

SEPTEMBER

WELCOME BACK



Wrapping up our first month back

Hi everyone, I am delighted to be so welcomed as your new Head Coach this year.

September was full of fun and included many birthdays. The Stingray swimmers on island got back in to the water to train as well as starting up weight training as we prepare for our first pool competition in October.

Our first open water race was a lot of fun and our overseas swimmers also performed amazing at their respective schools.

2 new groups were introduced into the club, Masters swimming for adults and Pup's which will be for our youngest swimmers, teaching them the ropes of competing, team spirit and technique.

Registration needs to be done by October 15th.

The Fraser Properties Cayman Open Water Relays

- 1st place 13-14
- 2nd place 13-14
- 2nd place 10-12
- 3rd place 10-12 & 1st place combined in youngest age group - picture missing



John Bodden was named Interim Head Coach at Catholic University of America Swimming and Diving programs

Kyra Rabess was named student-athlete of the week at UNC following her individual win at the Horsetooth open water swim as a team. As well as Ali and Sarah Jackson being a part of their team win at the same swim.



Teagan Fletcher represented the Cayman Islands and the Carriibbean team at the Commonwealth Life Saving Championships



Attendance award winners

- Senior Group - Kassandra Adapa
- Gold Group - Onielio Samuels
- Silver Group - Ryan Shearer
- Bronze group - Harrison Shearer
- Swim Fit - Andrew Smiley

See you next month!

