



# BASA News



L-R: Sariyah Sherry, Christian Selby, Zabrina Holder and Lani Cabrera at the World Swimming Short Course Championship In Turkey

## The Istanbul Experience

In December 2012, Istanbul Turkey, the city that touches two continents – Asia and Europe – was the host to swimmers and officials from all the continents. The occasion was the **11th FINA World Swimming Short Course Championship** held from December 12 - 16, 2012.

Barbados participated in this championship with our four emerging young swimmers; **Christian Selby, Lani Cabrera, Zabrina Holder, and Sariyah Sherry**. The manager was **Tony Selby**, and your humble servant, **Abdul Sharif**, was the coach. Also at the championship was Barbadian **Mr. Errol Clarke**, as meet referee and principal official.

A world championship is always an occasion of overwhelming activity, especially for the smaller swimming countries of this world, and this championship was no different.

Our Barbadian swimmers were not realistically expected to medal or reach the finals since this was their first championship at this level in addition to the fact that they were competing with the world's leading elite swimmers, However, our Caribbean Islands were well represented by multiple medalist **Alia Atkinson** of Jamaica, and finalist **George Bovell III**, from Trinidad and Tobago.

Our Barbadian contingent had much to celebrate as well, despite not making it to the semi-finals or finals in their events. Overall our swimmers were able to achieve **twelve (12) personal best performances, eleven (11) Barbadian age group records, and five (5) Barbados Open National Records**. This

Continued on Page 2...



Abdul Sharif

## Upcoming Events

**March 28 - April 1, 2013**  
**Darren Eastmond Memorial Invitational Water Polo Tournament**  
The Aquatic Centre, Barbados

**March 28 - April 3, 2013**  
**XXVIII CARIFTA Swimming Championships**  
Jamaica

**May 10 - 11, 2013**  
**BASA Long Course**  
The Aquatic Centre, Barbados

**May 24 - 26, 2013**  
**Aquatic Centre International**  
The Aquatic Centre, Barbados

**July 6 - 7, 2013**  
**Swim Barbados Vacations Open Water Competitions**  
Carlisle Bay

## Congratulations

*The swimming fraternity joins in congratulating **Christian Selby, Lani Cabrera, Zabrina Holder, and Sariyah Sherry** for their performance at the **11th FINA World Swimming Short Course Championship**. In addition to twelve personal best performances our swimmers broke eleven Barbadian age group records, and five Barbados Open National Records.*

Continued on Page 7...

## The Istanbul Experience

Continued from Page 1...

was by far the best collective achievement by a national team at this level. Congratulations to all involved, including their respective coaches, are well deserved.

As I indicated before, these occasions are wonderful experiences for every one involved in the sport of competitive swimming, and such was the case with this opportunity. Our young swimmers and officials, got the enviable experiences of observing the very best in our sport as they went about their respective duties, and to learn, not only from observation, but by interaction with the most accomplished practitioners in the sport of competitive swimming. These types of experiences for our “young swimming family” will certainly be of tremendous benefit to the sport of competitive swimming in Barbados.

**Abdul Sharif** is the *Technical Director of the Pirates Swim Club.*

## 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.

# CHARTING A NEW COURSE

**Alpha Sharks President, Neil Titus** has noted that a new day has dawned on the **ALPHA SHARKS SWIM CLUB**. The club was founded on May 20, 1966, six months ahead of Barbados becoming an independent nation and emerged out of another Club, the Brighton Saddle Boys. Over the years, the club has continued to build on the mandate of its founders to encourage all the disciplines of swimming and to promote and encourage the principles of life saving and water safety.

With the passing of time the club has gone through a series of changes which have resulted in a need to relook strategy and focus. Neil noted that the new Executive, elected in September 2011, saw the need to identify and streamline the operations of the club in line with changes taking place within the wider society, and to recognize that all children involved in swimming though they may not reach the highest level in swimming can maximize their potential with the help of swimming.

### BACKGROUND TO MISSION STATEMENT

Neil, who is passionate about the contribution of swimming to development indicated that: as a country we are considered one of the most literate countries of the world. Indeed we can proudly boast that our citizens have risen to the highest offices in other countries in both the private and public sectors. As a club, we seek to play our part in contributing to this success through the development of our children. Several studies have indicated that “physical activity exerts short-term positive changes in children’s behavior and cognitive performance” (Tomporowski, PD). As a result we seek to effect positive changes in children through the sport of swimming and our Mission reflects this.

