



CIASA NEWSLETTER

CIASA's Vision

CIASA is committed to excellence and continuous improvement in the sport of swimming, including open water, for the education (including learn to swim), development, competition, recreation, health and safety of our members, supporters, affiliates, volunteers and the public.

SUMMER SWIMMING

This summer was busy for Cayman Islands swimmers. In the three years since the Cayman Islands Amateur Swimming Association (CIASA) hired a technical director, swimming has seen a surge in popularity at the club and age group levels and this in turn is starting to produce results at a national level. For these improvements to continue, it is critical that swimmers take part in local and overseas swim meets, which help develop swimmers not just in race execution and strategy, but also in their mental approach.

Our globe trotting swimmers represented the Cayman Islands in Jersey, Channel Islands; Toronto; Canada; Kazan; Russia and Samoa.

2015 NatWest Island Games-Jersey, June 29- July 2, 2015

Team Members: *Rory Barrett, Lara Butler, Geoffrey Butler, Brett Fraser, Shaune Fraser, Lauren Hew, Jonathan Key, Alex McCallum, Iain McCallum, Cole Morgan, Ella Plunkett and Eddie Weber*

The 12-person team had a great performance at the Island Games capturing 14 medals. Shaune Fraser captured gold and set a new Island Games record in the men's 100 meters individual medley, Shaune also won the 200 IM and 100m Fly. Alex McCallum won silver in the men's 200m Back. The Fraser brothers, showing their Olympic pedigree, dominated two events: Brett took gold in the 100m Free and 50m Fly and Shaune was second in both. Swimmer Lara Butler grabbed silver in the 200m Back and 400 IM and bronze in the 100m Back. The Men's 200 Free Relay team (A McCallum, B Fraser, S Fraser and G Butler) also finished with a Bronze Medal.



The Cayman Islands Amateur Swimming Association (CIASA) is a volunteer, not for profit association dedicated to furthering the interests of aquatic sports in the Cayman Islands. CIASA is the recognised Governing Body of aquatic sports in the Cayman Islands and is a member of FINA, UANA, CCCAN, CARIFTA, CIGA and the CIOC. For more information on CIASA please visit www.ciasa.ky.

NATIONAL TEAM NEWS

We are excited to host our first ever **MaplesFS** Leadership Development Clinic for our National Development and Junior team members this fall. Through support from Maples FS we will be able to bring down MoJo Issac and Terry Ganley from the United States to facilitate the clinic for our national team athletes. Both ladies have coached swimming for over 25 years both at the college level and with club programs. The clinic will be held November 26th to 29th and will have 5 distinct sessions. Athletes will attend two sessions based on age and one session with male and female athletes separated. Two of the topics will be “Mindset” and “Grit” which visiting Coach Richardson began talking to our athletes about last spring.



National Development Team Camp- June 29th - July 2nd 2015 – Fort Myers, Florida

The National Development Representative Team, with assistance from CIASA, attended a four-day camp at Florida Gulf Coast University. This is the first time that a Development Representative Team camp has taken place, and the ten swimmers who attended, ranging from 9-15 years old, all had a remarkable experience.

They had the opportunity to work with Neal Studd, a 2012 Olympic head coach who won National Coach of the Year. Studd has been running swim camps for over a decade, instilling a winning tradition to competitive swimmers. He has a philosophy of positive reinforcement, proper stroke technique and challenging training.

The 2016 National Team Calendar :

1. April 12-17: The Olympic Test Event, Brazil
2. April 20-26: CARIFTA Championships, Martinique.
3. Late June/ early July (final dates TBA): 2016 CISC Championships, Bahamas .
4. August 5-21: The Olympic 2016 Games, Rio, Brazil.
5. December 6-11: The 2016 FINA World SC Championships, Canada.

Final selection for all 2016 events will be based on qualifying procedures and available funding for each event.

2016 Cayman Islands National Championships:

The 2016 Cayman Islands National Championships will be the week of Ash Wednesday. The 4 day Championships will begin Thursday February 11th and run through to February 14th. The CIASA National Championships follow the order of events which will be used for the 2016 CARIFTA Championships. The CIASA National Championships are designed as a critical step in our preparation for the 2016 CARIFTA Champions. Potential CARIFTA swimmers should plan to swim a full order of events during the National Championships; including all possible events which they might potentially swim at CARIFTA.

Overall, while the camp’s main focus was swimming, the camp experience provided the swimmers with an opportunity to understand what overseas team travel is like as well as what it would be like to attend university. They lived on the university campus in dorms and attended all campus activities.

