was outstanding. I believe the experience of the world's highest stage will empower them to future successes."*

Lani shaved dropped 12 seconds off her 2013 CCCAN silver medal performance in the 800-metre freestyle while Alexis posted a personal best time in the 200-metre freestyle.

Chaperon *Samantha Clarke* indicated that both swimmers gave of their very best. ■

# CARE for the Younger Swimmer



**Dr Asha Pemberton-Gaskin**

**Swim Mom and physician Dr Asha Pemberton-Gaskin** notes that as an organized sport, swimming provides children and pre-teens with an excellent opportunity to *improve physical fitness, develop specific skills as well as benefit from the social aspects of team training and competition.* The required routines of training and practice help children to develop

a sense of responsibility and time-management. These are positive habits they take forward into their adolescent and adult lives. As children grow and continue to participate in swimming, it is important that *a holistic approach* is taken so that they continue to have a positive and pleasant experience in the sport. *This involves attention to growth and development, nutrition, injury prevention, emotional health and parental support.*

It is unfortunate but not uncommon however that expectations and demands exceed the maturation or readiness of a child in competitive swimming. When such a shift from child-oriented to adult-oriented goals prevails, there is often frustration, burnout and drop-out from the sport altogether.

## Physical Development and Swimming

Throughout infancy and early childhood, physical development proceeds in a progressive manner - as infants learn to roll, sit alone, crawl, walk and then run. Similarly, the fundamental skills required for swimming will develop in a stepwise manner, and will occur in keeping with the overall development of a particular child. These include coordination, body awareness, muscular strength and growth. The way and rate at which children attain and master skills vary widely, even within a family. It is



important to remember that while your child will improve and refine their swimming technique with instruction and enjoyable practice, there is no evidence to suggest or prove that intensive or excessive training will accelerate swimming development or guarantee better performance in the short or long term. In addition, many of these developmental skills are obtained through participation in other sports or activities, where similar skills are required. Early specialization in swimming does not guarantee future elite performance.

*Authorities in swimming, pediatrics and sports medicine all recommend that the emphasis in childhood be placed on acquiring proper swimming technique, fostering enjoyment of the sport and sportsmanship, and pursuit of overall health and fitness.*

## Nutrition

Consistent good nutritional habits play an important role in the lives of all children, and in particular young athletes and swimmers. This is needed to support healthy growth while maintaining athletic performance. During training sessions there is an increased risk of dehydration; and fluids should not be restricted before, during or after training. *Guidelines recommend that 4 to 8 ounces be consumed every 15 to 20 minutes during activity. This should ideally be water.* Carbonated soft drinks or energy drinks are not recommended for young athletes or indeed any child.

Continued on Page 5...

# FLYING FISH MASTERS PARTICIPATE IN BEACH AND SEA CLEAN-UP

**On Saturday September 21**, members, family and friends of the **Flying Fish Barbados Masters** swim club turned up in their numbers at **Carlisle Bay**.

As part of the **Future Centre Trust's** campaign "**Clean Up Barbados**", the group spent a busy morning combing the beach and sea, and picking up garbage from along the stretch from the Barbados Yacht Club to the extreme northern end of the Bay.

**Geoff King**, Secretary of the Club, commented: "For the open water swimmers, the beach at

Carlisle Bay is their 'pool deck', and the sea, their 'pool'. To be part of the clean-up effort just seemed a natural thing to do".

This will hopefully be just one of the many ways to give back to our beautiful 'rock', that has suffered so much from the illegal dumping of garbage island wide.

**Well done everyone, and thanks, it was truly a great demonstration of teamwork!**



**The beach after the clean-up!**

## CARE FOR THE YOUNGER SWIMMER

Continued from Page 4...

