



# POOLSIDE NEWS

AB Short Course 2004 October 22-24 2004

## Welcome Back



The A.S.A.J wishes to welcome back all the swimmers, water polo players, synchro swimmers, parents, coaches and friends after the summer holiday. It has been a slow start as Hurricane Ivan blew everyone's schedule out to sea. It appears, however, that all the clubs are now back in the pool.

We hope that you all survived Hurricane Ivan without too many problems, and that your lives are back to normal. For all those who have family in Grenada and The Cayman Islands our prayers are with you.



The A.S.A.J is proud to announce that our national learn to swim program "Swim Jamaica" is now implementing its pilot program and making the final adjustments to the program. We are currently testing the program on four (4) different groups and from time to time you will see Cath and Wendy on pool deck teaching the "Swim Jamaica" classes".

Swim Jamaica is a learn to swim program that prepares swimmers to enter swimming, water polo and synchronized swimming clubs. When the athlete graduates from the program she/he will be able to swim 400 free, 200 back, 200 breast and 100 fly. The swimmer will understand all aspects of competitive swimming and will know how to properly perform all starts and turns. The athlete will also be exposed to the basic elements of water polo, synchronized swimming, life-guard skills and water safety.

Our next step will be to seek sponsorship so that we can expand the program. If you need more information on the Swim Jamaica program please feel free to contact Wendy in the A.S.A.J office.



## Entry Tickets

The A.S.A.J is now responsible for the sale of entry tickets to the National Stadium Pool. The A.S.A.J is receiving a small percentage of this revenue.

We are asking that you assist the A.S.A.J by pre-purchasing a book of twenty (20) tickets for one thousand dollars.

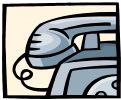
## Ocho Rios Cross the Harbour Ocean Swim & Beach Festival-

The A.S.A.J is busy preparing for what we hope to be one of many open water swims. Our goal is to have three Open Water/Cross the Harbour Swims per year.

The first of these events will be hosted at Island Village in Ocho Rios on December 19<sup>th</sup>. Not only will there be an open water swim with cash prizes but we are extending this event into a Beach Festival and Fun day.

We will start the day with a 3000 m and 1500m open, Cross the Harbour Open Water Swim for which cash prizes will be awarded. There will also be a Masters category and a 1500m relay event. So older swimmers gear up for this event.

Other features of the day will include, beach-polo exhibition games, kayak races, paddle boat races, water rescue and life saving demonstrations by the J.D.F. Coast Guard, beach volleyball, tug of war and other beach games. We are hoping that we can incorporate some elements of synchronized swimming. And of course we are trying our best to get several prizes and surprises.



### Communicating with the A.S.A.J Office.

We are experiencing extreme difficulties with the telephones in the office since the Hurricane. We apologize for the inconvenience as we work hard to correct this problem.

## 7<sup>th</sup> FINA World Short Course Championships

It was a very successful trip with a good mix of "old and young" and it was nice to see the older swimmers assisting the younger swimmers.

Alia unfortunately was sick with a virus for the entire meet, but still had enough courage to go out and swim to the best of her ability and missed a semi final place in the 50m breast stroke by just .56 of a second, which placed her in 17<sup>th</sup> position. Sixteen (16) swimmers make it to the semi finals.

This was the final swim meet for Angela "Dawn" Chuck who after a long swimming career, which includes two Olympics, has retired from the sport on a good note. She had an excellent meet and was very happy with her performances. She was a terrific role model for the younger swimmers.

Brad Hamilton and Dominic Lee also had a good meet and both swimmers performed well. This was their first exposure to a meet of this caliber, in a facility that seated over 10,000 spectators. The swimmers for the first time had the experience of being hounded by the paparazzi as the young American school children mobbed them each time they entered a public area.

#### Alia Atkinson

50 Breast-	33.41	100 Breast-	1.12.12
200 Breast-	2.30-79	50 Free-	27.70
100 Free-	59.24	400 I,M-	5.10.82
100 I,M-	1.06.13	200 I,M-	2.30-37

#### Dawn Chuck

100 Free-	57.07	50 Free-	26.71
200 Free-	2.04.38	100 I,M-	1.07.29

#### Brad Hamilton

50 Free-	23.90	100 Free-	52.14
200 Free-	1.54.95	50 Fly-	26.71

#### Dominic Lee

100 Breast-	1.07.70	50 Breast-	31.28
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## **The ASAJ NEEDS YOU-**

### **PLEASE VOLUNTEER**

Hazel Nangle 429-7533 of the Blue Seals Swim Club is heading the drive to recruit volunteers. Please contact her at and sign up today to help with

- Time Keeping
- Stroke Judging
- Starters
- Meet Referees
- Meet Directors
- Concession
- Gate
- Fund Raising



## **The Role of a Time Keeper**

*information gathered from the A.S.A.J. website- [swimjamaica.com](http://swimjamaica.com) and the FINA website [fina.org](http://fina.org)*

### **Chief Timekeeper**

The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. There shall be three (3) timekeepers for each lane. If Automatic Officiating Equipment is not used there shall be two (2) additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time. When using three (3) digital watches per lane, final time and place is determined by time.