One young swimmer who took part, Samantha Rowland, said, “The camp was an amazing experience and I was so grateful for having the opportunity. We had amazing coaches who were very experienced, we met a few high level swimmers and we got to get a feel for the school as we stayed on campus. Overall, the camp taught me so many new skills and gave me some amazing memories.”

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Pan American (PanAm) Games – Toronto, Canada, July 11 to 17, 2015. Team Members: Lara Butler and Brett Fraser

The smaller team competed in the 7 day event in a number of events. Lara saw action in 200 Fly (15th), 200 Back (17th) and the 200 IM (13th); while Brett competed in the 50 Free (13th) and the 100 Free (9th).

2015 FINA World Championships- Kazan, Russia, August 1-8, 2015. Team Members: Lara Butler, Lauren Hew and Geoff Butler

The swimmers had the opportunity to compete in a 50m pool along side the world's best for 7 days. Highlights included training in a virtual "ice bath" at the outdoor pool, awesome hospitality in Russia, amazing sites and culture, 3:00 a.m. sunrises, temperatures in the mid-60s, and some very fast swimming! Lara set a CIASA national senior record in the 100 Back. She also competed in the 100m Fly. Geoff competed in the 400 and 1500 Free and Lauren in the 50 and 200 Back. All three swimmers had professional stroke evaluations and had the opportunity to meet and watch other world class swimmers including our Jamaican neighbor Alia Atkinson.



2015 Special Olympic World Summer Games- LA, USA, July.

Team members: Kanza Bodden, Kathryn Kleinworth, Keanu McKenzie, Andrew Smilley and Hamish Wood.

Special Olympics Cayman Islands (SO CI) swimmers returned home with multiple medals, amazing memories and experiences. Accompanied by coaches Penny McDowall, Senior Swim Instructor, Ryan Mushin and Lois Moody, swimmers obtained Personal Bests (PBs), medal and smiles. The team was led by pool and open water veteran Andrew Smilley. Check out this great video about Andrew- <http://espn.go.com/video/clip?id=12990195>



2015 V Commonwealth Youth Games, Samoa – September 4-11, 2015. Team: Catriona MacRae and Lauren Hew

These swimmers had an amazing experience, traveling half way around the world to compete in Samoa.

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.



ISLAND GAMES

Other finishes (top 10 only)

Men's Medley Relay (G Butler, B Fraser, S Fraser, A McCallum)

- 200m- 1:44.53 (5th)
- 400m- 3:51.95(5th)

Rory Barrett

- 200 Fly, 2:10.98 (6th)

Lara Butler

- 200 IM 2:20.42 (4th)
- 100 Fly, 1:03.52 (5th)

Geoffrey Butler

- 400IM, 4:33.78 (7th)
- 1500m Free, 15:53.82 (4th)
- 200 Free, 1:57.81 (8th)
- 400 Free 3:59.57 (5th)

Lauren Hew

- 100 Back, 1:05.84 (7th)
- 50 Fly, 29.24 (6th)
- 100 Fly, 1:06.25 (6th)
- 50 Free, 27:14(8th)
- 200 Back, 2:19.51 (4th)
- 100 IM 1:08.01 (7th)
- 50 Back 30.51 (4th)

Iain McCallum

- 200 Fly, 2:13.62 (7th)

Cole Morgan

- 200 Back, 2:11.24 (7th)

Ella Plunkett

- 200 Breast, 2:47.02 (7th)
- 100 Breast, 1:17.30 (8th)

Eddie Weber

- 1500 Free, 16:12.59 (5th)
- 400 Free 4:04.44 (7th)

SWIMMER DEVELOPMENT

How does CIASA assist swimmers to be ready for competition both locally and internationally?

One of CIASA's objectives is to develop competitive swimming. In conjunction with the Technical Director and various CIASA initiatives, standards are set to aid in this development and to ensure that our swimmers swim to internationally recognised levels. Additionally, development opportunities are also identified for swimmers (e.g., Florida camp see page 2 and the upcoming Leadership Camp in November).

To assist with swimmer development, local swim meets are run at a high standard and comply with Fédération Internationale de Natation ("FINA" – the world governing body for aquatic sports) Rules and Regulations. Swimmers have the opportunity to be judged as they would be at overseas meets to ensure that they are complying with these rules before they reach the international scene. This mandate falls to CIASA's Technical Committee which has oversight of all Technical Officials on Island and is responsible for keeping up to date with FINA Rules and Regulations and reviewing internationally accepted swim meet practices and putting them into effect. The Technical Committee also trains officials locally to effectively and efficiently run local CIASA sanctioned swim meets. A sanctioned swim meet requires many officials, all of whom are volunteers, as there are many positions that need to be filled at such a meet. On average between 27 to 32 volunteers are required.