### OUR MISSION

*“To develop the physical, psychological, emotional and social potential of all persons of all ages through the discipline of swimming”.*



Alpha Sharks Competitive Swimmers with coaches Anthony 'Tony' Petrolanda (back left) and Aisha Norville (left)

**BACKGROUND TO VISION**

Our vision serves as the Roadmap to where we want to be and guides every aspect of our programmes by describing what we need to accomplish in order to continue achieving sustainable, quality growth.

**OUR VISION**

*“To be the pre-eminent club in producing high achievers in the areas of academia, sports or both. Emphasis is placed on maximization of the potential of the individual in their area of prowess”.*

- *Physical:- Creation and continued improvement of swim programmes that will be challenging and fun.*
- *Psychological:- Improve the mental capacity of the children as they cope with the joys and disappointments that go hand in hand with swim training and competition.*
- *Emotional:- Creation of challenging but achievable benchmarks for the children as they progress to the different levels of swimming prowess thus helping to raise the self-esteem of the child in having achieved and conquered a specific goal.*
- *Social:- Provision of an avenue whereby persons can interact with each other and build lasting relationships both locally and on the international front as the team travels to various territories and undertakes various activities.*

The year 2011 – 2012 has seen the rebranding of the club with the launch of its new logo and website [alphasharksswimming.com](http://alphasharksswimming.com). With a renewed focus and mission / vision the club is set to reach even higher heights than before.



1 Alpha Males (L-R): Vaughan Forsythe, Kevin Cadogan and Raymond Edwards  
 2 L-R: Kayla Renwick, Amicah Coward and Aza Dunwoody and Jamie Lyn Gibson



3 Taj Gulstone (left) Nkosi Dunwoody and McCallum Clarke

# Pirates Swim Club

**Pirates Swim Club** was established in 1976 and has a core of 70 active swimmers. Even though Pirates is a competitive swim club, the Club encourages membership of swimmers of all ages and abilities. They have coupled with an active “learn-to-swim” program which encourages training in the ‘big pool’.

The Club can boast such names as **Leah Martindale** – Barbados’ sole Olympic finalist in swimming, **Christian Selby**, who until 5 months ago trained with us here in Barbados and is now based overseas. Christian represented Barbados at the FINA World Swimming Championships in Istanbul, Turkey in December 2012. At a regional level, 2012 saw **Alexis Clarke, Hannah Gill, Jack Kirby, Kai Proverbs, Luis Sebastian Weekes, Gabriel Gunby** and **Eric Taylor** join Christian Selby as members of both the CARIFTA and CISC National Swim Teams. **Rebecca Lashley, Dylan Clarke** and **Nicholas Hall** of Pirates represented Barbados at the summer Goodwill Swim Meet in Guyana. 2013 promises to be even better for the team and the hard work and determination continues.

**Pirates warmly welcome overseas visitors who wish to continue training while on Holidays.**

## What some of the visitors have said ...

*“Over the Christmas holidays, I trained with the Pirates swim club and I really liked it. It was my second time training with the club (I also trained with them in the Easter holidays), and everyone welcomed me back. Swimming in an outdoor pool was so cool, and being a girl that normally swims in an indoor pool in England, I really liked watching the sunrise and sunset during the swims. The swimmers were all really friendly, and made me feel part of the group. Training with them was fun, and the coaches gave me lots of useful tips. Abdul was a really good coach and I hope that I will be able to train with the Pirates the next time I come to Barbados.”*

**Spencer Williams**



**Pirates Swim Club (with Coaches at back L-R) – Darny Olalde Hernandez, Abdul Sharif (with cap), Rolando Consuejra Garcia (in cap and glasses) and David Farmer (extreme Right)**

The Dad’s perspective:

*“As all swim parents know, prolonged periods away from training are not good for fitness. Coming to Barbados at Easter 2012 not long before London Regional Championships meant holiday training was necessary so we were lucky to know family friends on the Pirates team who could facilitate an introduction.*

*Abdul was incredibly welcoming to a young 12 year old girl and made her feel very at home. Second time around at Christmas 2012 was even easier for her with familiar faces and friends to catch up with. I was very impressed with the commitment of both the coaches and the swimmers.*

*The standard of swimming was high but fortunately Spencer was able to fit in perfectly with the pace set by the boys and girls her age. The morning starts were earlier than we were used to but made enjoyable by some spectacular sunrises – a luxury probably not appreciated by those not used to indoor training – and the sunset swims were equally enjoyable, at least watching from the stands!. The ability to convert the pool easily from a 25m to a 50m meant that she could get the benefit of training at both distances and is a really handy facility.*

