



**Well Done Yolande Ambrose!**  
 Girls High Point Winner, 7-8yrs.  
 Who won a number of events to collect this accolade.

At the meet our swimmers won 91 medals with Mark Emanus and Peter Moyston both breaking Mark's previous record in the 800 metres freestyle 11-12yrs boys in an event won by Mark. Our relays were almost unstoppable with our swimmers winning 6 of the 9 relays they swam in.

Other SFF swimmers who finished overall in the top 3 positions in their age groups were Gabriel Marshall third in the 9-10 girls age group, Mark and Peter who finished second and third respectively in the 11-12 boys age group, Tonisha Emanus and Jaianee John second and third respectively in the girls 15-17 age group and Ian Francis and David Moyston first and second in the boys 18 & over age group.

Many SFF members won medals including Joshua Healy, Ritika Bhalla, Maesha Augier, Tracey Moyston, Christian Andrew, Naomi Hemmellmann, Yahy Fontenelle, Shan Lucien, Jazmin Healy, Joline Saunders, Nathan Malizair, Neil Jn. Paul, Jason Saunders, Leon Rigobert and Stefon Emmanuel

**Summer holidays are over and the kid's are back at school. It's also time for Southern Flying Fish to resume swimming classes.**

Level 5 resumes on Monday September 6<sup>th</sup> at 4:30 pm at Coconut Bay. Beginners resume at 1:00 pm, 1:30 pm, 2:00 pm and 2:30 pm on Saturday September 11<sup>th</sup> at the Tobierre's residence at Castle's In Paradise, Savanne's Bay. Levels 1 and 2 resume at 3:00 pm and 3:45 pm at the Tobierre's residence. Our pre-competitive levels 3 and 4 resume on September 11<sup>th</sup> at 3:00 pm and 4:00 pm respectively at Coconut Bay.

Please remember level 5 have practices at 4:30 pm on Monday's, Wednesday's and Friday's at Coconut Bay and at 10:00 am on Saturday's at Sandy Beach throughout the term. During this term parents of kid's identified as elite swimmers within level 5 will have an opportunity for their children to get 2 additional practice sessions on Tuesday's and Thursday's. For more information contact Coach Andy at 518-7815 or 384-2965.

Level 4 swimmers will continue to have an additional practice session on Wednesday's at 3:30 pm starting September 15<sup>th</sup> at Coconut Bay.

## Summer Roundup

During the summer the 6<sup>th</sup> Annual Coach Andy's Summer Swim Camp was held. Led by our head coach Andy Edward this camp was sponsored by Coconut Bay, Paradise Water and Karib Cable. At the camp many kids were afforded the opportunity to improve their swimming technique.

Our coaches led by Coach Andy, Saint Lucia's swim coach to the Central American and Caribbean Games in July, introduced new aspects to our kid's swim programme including the use of underwater videos to correct and improve the technique of our Level 5 and advanced Level 4 swimmers.

A certified American coach from the Total Immersion Swim Programme (TI) joined the camp from August 16<sup>th</sup> assisting greatly in the development of our swimmers swim technique.

The swim camp provided the basis for the SFF winning the 2010 renewal of the Summer Splash Meet defeating 4 other local clubs, 5 clubs from Trinidad and 1 club from Antigua.

### Fee Scale This Term:

Beginner-Level 3	\$140.00
Level 4	\$150.00
Level 5	\$170.00

**All FEES MUST BE PAID BY SEPTEMBER 25<sup>TH</sup>**

This term our Learn to Swim focus will be to produce better swimmers in a super fun atmosphere. Look out for the new learn to swim initiatives!!

**Common Entrance Examinations in June, all of whom were successful:**

**Joshua Healy, Gabriel Marshall, Shan Lucien, Sophia Dagbue, Frejhan Jn. Baptiste, Peter Moyston, Hermad Isidore and Neil Jn. Paul.**

**Congratulations to All !!!**



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