For our jurisdiction, the recommended Technical Officials required for each sanctioned meet is as follow:

Meet & Session Referees- have full control and authority over all officials and the actual conduct of the Meet

Starter (1)- responsible for giving swimmers a fair and equal start

Judges of Stroke (2)- ensures that the rules related to the style of swimming designated for the event are being observed and observes the turns and finishes to assist the Inspectors of Turns

Inspectors of Turns (1 per two lanes at the start and turn ends of the pool)- ensures swimmers comply with the rules for turning and also the starting and finishing rules



Chief Timekeeper (1)- briefs and supervises all Timekeepers

Timekeepers (2 per lane)- takes and records the manual (stop watch) times for the swimmer in their assigned lane and stops the backup (semi automatic) timing

Administrative Referee (1)- supervises the Timing Equipment and Computer Operators and determines the official times for each swimmer

Timing Equipment Operator (1)- sets up equipment, including starting equipment, operates the timing console and the print-outs from same

Computer Operator (1)-ensures Meet data is entered into the system, including the entry of electronic, backup and manual times, disqualifications and withdrawals of swimmers and maintains scores for awards.

OFFICIALS IN THE CAYMAN ISLANDS

The Technical Committee has an excellent programme in place for not only aiding in the development of swimmers but for advancing officials to ensure they are suitably qualified to officiate both locally and internationally. Training Coordinator CIASA/FINA Referee

Officials in the Cayman Islands (continued)



Roberts' appointment as Referee was a personal and professional achievement, as well as an honour for Cayman swimming to have one of its officials chosen to officiate and therefore be recognised internationally at such a high level.

Upon learning of his appointment, Roberts said: "It is a huge honour and a massive tribute to Cayman's officiating programme and our efforts at training over many years. I hope this will prove to be a fillip and encouragement to all our officials. I am hugely grateful to the Cayman Islands Government for giving me time off to go and to all the trainers over the years, especially Steven Goldman and Errol Clarke, who have always been so encouraging, and to my wife who not only organises Cayman training of officials but has always supported me 100%."

Roberts previously officiated in swimming at the Pan American Games held in Guadalajara, Mexico, in 2011 and World Short Course Championships in Istanbul in 2012.

CIASA president Michael Lockwood also spoke highly of the appointment. "Over the years, Adam has contributed a significant number of hours to the development of professional and qualified swimming officials locally, regionally and internationally. This has proved pivotal to the development of our swimmers as they are able to compete, here at home, in fully officiated and sanctioned meets – gaining invaluable experience so that they know what to expect when they compete overseas. We thank him for his contributions to swimming."

In addition to Adam's accomplishments, there are other CIASA Officials who've represented Cayman swimming at international competitions over the years including Referees Olive Balderamos, Amanda Roberts, Tom McCallum and Caroline Courtis and Starter Officials Jacky Rowland and Michelle Bailey.

In Other Swimming News



Locally-
Congratulations to David Pursely (Stingray Swim Club) and Caleb Miller (Camana Bay Aquatic Club) who were named head coaches of their respective clubs.



Internationally-
Former Cayman Islands National Swim Team and Stingray Swim Club coach Dave Kelsheimer has been nominated to win a top coaching award in the United States and has been named the Assistant Coach for the USA 2016 Rio Olympic open water swim team.

Kelsheimer, who left Cayman in 2005 after 10 years at the helm, is in the running to win the USA Swimming Coach of the Year award at the annual Golden Goggle Awards. He's one of five coaches to be nominated. Cayman Islands Swimming Technical Director Bailey Weathers said it's a testament to Kelsheimer's coaching skill.

"I think without question Dave's been a great coach for a long time," Weathers said. "He did a great job here in the Cayman Islands. I think we were really fortunate to have him build the programme here. And he used the same vision that he used here in the Cayman Islands with his club in California. And I think his experience here with open water has allowed him to make a name for himself in open water, but not just that, in pool swimming as well."

One of Kelsheimer's swimmers, Californian Jordan Wilimovsky qualified for the US swim team's trip to Rio 2016 Olympics by winning gold in the men's 10km. Jordan also participated and won in the Flowers 10K swim this past June.

