

# SHARKS TALE

APRIL 2024

NEWSLETTER

## RHAC 2024

A meet to remember for Sharks swimmers, four hard days in a swim meet that had just about every event for the pool you can imagine. Sharks swimmers rose to the occasion swimming 90% PBs. Tyler D swam to a new age group meet record in the 9-10 200 back, Lauren swam the 1500 fr, Zaina and Caden swam the 400 IM and everyone else swam their hearts out in just about everything they swam, gaining us enough valuable points for 4th place in the meet, moving from 6th on day one. We also must congratulate all our swimmers that have made their qualifying times for The Goodwill Championship to be held in St Lucia late August.



Domino's

PROUD  
SPONSOR OF  
SHARKS  
SWIM CLUB  
NEWSLETTER

## PRESIDENT MAKES PAN AM AQUATICS

The president of St Lucia Aquatics Federation has been made an Executive Board Member of Pan American Aquatics, the body that governs aquatics in this part of the world.

Being the only person from the OECS ever appointed to such a prestigious post in Pan American Aquatics makes all swimming in St Lucia very proud of our President and we all wish him the best of luck in his tenure at Pan Am Aquatics.



COMPETITION

Sharks Swimmers  
New Challenge

Make the funniest 5 second  
video and send to Aunty  
Lisa or Aunty Aine

SPONSOR DOMINO'S PIZZA

## SHARKS CONTACT

Sharks Sec: Lisa Pultie T: (758) 2853056

Head Coach: David Peterkin T: (758) 7161510



[www.sharksswimclub758.com](http://www.sharksswimclub758.com)

[SharksSwimClubStLucia](https://www.facebook.com/SharksSwimClubStLucia)

[sharkssec@gmail.com](mailto:sharkssec@gmail.com)

# SHARKS TALE

APRIL 2024

NEWSLETTER

## WHAT A GREAT CARIFTA 2024 MEET

Team Saint Lucia finished 10th out of 27 teams at the Carifta Aquatics 2024, with 9 medals - 3 gold, 1 silver, 5 bronze.

In his first year at the 15-17 level, Antoine Destang did the butterfly double, winning gold in both and was second overall in his division.

Here is a full breakdown of our podium finishes.

Antoine Destang (15-17 boys), 100 Fly G, 50 Fly G, 200 Free B, 200 IM B

Tristan Dorville (15-17 boys)  
50 Free B

Fayth Jeffrey (13-14 girls)  
200 Breast G, 100 Breast S

Mikaili Charlemagne (18&O girls),  
50 Fly B, 100 Free B

We also recorded multiple national records, age group records, and a slew of personal best marks at the Betty-Kelly-Kenning Aquatic Centre in Nassau, Bahamas.

## SONR

The swimming world gets more TECHY as it now adds the ability to communicate with swimmers while they do their laps making real time corrections as they swim.



Coaches in St Lucia are looking forward to this being used as a regular coaching tool to assist our swimmers in better technique and much much more.

## WHAT OUR SHARKS ARE SAYING



What did you think about the SLAF Open Water Event

I can't wait for the next one

They should have more of these Open Water Events

Next time I am definitely doing the 3K

I really enjoyed myself

It was great

I got a silver....yes

It was nice



**TOUS**  
The Oliver Gobat Sports Fund

WE ARE GRATEFUL FOR YOUR CONTINUED SUPPORT OF SPORTS IN ST LUCIA

### SHARKS CONTACT

Sharks Sec: Lisa Pultie T: (758) 2853056

Head Coach: David Peterkin T: (758) 7161510



[www.sharksswimclub758.com](http://www.sharksswimclub758.com)



[SharksSwimClubStLucia](https://www.facebook.com/SharksSwimClubStLucia)



[sharkssec@gmail.com](mailto:sharkssec@gmail.com)

# SHARKS TALE

APRIL 2024

NEWSLETTER

## NATIONAL AQUATIC CENTER

The year of infrastructure will see construction of the NAC go full steam ahead for opening in two years. The pool is already here, ground work as seen in the pic is underway, aint no stopping us now...  
kaizen



## VISUALISATION

Practice Swimming Visualisation Techniques Persistently and Consistently:

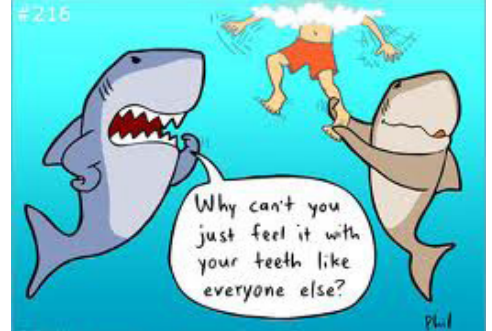
In common with most swimming techniques, visualisation requires persistent and consistent application over some time, to be learned, developed and mastered.

- Some swimmers find the best time to conduct their visualisation, is as a part of their rest, relaxation or recovery routines.
- Some swimmers prefer to conduct their visualisation routine just before they go to sleep.



Our Sharks Jumble sale was a biggg success, Momma Bear and Sharks to de bone helpers were there. Lady B was outstanding in the lead up and on the day... five dollars for de bag or a bigger one ten dollars... Thank you parents and friends for being there to lend a hand... more volunteers next time please.

## SHARK FINNY OF THE MONTH



## NUTRITION

### TIMING THE RECOVERY PROCESS

Eating healthy sources of protein and carbohydrates immediately following the training session enables sore muscles to recover quicker. The sooner swimmers consume these nutrients, the sooner the healing process begins. The following recovery snack and meal options greatly improve the recovery process:

### RECOVERY SNACK OPTIONS

- Rolls or bagels
- Peanut butter and jelly sandwiches
- Salted pretzels
- Fresh fruit
- Fruit smoothie
- Low-fat cheese and crackers
- Low-fat chocolate milk
- Protein bars
- High-carb bars, energy gels, and energy chews



### SHARKS CONTACT

Sharks Sec: Lisa Pultie T: (758) 2853056

Head Coach: David Peterkin T: (758) 7161510



[www.sharksswimclub758.com](http://www.sharksswimclub758.com)



[SharksSwimClubStLucia](https://www.facebook.com/SharksSwimClubStLucia)



[sharkssec@gmail.com](mailto:sharkssec@gmail.com)