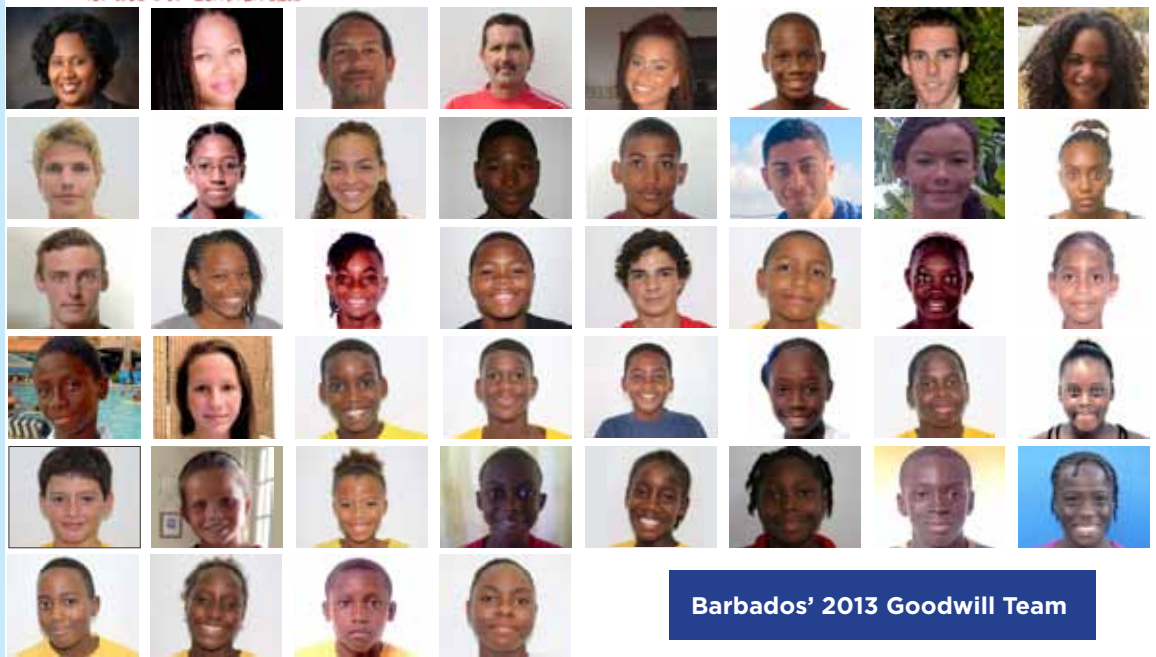
A general approach of providing three main meals and two snacks during the day is advisable; with each meal comprising carbohydrates (e.g. rice, vegetables, pasta, potatoes), proteins (meat, fish, dairy, eggs, legumes) and fats (butter, margarine, oils). *Of particular importance to competitive young swimmers, is a pre-exercise snack approximately 1-2 hours before training*, which can be a serving of fruit or vegetable, smoothie (blended fruit, yogurt and milk) or source of carbohydrate such as a bagel or bread in a sandwich. This is required to support the metabolic demands of a swimming session but should not be large enough to cause complaints or discomfort.

Similarly children need a post-training meal, which usually should provide the major food groups.

While popular in the adult and older-adolescent sporting worlds, the use of processed high-protein supplements has not been recommended or supported by authorities in the pediatric community. The *American Academy of Pediatrics* recommends that natural food sources of protein be chosen over processed protein supplements for younger athletes. Processed protein supplements have not been proven to improve strength, endurance or muscle bulk in children who are pre-puberty, and their use to attempt to gain a competitive advantage is to be discouraged. ■

**Dr Asha addresses Emotional Health and Injury Prevention in the next issue of BASA NEWS. Dr Asha's daughters, Zahra and Isis, swim with Pirates Swim Club.**

# Barbados Gains 98 medals at the XIX Goodwill Games



**Barbados' 2013 Goodwill Team**

*Pamela Mullins (Chaperon), Adua Kinch (Team Manager), Darney Olalde Hernandez (Assistant Coach), Antonio Petrolando (Coach), Vanessa Keaney, Kent Mullins, Joshua Coles, Tara Piggott, Marius Bernhardt, Gabriella Dupigny, Kai Proverbs, Jelani Forde, Nicholas Hall, Gabriel Gunby (Team Captain - boys), Amber McKenzie, Autumn Wharton, Jonathan Pile, Jade Searles, Davia Graham, Nkosi Dunwoody, Leo Bernhardt, Christopher Pollard, Ti-Juana Welch, Kayla Renwick, Neil Skinner, Margaux Harvey-Read, McCullum Clarke, Jumar Waldron, Taj Gulstone, Reanna James, Nathan James, Brittany McCollins, Diego Dulieu, Keilani Talma, Aza Dunwoody, Kai Trotman, Ashley Weekes, Michelle Willoughby, Lamar Mayers, Kayla Smith, Zachary Taylor, Danielle Titus, Zari Hinds, Kimberley Willoughby (Team Captain - girls).*



**1: Zachary Taylor, 8 & under Boys Age Group Champion 2: Danielle Titus, 9 -10 Girls Age Group Champion 3: Nkosi Dunwoody, 9-10 Boys Age Group Champion 4: Kai Proverbs, 13-14 Girls Age Group Champion 5: Kimberley Willoughby, 15-17 Girls Age Group Champion**

**Barbados placed third** in the XIX Goodwill Swim Meet held at the Aquatic Centre Barbados, August 16-18, 2013. However, a 98 medal haul which included 42 gold, 26 silver and 30 bronze saw the young team moving to second place (in medal count) behind Suriname. Barbados also had the distinction of winning age group championships in 5 categories:

8 and under boys - *Zachary Taylor*; 9-10 Girls - *Danielle Titus*; 9-10 Boys - *NKosi Dunwoody*; 13-14 Girls - *Kai Proverbs*; and 15-17 Girls - *Kimberley Willoughby*.

*Kimberley Willoughby* established new Goodwill Games records in the 15-17 Girls 200 Meter Freestyle, the 15-17 Girls 200 Meter IM, the 15-17 Girls 100 Meter Freestyle, the 15-17 Girls 50 Meter Breaststroke, the 15-17 Girls 50 Meter Fly, and the 15-17 Girls 50 Meter Freestyle.

*Danielle Titus* also established new record times in the 9-10 Girls 200 Meter Freestyle, the 9-10 Girls 200 Meter IM, the 9-10 Girls 50 Meter Backstroke and the 9-10 Girls 100 Meter Backstroke.

