



CIASA NEWSLETTER

CAYMAN REPRESENTATIVE TEAMS--- CARIFTA & BEYOND...

CARIFTA The four-day Caribbean regional swimming competition, XXX CARIFTA Swimming Championships, was held in Barbados and was attended by 20 countries including the Cayman Islands. (Continue page 3)



CARIFTA TEAM

ISLAND GAMES

The 2015 Island Games will take place in late July and the swim team has been named to include Rory Barrett, Geoffrey Butler, Lara Butler, Brett Fraser, Shaune Fraser, Lauren Hew, Jonathan Key, Alex McCallum, Iain McCallum, Cole Morgan, Ella Plunkett and Eddie Weber.

SPONSOR'S CORNER

Thank you to all of the wonderful sponsors for their support over the years. We are pleased to welcome Davenport Development as our newest sponsor and thank them for their commitment to Cayman Islands Swimming representative teams. They join the ranks of Maples, Dart, KPMG and the Ministry of Sports.

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MINDSET-- FIXED VS GROWTH

By Bailey Weathers,
Technical Director for Cayman Islands Swimming.

Recently, coach Jim Richardson visited the Cayman Islands. We were fortunate that Jim had an opportunity to introduce the concept of "Mindset" to our coaches as well as to a number of swimmers and parents. The concept of "Mindset" refers to two types of learning focuses. Both focuses refer to how children are engaged by adults when working on a task or learning in school. The process that adults use when helping a child learn actually teaches children how to engage with future tasks and challenges.

The first type of "mindset" is called a "fixed mindset". The type of adult talk which tends to develop a fixed "mindset" in children are statements like: "you are so cute", "you are so smart", "you are strong", "you are a distance swimmer", "you are not really a backstroker", etc. Statements to a child which lead to a fixed "mindset" in a child are ones which focus on an attribute that can not change or is DNA based or make a child believe they are "_____". Children who develop a fixed "mindset" have a tendency to not work as hard or believe they can improve in the area where their "mindset" is fixed.

On the other hand there is the "growth mindset". Research has shown that children who have a "growth mindset" are able to take on a task and make much more progress and improvement than children approaching the same task using a fixed "mindset". To develop a growth "mindset" parents, teachers and coaches need to approach any task by communicating to children that they can improve and make progress. They need to reinforce that everyone one learns a task at different rates and that each task will be different in terms of time and process for the same child. "Growth mindset" statements might be "I like how you tried several different ways to get to the correct answer on that math problem", "I enjoyed watching the effort you put into that race", "I can really see the time you have been putting into working on your freestyle turns, they are not quite there yet but you are really making progress".

As parents, teachers and coaches our real goal is to teach children that trying and failing is really just part of the

process of learning. We want them to learn that everyone learns by trial and error and it is through this process they can grow and develop wherever their interest might be.



For more information on "mindset" check out the following books "Mindset" by Carol Dweck. Carol is a researcher from Stanford who has pioneered the work in the field of "mindset". Also read "Mindsets in the Classroom" by Mary Kay Ricci and "How Children Succeed" by Paul Tough. Mr. Tough's book is also explores another key topic called "grit".

"The depth of experience which Bailey has brought to Cayman is impressive," said Michael Lockwood, CIASA President. "He has worked with swimmers of all ages and abilities including some of the best known names in swimming – today Cayman's swimming coaches and swimmers, old and young, are benefiting from this experience too."

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Lead by team captains, Lauren Hew and Jonathan Key the team included Samantha Bailey, Rory Barrett, John Bodden, Stefanie Boothe, Jordan Crooks, Sabine Ellison, Alison Jackson, Sarah Jackson, Emily Link, Catriona MacRae, Iain McCallum, Cole Morgan, Zachary Moore, Zororo Mutomba, Ella Plunkett, Ria Plunkett, Matthew Somerville, Holly Stradling and Eddie Weber.

In addition to achieving many personal best times, this year, Cayman won 15 medals - 5 gold: 2 relay and 3 individual; 5 silver: 4 individual pool and 1 open water and 5 bronze: 1 relay and 4 individual and set a CARIFTA record in the girls 11-12, 4x100 freestyle.