The chief timekeeper shall collect from the timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.

The chief timekeeper shall record or examine the official time on the card for each lane.

### **Timekeepers**

Each timekeeper shall take the time of the swimmers in the lane assigned to him in accordance with SW 11.3. The watches shall be certified correct to the satisfaction of the Meet Management Committee.

Each timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race. Timekeepers may be instructed by the chief timekeeper

to record times at intermediate distances in races longer than 100 metres. Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give it to the chief timekeeper, and if requested present their watches for inspection. They shall not clear their watches until they receive the "clear watches" signal from the chief timekeeper or the referee.

Unless a video backup system is used, it may be necessary to use the full complement of timekeepers even when Automatic Officiating Equipment is used.

## National Honours

**Vilma Charlton**, former Jamaican Olympian and Chef de Mission of the C.I.S.C 2004 Team was awarded the "Order of Distinction" for Services to education and sport on National Heroes Day. Well done Vilma, we are proud that you are part of the A.S.A..J family!

## YMCA SPEEDOS



The Y' Speedos has a new executive body as follows-

**President-** Florette Blackwood

**Vice President-** Raymond Hall

**Secretary-** Sharon Anderson

**Asst. Secretary-** Sandra Anderson

**Treasurer-** Sylvia Martin

**Asst Treasurer-** Maureen Williams

We are happy to see Coach Lowe back on the pool deck in high spirits after rushing off when his mother took ill. Coach Lowe has reported that his mother is out of intensive care and will be o.k very soon... Coach Lowe our prayers are with you and your family.

## Tornadoes Swim Club

Congratulations to the Tornadoes Swim Club who are now in their 15<sup>th</sup> year of existence. They had three members on the National Team that participated at the 7<sup>th</sup> FINA Short Course World Championship in Indianapolis.

**Faith Palmer** who is the Club's P.R.O. has been appointed President of the Optimist Club of Waterloo. **Geoff Roper** the Club's President has recently been promoted to the rank of Lt. Col. in the J.D.F. **Richard Thwaites** was awarded a government scholarship in the G.S.A.T exam. and is now attending Campion College.

The Tornadoes Swim Club would like to welcome its new members, **Courteney Taylor, Summer Jarrett, Mathue Dahaney, Jourdi Mears, Katherine Anderson, Rachel Campbell, Jacqueline Ramsay, Alexandra Hinds and Josh Parkins...** we hope that you will have a long, enjoyable & rewarding swimming career.

### Tornadoes Stroke Clinic November 5-7

The Tornadoes Swim Club has invited an overseas Coach to hold a clinic from November 5-7. You may contact Coach Jacky if you need additional information on this event.

Please note that Vilma Charlton has been an active Tornado Member for many years.

## The Blue Seals have a new Coach !!!

If you observe very carefully you may have seen a new face coaching on the pool deck. Well her name is **Sarah** and she is the new head Coach for the Blue Seals Swim Club.

Coach Carl has migrated and Coach Sarah is now busy with the team.

We wish to welcome Sarah to the A.S.A.J family.

**Kendese Nangle** represented her school Hillel Academy at the Prep & Primary Schools Challenge Quiz which was shown on the local T.V stations. It was a proud moment for the parents, the Club and the A.S.A.J

## *Electric Eel Swim Club*

The Club was founded in May 2004 and trains under the experienced guidance of its Senior Coach – **Pedro Horta** and sports the colours Lime Green and White.

To date the Club has 41 registered members – 26 of which will be competing in the AB Short Course Swim Meet scheduled for October 22 – 24, 2004. We expect good performances from our swimmers, who have been making marked improvements in each swim meet.

We will highlight **Octivia Gray**, who has done extremely well in the last three swim meets, capturing several meet records, the last being the 8 & under 50M Breaststroke record in the Blue Seals Swim Meet held in June 2004.

The Club also applauds **Nkosi Lorne** and **Richard Rowe**, who were successful in their GSAT and are now attending St. George's College – “big up guys, the journey has just begun!”

A few of our “seasoned swimmers” – **Joseph Hernandez, Mickael Lorne, Romario Jackson and Dominic Campbell** have taken sabbatical in order to prepare for the upcoming CXC exams. We wish them every success and look forward to their return to the circuits.

The Electric Eel Swim Club aims:

- i. To provide meaningful competitive experiences for swimmers at all levels to help them develop values such as good sportsmanship, team unity, responsibility, dedication and self-discipline.
- ii. To provide a competitive swimming program, which will give all members the opportunity to attain their goals in swimming, whether they are at the local level or the international level.
- iii. To have a child centered focus, which continues to emphasize the overall development of children at all levels within the sport.