Open Water Season Starts-



Fosters Food Fair 31st Sea Swim on September 12th, 2015 opened the Open Water Sea Swim in Cayman. With over 133 swimmers, it was an exciting start to the season with many age groups being closely contested. Camana Bay Aquatic Club's (CBAC) Eddie Weber (photo below) was first across the finish line in 9 minutes, 43 seconds. He

finished a full 21 seconds ahead of second-place John Bodden (10:04) and Jonathan Key (10:08) both of Stingray Swim Club (SSC). The top three woman finishers were CBAC's Holly Stradling (11:15) photo to the left, SSC's Ria Plunkett (11:16) and Stefanie Booth (11:22).



"It was great to be on the beach and back in the sea," said Cayman Islands Amateur Swimming Association president Michael Lockwood. "Thank you to everyone who volunteered or assisted with the event, contributing to its success and to Foster's Food Fair and the Foster Family who continue to support open water swimming."

Round 2....

The second sea swim for the season was the 27th Annual CUC 800M Sea Swim. One hundred and sixteen participants swam the loop course with a stronger current and more chop than the last swim. In a time of ten minutes flat, John Bodden of Stingray Swim Club (SSC) captured the first place spot. He was followed by Eddie Weber of Camana Bay Aquatic Club (CBAC) and Zach Moore of SSC in a time of 10.10 and 10.20 respectively (see photo below). Ria Plunkett of SSC, was the first lady to cross the finish line. She was 5th overall in a time of 10.57 (top photo). She was followed by teammate Stefanie Boothe (11.08) and visiting guest swimmer, Line Praest Louer (11.12).

Doing double duty by volunteering to set up the course and assisting with sea marshalling, Richard Hew, President and CEO of CUC was on hand to present trophies to the overall and age group winners. Commenting, Mr Hew said, "We thank all the swimmers and volunteers for contributing to the success of the 27th Annual CUC 800m Sea Swim this past Saturday. It was especially gratifying to see the large number of youngsters participating this year mixed-in with a few veterans and visitors to the Island. As a Company, we are proud to play our part in supporting the CIASA and swimming in the Cayman Islands and are pleased to see that swimming continues to be a popular family event."



Echoing Mr Hew's comments, Cayman Islands Amateur Swimming Association (CIASA) President, Michael Lockwood said, "It was another great event encompassing a wide range of participants. In addition to being a great family event, the sea swims provides an opportunity for our competitive swimmers to develop their open water skills. I would also like to thank everyone who volunteered or assisted with the event, contributing to its success and to of course to our long standing partner, CUC for their continued support to open water swimming."





SPONSOR'S CORNER

As we all know, CIASA is a non-for-profit, volunteer run organisation. The core of CIASA's vision, values and objectives is to waterproof every child and adult in the Cayman Islands. We are very fortunate to have access to amazing opportunities and resources to help us achieve these goals. But, with any organisation, we are faced with the challenge of funding our initiatives. We are very grateful for the funding that we receive from the Cayman Islands Government, the Cayman Islands Olympic Committee and our main sponsor, Maples, but unfortunately this is not sufficient to fund all the goals that we would like to achieve. We therefore rely on our fund raising efforts and of course the community's generosity.

We have been very fortunate to have long standing partnerships with many organizations in the community such as Fosters Food Fair and CUC (31st and 27th year of a sea swim sponsorship respectively) and we would like to thank them for this continued support. The Foster Group forms part of the cornerstone of Cayman Swimming with their unending support.

In each issue of the CIASA newsletter, we will seek to identify and thank one or two of our great sponsors for their amazing generosity and commitment to swimming in the Cayman Islands.



What's on the calendar?

November 7th - Movie- Touch the Wall

This inspirational movie follows two Olympic swimmers - the then 14 year-old Missy Franklin, and 2-time Olympian Kara Lynn Joyce - as they prepare for swimming's highest stage - the 2012 London Olympics. Young phenom (Missy Franklin) is just beginning her career and is saddled with mile-high expectations; the veteran (Kara Lynn Joyce) is trying to rediscover the juice that earned her four Silver medals. Touch the Wall is a story of competition, commitment, and triumph through adversity. It's also a story of family, of loving what you do, and having fun with the people around you. In a world starved for heroes, Missy and Kara stand tall in Touch the Wall. Please meet at Camana Bay cinema at 10.30am to receive a snack for the movie. The movie will start at 11am. Contact linky@candw.ky for tickets.

November 14th - Pirates Week 5K Swim, sponsored by KPMG

January 24th - CIASA Brunch/ Awards

Come out and celebrate our swimming community.

February 26th - CIASA Golf Tournament

This is the second annual tournament to be held at the North Sound Club.