CIASA President Michael Lockwood comments: "Swimming's Technical Director Bailey Weathers – also our Head Coach for CARIFTA - has been working closely with all our clubs and this along with strategic and disciplined coaching at the club level is starting to once again produce the results we were hoping for. All of our swimmers were wonderful ambassadors for Cayman, and for the youth of Cayman, as they show what hard work and discipline can produce. CARIFTA is also a great event for our technical officials to gain experience in international competitions and also for our supporters to cheer everyone on."

The Honourable Minister Osbourne Bodden extended his congratulations to the team. "The Ministry and Departments of Sports extend their congratulations to every swimmer that competed in CARIFTA Swimming 2015. The country is proud of your achievements. We know the medals you brought home to Cayman, the finals you competed in and the Personal Best times you achieved are the result of countless hours of training and we commend you for your discipline and dedication to your sport.

I am confident that with CIG's continued support, the guidance of our Technical Director Bailey Weathers and the strong and focused leadership which CIASA provides under the guidance of President Michael Lockwood we will see our teams getting stronger and stronger; our swimmers getting faster and our medal count going up. Again, swimmers, coaches, team managers ... congratulations on the excellent CARIFTA Swimming 2015 results."

The swimmers must all be congratulated on their personal, team and national achievements. These successes would be harder to come by without the support of sponsors such as Maples, Dart, Davenport Development and the Cayman Islands Government and the ultimate sponsors ... their parents.

Congratulations all."

Girls Relay- 4x 100M- Jackson, Mutomba, Plunkett & Stradling



CARIFTA MEDALS

Girls: 11-12

Alison Jackson:
Gold (50m and 100m freestyle),
Silver (50m and 100m backstroke,
50m breaststroke) and
Bronze (100m breaststroke)

Holly Stradling:
Bronze (200m freestyle)

Relay- 4x100 freestyle- Gold and
Carifta Record
Alison Jackson, Zororo Mutomba,
Ria Plunkett and Holly Stradling

Relay-4 x 50m Freestyle- Gold
Alison Jackson, Zororo Mutomba,
Emily Link and Ria Plunkett

Boys: 13-14

Eddie Weber:
Gold (1500m freestyle) and
Silver (Open Water 5K swim)

Girls 13-14

Ella Plunkett: Bronze (200 IM)

Girls 15-17

Lauren Hew:
Silver (50m backstroke)
Bronze (200m backstroke)

Boys 15-17

Relay- 4 x 200 Freestyle- Bronze
Jonathan Key, Cole Morgan, Rory
Barrett and Iain McCallum





800m Sea Swim, top finisher Eddie Weber (left) with CIASA president Mike Lockwood. First place Lime ladies finish- Sam Bailey

SPONSOR'S CORNER

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Massive Equipment joins us as a new sponsor for our Open Water Relay Swim which was a great success. Be sure not to miss this fun event next year.

The recent Lime 800m Swim introduced a new course to our open water series. We hope everyone enjoyed the change. From time to time we will revert to the 'old' course.

At the end of May, many participated in the Butterfield Sea Swim and helped CIASA celebrate 13 years of partnership with Butterfield.

Keep training as the Flowers Open Water events are just around the corner.

Thank you all for the long-standing partnerships.



Lime 800m Sea Swim, top finisher Eddie Weber (left) with CIASA President Mike Lockwood. First place lady finish- Sam Bailey. Swimmers at the Butterfield 800m Sea Swim (above), top finisher Geoffrey Butler, first lady- Catriona Macrae

2nd Annual Masters Swim Meet

Not all pool competition is reserved for the 'kids'. At the end of May, over 25 Master Swimmers took to the pool competing in various events. There was a combination of good fun and some 'serious' swims. The event wrapped up with a fun 400m relay which saw team members taking turns sprinting 25m a piece until they achieved 400m. For all you adult swimmers out there, hope to see you there next year.

What's on the calendar?