

SHARKS TALE

MAY 2023

WE'RE BACK!

NEWSLETTER

SUPER SHARKS

ANTOINE DESTANG

History was made at the Carifta Swimming Championship in Curacao as Super Shark Antoine Destang became the first Caribbean swimmer in the 13-14 age group to swim the 100m freestyle in under 53 seconds, Antoine swam 52.9, this was just one of his many history making performances.

Gold medals in 400, 200, 100 freestyle, 50, 100 butterfly, 200 individual medley

Silver medals in 50, 100 and 200 backstroke.

Carifta records 100 freestyle, 100 butterfly, 200 individual medley

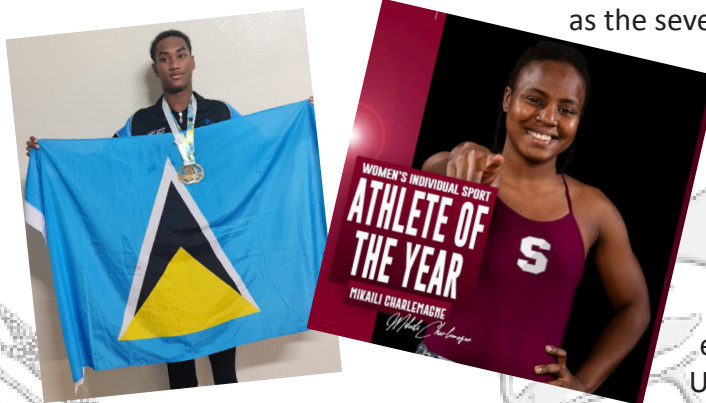
World Aquatics Performance award

13-14 age group high points award

Pan Am B qualifying times 100 and 200 freestyle, 100 backstroke, 100 butterfly and 200 individual medley

This was true history, an extraordinary feat, a first for any St Lucian or OECS swimmer and indeed few swimmers from the wider Caribbean have been able to emulate that performance

Pan Am and the Olympics await him



Mikaili's personal best time in the 50-yard freestyle was 23.76 heading into the meet. She secured herself a place in the final delivered a stunning performance, crushing her previous times to win with a personal best of 23.18. This remarkable achievement places her as the seventh fastest swimmer in the NCAA Division III.

Opting out of collegiate sports and continue her swimming career as a national athlete. She will be pursuing her academic endeavors at Yale University.

MIKAILI CHARLEMAGNE

Super Shark Mikaili Charlemagne swimming for Springfield College has made history by earning First Team All-America honors in the 50 freestyle, solidifying her place in the record books. Mikaili is also the first Saint Lucian Female swimmer to earn such honors.

Mikaili's dedication earned her a place among the greats of Springfield College's Swim Team

She was recently awarded individual sport Athlete of the Year at Springfield College. Congratulations Mikaili you earned every accolade you got!

ELECTIONS RESULTS

For the next two years these are the persons that will govern our sport:

President: Eddie Hazel

Vice President Administration:

Paula James

Vice President Technical:

Peter James

General Secretary: Constance Rene

Treasurer: Tessa Charles Louis

Development Officer: Yasmin Tyson

Public Relations: Terry Finisterre



Left to right Paula James, Tessa Charles Louis, Yasmin Tyson, Constance Rene, Eddie Hazel, Terry Finisterre and Peter James.

SHARKS CONTACT

Sharks Sec: Lisa Pultie T: (758) 2853056

Head Coach: David Peterkin T: (758) 7161510



www.facebook.com/SharksSwimClubStLucia

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LEVELS 1-7 IN 2023

The structure of Beginners, Transitions and Intermediate Swimmers will fall under Levels 1 - 7.

The Sharks Swim Club welcomes all Beginners, Transitions and Intermediate Swimmers to our Sharks Swim Club Junior Team 2023. The Sharks Swim Club - Junior Team is geared towards teaching swimmers the necessary skills to be able to swim all four strokes at a competitive level.



Look out for more in our next Sharks Tale

COMPETITION

Who can draw the funniest shark?

To be judged by swimmers
Every 3 months...
every new
edition

SPONSOR DOMINO'S PIZZA

WHAT OUR SHARKS ARE SAYING



When asked to name five things about our club, this is what we got

1. We love the name
2. We like the training
3. We have good friends
4. We like our logo
5. We like our Coaches

KAYLA AND MAKAYLLA

Kayla and Makaylla are off to Springfield College in the USA. It's the same school Mikaili just graduated from. Good luck girls



P R O U D
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S H A R K S
S W I M C L U B
N E W S L E T T E R

COACHES CORNER

The physical conditioning of a swimmer is not an ongoing process, it only takes a relatively short period of time to become physically fit. The type of training that produces those changes is aptly named "change training." After a time physiological tests do not change even though performance continues to do so. That is because performance is influenced by many factors other than the heart, lactic acid, and various chemicals in the blood. In fact, in swimming, the influence of physical capacities is quite minor when compared to the importance of the technical skills of the sport.

SHARK FINNY OF THE MONTH



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TWO SPECIAL GIRLS

Meet Chelcy and Shania!. They are two of our very enthusiastic young girls, whom Sharks had the privilege of meeting, whilst making a donation to the Children's home, which is also home to them. They are 16 and 15 years old respectively, and showed great interest in learning how to swim. Sharks has now made it possible for them to join the program. They are very eager, and have shown dedication to learning the sport. We will continue to monitor their progress and keep you updated. KAIZEN!!!--



WHAT IS KAIZEN?

Kaizen is an approach to creating continuous improvement based on the idea that small, ongoing positive changes can reap significant improvements. Typically, it is based on cooperation and commitment and stands in contrast to approaches that use radical or top-down changes to achieve transformation.

NUTRITION

For an athlete a nutritious start to the day is vital. It helps with energy levels, concentration, mood, strength and endurance, as well as helping prevent the temptation to eat rubbish later in the day. A GOOD breakfast also boosts the metabolism and immune system.

SHARK IN SCOTLAND

Izzy is off to school in Scotland, rumours have it she is already training with a club, The Aberdeen Dolphins. Best of luck Izzy we will miss you.



TOS
The Oliver Gobat Sports Fund

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



OnDeck THE APP FOR SHARKS
SOON TO BE INTRODUCED

On Deck app for Sharks is part of the Team Unify Platform that's with you from the pool deck to your desk.

Made for swimmers by swimmers, TeamUnify is the world leader in swimming club management. Powering swimming clubs around the world, in and out of the pool, with tools that can help you manage your swim lessons, your times and receive communications from us here at Sharks. We have found it really helpful. It can be downloaded to your phone or computer.

SHARK MEMORIES



Remember first SLASA awards?

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