*I could not have asked for a more receptive team and am so appreciative of the hospitality shown to us. We look forward to returning soon! An open invitation stands for any Pirates swimmer who is coming to London and would like to get in some training with Brompton Swim Club.”*

**Greg Williams**



**Pirate swimmer Nicholas Hall with Christian Marsden (Trinidad) after Pirates Open Water Swim. Christian placed 1st and Nicholas 2nd in the 11-12 age group**



**Coach Darny with Pirates Junior Swimmers**

*"Thank you BASA and Pirates... the welcome is amazing. We have had the pleasure of two visits to the pool and one open water swim- all in the past few months.*

*Trips from Trinidad to your beautiful island are no longer complete without very early morning sessions at the pool and afternoon ones as the sun goes down. Christian, aged 13, has come to love his visits as we meet his Caribbean swimming friends at the pool.*

*Abdul and everyone there welcomes him like he belongs! He simply walks on deck and the rest is just like he has been there every day.*

*We thank you and wish we could be there more often. Looking forward to those Open Water swims in that gorgeous sea- sure beats Maracas Bay.*

*When you are planning to be in Trini please let us welcome you and host you at Marlins (the pool is being resurfaced in April and you will soon see the bottom!)"*

**Mary Joanna Marsden (BIJOUX TERNER)**



**Flying Fish Masters**

## FLYING FISH BARBADOS MASTERS

**Geoffrey King**, Secretary of Flying Fish Masters, told BASA News that in 2003, the JE Security Barbados Masters men's swim team was crowned "Champions" of the 7th Latin American and Caribbean (LATYCAR) Swimming Championships held here in Barbados.

One would have thought that this success would have inspired the team to push for further glory, but this was not to be the case. After the 2003, competitive masters swimming in Barbados became a thing of the past. However, in January 2011, a group of avid adult swimmers, including Geoffrey, decided to revive the sport and "Flying Fish Barbados Masters" swim club was born.

This "new club", with a membership of over 35 adults, is made up mainly of previous members of the "champion club" of 2003, and some very keen newcomers. Activities include open water swimming in the beautiful Carlisle Bay, and lap swimming at the Aquatic Centre Olympic pool.

Membership is open to adults 20 years old and over.

Please contact **David Collins**, President or **Geoffrey King**, Secretary at [flyingfishbim@yahoo.com](mailto:flyingfishbim@yahoo.com)

## COACHES CORNER

# Titans' Coach Participates in First FINA Gold Clinic

Titans' coach **Enrico McConney** together with nearly two hundred coaches attended the 1st **FINA Gold Medal Swimming Coaches Clinic** held in Moscow Russia November 29-30, 2012.



**Enrico McConney**

Coach McConney noted that it was a golden opportunity for him to exchange ideas with coaches from the more than hundred nations that make up the International Swimming Federation (*Fédération Internationale de Natation*) (FINA). In his official report to BASA, Enrico shared some of the highlights of the clinic which are captured below:

**Romain Barnier** from France who coached **Florent Manaudou** in the 50 free gave some advice on the training methods which he has used with Florent. Barniere believes in a train to race philosophy, and not a train to train. Barnier is a strong believer in gym work which includes riding, skipping and weight training. While he recommends dry-land training for up to three (3) weeks before competition he cautioned that coaches must know their swimmers since this approach might not work for every athlete.

South African **Graham Hill** who coached **Chad Le Close** for the 200 butterfly, noted that his close relationship with Chad was a key to success. Graham does not allow his swimmers to have cell phones as he believes that phones are a distraction from training. Chad gives up his cell phone at practice start on Sundays, and gets it back after practice, at 7:00 p.m. on Friday evenings. (By the way, Chad was actually a breaststroker until he hurt his groin playing football.)

**Haitao Liu** from China coaches **Jiao Liuyang** who placed second in the 200 butterfly in the 2008 Summer Olympics. Liu explained that Jiao swims an average of 15,000 meters

a day; gets Sunday mornings off, and about five and a half weeks of vacation every year. The coach explained that Jiao loves to work hard, but that hard work is the Chinese way of life. Dry-land training is a big part of Jiao's workout which includes 60 minutes of dry-land training, three days a week, followed by an hour and a half of swimming.

**Dirk Lange** who coaches breaststroker **Cameron Van Burgh**, stressed the importance of goal setting for swimmers. He too is a very strong believer in gym work which he includes during competition. Surprisingly, he does not believe in a stretching routine. Lange emphasized the need for breaststrokers to have a very strong upper and lower body. He told the workshop that an important component of the breaststroke training is the development of a fast explosive tempo. He recommended the use of the tempo trainer so the swimmer can become accustomed to holding the timing tempo and to controlling the pace of their race. Lange shared his belief that to get the best out of the swimmer, the coach must know the amount lactic acid in the swimmer's blood after a lactic set. This he felt, was especially important at the end of season. Dirk also stressed the importance of the start and the underwater breaststroke pull-out.