## *MARLINS SWIM CLUB*

**Coach David Dyke**, finally had his long awaited shoulder surgery and is back in full force training the Marlin swimmers. The surgery was a success and apart from some minor soreness and bruises he is o.k. We hope that he will have a speedy recovery. Welcome to **Coach Bobby** as a new Marlins Coach.

## *Dolphins Swim Club*

The Dolphins Swim Club would like to congratulate GSAT awardees **Asley\_Kae Dixon** who passed for Immacualte High and **Sushan Wilson** who passed for Mona High.

The Dolphins Swim Club had a very successful summer program and the children who participated in the program had a great time.

The Dolphins Swim Club was the only Kingston based Club to participate in the Wave Runner Swim meet held at the Swept Away Resort in Negril. The club enjoyed the meet tremendously. They placed second over all and won many of the relay events.

We wish to thank Dolphins Swim Club parent **Nadine Buckland** for taking on the thankless job of A.S.A.J Treasurer.



## *Royals Swim Club*

The Royals Swim Club got off to a slow start this year as the pool at The Queens School, where the club practices, was badly affected by Hurricane Ivan. Despite this set back they were still able enter this swim meet. We wish them the best of luck.

The Royals Swim Club would like to wish the following swimmers a happy birthday:

**Bradley Burnett**  
**Ryan Lattibeaudiere**  
**Bernadine Christie**



## SYNCHRO NEWS

**Synchro Junior Coaches Clinic-** Got off to a good start- October 9<sup>th</sup> & 10<sup>th</sup> with prospective junior coaches and new coaches being introduced to the world of Synchronized Swimming, which should lead to more schools entering the Inter-Schools' Synchro competition

All schools which participated last year are now back in training and are hoping for a excellent inter-schools' competition

**Island Aquatics-** Island Aquatics continues to grow celebrating with 3 full time coaches on staff. **Mikala Lee, Rochelle Foster** (National team Silver Medallist) and Head Coach **Kathy Lim Sang**.

Look out for the Island Aquatics Synchro Show which will be held on Sunday, December 19, 2004 at 4.00 p.m at the National Stadium Pool. There will be Solos, Duets Trios and group pieces. Exiting music! Some of the silver and bronze medallists from past international competitions will be on show.



## WATER POLO NEWS

The A.S.A.J will be hosting the first **Youth Vs. Experience International Water Polo Competition, November 24-28 2004, at the National Stadium Pool**

This competition will take place over 5 days in a round robin type format and the following countries have confirmed that they will send teams to participate-

Hungary  
Venezuela  
Curacao  
U.S.A.



We are waiting for confirmation from  
Trinidad & Tobago  
Holland  
Puerto Rico

Jamaica will have a Masters and an Under 20 team entering the competition. International Superstar and Grammy award winner **Sean Paul** and his brother **Jason** will be playing for the Jamaica



masters team. From time to time you may see him here on the pool deck practicing with the water polo players in preparation for this competition. We hope that you will all come and support our Jamaican players.

#### **F.I.N.A Water Polo Referees Clinic- Orlando Fl.**

Congratulations to **Lance Rochester, Mark Jones, Wendy Bell, and Coach Lotty** who are now all Certified F.I.N.A Water Polo Referees. All four participated in a three day Water Polo Referees School in Orlando, Florida, September 17-19. All participants passed a multiple choice test and were awarded their official F.I.N.A certification. A.S.A.J nominated **Lance, Wendy and Mark** for the F.I.N.A Referees list for 2005, which enables them to referee at F.I.N.A competitions.

Coach Lotty brought us the F.I.N.A Water Polo Guide with the latest Water Polo Rules & Regulations, which is available in the A.S.A.J Office.

#### **Inter- Secondary Schools' League**

Starting on Saturday October 30, there will be a Water Polo Inter- Schools' Competition in the afternoons for 5 weekends, in three age groups 15 & over, 13-14 and 12 & under. The invited schools are

Hillel	Immaculate
St George's	Campion
Wolmers	Alpha
Ardenne	Holy Childhood
Campion	St Andrew
K.C	The Queens School
J.C	St Hugh's
Priory	

The finals of this League will be held during the Youth vs. Experience International Tournament.



### **Missing from the Pool**

You may have noticed that some of the familiar faces are not around any more.

We are proud to announce that the following A.S.A.J members are now in the U.S.A. pursuing academic and sporting careers:

**Rene Wright (Tornadoes)**- Scholarship to Williston Prep School  
**Khalilah Robinson (Tornadoes)**- Scholarship to Howard University  
**Rosni Strudwick ( Water Polo Union)** Montgomery College, Maryland  
**Raine Andrews(All Stars)**- Scholarship to Notre Dame University  
**Todd Johnson( Speedos)** Scholarship to Hamilton College