**BASA wishes to express its sincerest gratitude to all who made Barbados' hosting of XIX Goodwill Swim Meet a success. ■**

# BASA Hosts Alia Atkinson Swim Clinic

As part of the strategic plan for the development of swimming in Barbados, BASA hosted a three-day swim clinic led by Jamaica Olympian *Alia Atkinson*.

Over twenty swimmers including CARIFTA and CCCAN qualifiers, participated in the clinic which ran from July 7-9, 2013. During the clinic, swimmers were introduced to several new training techniques as well as benefitted from coaching in Alia's specialties - the *breaststroke* and the *individual medley*. At the conclusion of the clinic each swimmer received a certificate of participation.

*Alia Atkinson is a NCAA champion in the 200 yd Breaststroke - 2010; Pan-American silver medalist - 200 IM; and Olympic finalist in the 100m breaststroke. Alia won the 100M breaststroke at the 2013 FINA World Cup in Eindhoven, Holland. ■*



Back Row L-R: Raymond Edwards, Kimberley Willoughby, Christian Selby, Alex Sobers, Akeem Nurse, Kent Mullins, Jonathan Manning, Hannah Gill, Tiffany Titus, Kai Proverbs, Danielle Titus

Middle Row L-R: Sariah Sherry, Alexis Clarke, Nicholas Hall, Vanessa Keaney, ALIA ATKINSON

Front Row L-R: Damon St. Prix, Luis-Sebastian Weekes, McKayla Treasure, Rebecca Lashley, Keisha Rouse, Jack Kirby, Destiny Harding, Kobi Talma (standing), Shannon Smith

**Let's BOO-gie!**

The BASA is holding a  
**Halloween Dance**  
at The Barbados Yacht Club  
from 8pm - 1am on  
**SATURDAY 9<sup>TH</sup> NOVEMBER 2013**

Entry fee: \$25 per person

**Spooktacular Prizes to be won**  
Dress to impress in your weirdest,  
most creepiest costumes

Tickets can be purchased from the BASA office at the Aquatic Centre.  
All proceeds go towards the Barbados National Swim Team

## The Aquatic Centre



Call the Aquatic Centre any day at 246-429-7946,

fax 246-436-2272 or

email [basa@caribsurf.com](mailto:basa@caribsurf.com)

to reserve pool space.

# BEING A SWIM PARENT

**Being a Swim Parent** is no easy task. I have been a swim parent for the past 15 years. It started with my son Darren, who informed me that swimming was not as easy as it looked. I learned to swim just to see how difficult it could be. It was not an easy task for me. I also got involved in club activities and assisting at events. My daughter Kyla who is currently swims competitively started swimming around the time that Darren stopped swimming.

As a child progresses with competitive swimming, it can become very time consuming for the parent who has to get the child to six to eight training sessions per week. With this level of involvement, parents find that they have to adjust their lives around training and competitions. Although swimming is an individualist and perhaps a selfish sport it provides excellent physical fitness and promote self-discipline and time-management. In addition, many swimmers and their parents form life-long friendships with local and overseas swimmers and their parents. Children who excel in the sport may also have an opportunity to gain academic/sports scholarships.

As a parent becomes more knowledgeable about swimming there is a temptation to become a "sideline coach. This should be avoided so that the swimmer does not have to choose to whom he/she should listen - resulting frustration and disappointment for swimmer, parent or coach. Parents should encourage and support their children but should avoid trying to live their dreams through them.



**Kathleen Beckles officiating at swim meet**

Swimming in Barbados, as in the other islands, is run almost exclusively by current and former swim parents. In addition to ensuring that their children attend training sessions, parents are expected to help with swim meets by participating as supporters, helpers or officials. Swim meets require sixteen timers and on many occasions the lack of the required number of timers delay start times.

Like several other parents, I started as a timer. About eight years ago my husband and I attended a FINA officials clinic and became stroke and turn judges. In the beginning, I found the breast stroke the most challenging to judge but it became easier with experience. After the birth of our daughter, Kyla, it was agreed that I would continue to be actively involved in officiating since it was not practical for both my husband and I to do so at the same time. Sonia O'Neal encouraged me to consider becoming a meet referee and I started training as a referee, while officiating as a judge at local and overseas meets. After attending additional FINA clinics and officiating as referee at various meets I became a listed FINA official referee in 2012 for List #13.

I enjoy seeing the beaming faces of swimmers who have accomplished their goals. As a swim parent, you also will have a strong sense of accomplishment when you experience your child lowering his or her times, breaking a record or making it onto a national team.

## 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.

## BASA EXECUTIVE 2013

**Mr Andrew Kirby**  
President

**Mr Neil Titus**  
First Vice President

**Mr Tony Selby**  
Second Vice President

**Mr Byran Weekes**  
Secretary

**Ms Avion Jordan**  
Treasurer

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Even though it can be a rough and expensive road, there are many great moments. Stick with it and enjoy the ride – the experience is worth it. ■

**Kathleen Beckles** Swim Parent, FINA Referee, and member of the Alpha Sharks Swim Club.