**Frank Bush**, Director of the USA Olympic team, focussed on the importance of starts and turns. Bush told coaches that they were able to fix **Matt Grevers** start from the old 'crouch on the block' to the new 'backstroke start'. He emphasised the importance of the underwater kick in the backstroke and noted that it should be a fast and strong kick, coming from the core and the hips. Frank noted that coaches need to make swimmers practise fast turns, even on easy swims, and swimmers must be trained to always turn fast and without thinking.

*Enrico is willing to share his experience with parents and coaches. He is also implementing some the information from the Clinic in Titans' programme.*



## CONGRATULATIONS

Continued from Page 1...



Lani Cabrera



Sariyah Sherry



Zabrina Holder



Christian Selby

### NATIONAL OPEN RECORDS

#### Christian Selby

Male 800m Freestyle 8:36.55  
Male 1500m Freestyle 16:09.22

#### Lani Cabrera

Female 200m Freestyle 2:06.34  
Female 400m Freestyle 4:20.78

### NATIONAL AGE GROUP RECORDS

#### Sariyah Sherry

13-14 Female  
50m Freestyle 27.25

#### Christian Selby

13-14 Male  
50m Freestyle 24.32  
100 Freestyle 52.58  
800 Freestyle 8:46.55  
1500 Freestyle 16:09.22

#### Zabrina Holder

15-17 Female  
50m Fly 29.01  
100m Fly 1:03.38  
100m IM 1:07.69

#### Lani Cabrera

18 and over  
200m Style 2:06.34  
400m Freestyle 4:20.78  
800m Freestyle 8:57.56

## Twelve-year-old Weekes Makes Swimming History



Luis Sebastian Weekes

**Luis Sebastian Weekes** made history at the recently concluded **2013 Long Course Nationals** at the Aquatic Centre by achieving 15 Carifta qualifying times for the **2013 Carifta Swimming Championships**. This is an accomplishment never before achieved by any swimmer in Barbados.

Weekes currently swims in the 11 to 12 Age Group and has qualified in every event available for that age group to swim at Carifta. The qualification times put forward by the BASA for the 2013 to 2016 time period are based the fastest 8th place finish in each event over the past four years.

Twelve year old Luis also now holds four 11 to 12 Age Group records. Two records were established at the ASATT meet in Trinidad in December 2012 in the 50M Backstroke (32.43) and the 200M Individual Medley (2:27.78) and two more were established in the 200M Backstroke (2:33.03) and the 200M Breaststroke (2:46.46) at the just concluded BASA Long Course Nationals. Luis' Coach **Abdul Sharif**, Head coach of Pirates Swim Club and the recent winner of the **BASA 2012 Coach of the Year Award** says he attributes much of Luis' success to his very mature ability to focus on the goals he has set for himself.

# Synchro Barbados



Samantha Little in competition



Samantha (centre) participating in team competition in Montreal



Storm Shepherd (left) and Erika Loustric after Synchro Competition



Crystal Joseph, Lucy Jenkins, and Rachel King

**Synchro Barbados** has been successfully re-launched and is now better than ever. This is **Dana Sikkens** and **Morgan Brown's** 4th year of running the club and they are excited to see how it has grown.

The club offers classes to all interested swimmers, from beginner to competitive levels.

One of our main goals is to train our swimmers to compete in solos, duets and teams in regional competitions to show just how much aquatic sports in Barbados have to offer. However, until we are fully prepared for that we have other targets to attain, like achieving our star levels. There are ten star levels and seven super star levels in our programme. We also have our annual end of year show "Summer Splash" to show off just how good our girls are! If you want to learn a bit more about us, coming to the show is the best time to do it.

Head Coach Morgan is really proud of all her swimmers and is encouraged by how far they have come in such a short time. Featured in the pictures are **Storm Shepherd** only in her 2nd year of Synchro and **Samantha Little** who has been with the club since it re-opened in 2009. *Don't they look amazing!*

Synchronised Swimming is an fabulous sport that challenges both the mind and body, but most of all it is super fun!

Please feel free to get more information about our club by emailing: [synchrobarbados@gmail.com](mailto:synchrobarbados@gmail.com).

We look forward to hearing from you!

*Submitted by Morgan Brown*

## 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

## BASA News

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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](mailto: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.