

SHARKS TALE

APRIL 2025

NEWSLETTER

MEET OUR EXECUTIVE:

President - David Peterkin
Vice President - David Brathwaite
Treasurer - Lisa Pultie
Secretary - Aine Charles
Marketing & Public Relations Officer - Constance Rene

MEET DAVID (AKA COACH D)

David Peterkin is an accomplished swim coach with a passion for youth development through swimming. David, along with his team bring a fresh perspective to the club, focusing on fostering a supportive and inclusive environment for all members. With a vision for both Learn To Swim and competitive swimming, they are committed to building a stronger club encompassing all swimmers. Together, they plan to introduce and host regular social events as well as fund raising activities to boost member engagement.

"We are excited to lead the club into a new era of growth and success.

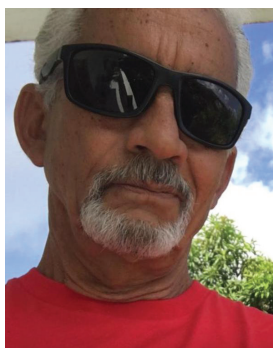
KAIZEN!"

SHARKS LTS

Our Learn to Swim Program is fun and interactive. It caters to individuals at all levels:-

- Swimmers who are fearful
- First time learners
- Swimmers wanting to strengthen stroke techniques

Our classes run from 30mins to an 1hr which allows learners to focus on breathing techniques, free style, backstroke, water safety, breaststroke and turns. It is a fun environment and continues to provide swimmers of every level an opportunity to improve under the watchful eye of our coaches.



President
David Peterkin



Vice President
David Brathwaite



Secretary
Aine Charles



Treasurer
Lisa Pultie



Marketing and PR
Constance Rene

SHARKS CONTACT

Sharks Sec: Aine Charles T: (758) 719 4472
Head Coach: David Peterkin T: (758) 7161510



www.sharksswimclub758.com
[SharksSwimClubStLucia](https://www.facebook.com/SharksSwimClubStLucia)
sharkssec@gmail.com

SHARKS TALE

APRIL 2025

NEWSLETTER



JUST FINISHED A BUTTERFLY CLINIC WITH OUR SWIMMERS

Coach D, Coach Abbie, Coach Marlon

Technique is always at the forefront of our coaching philosophy and as the saying goes "the by product of good technique is faster swimming"

One of the ways we go about teaching technique is for our senior coaches to jump into the pool every now and then to work with our swimmers in getting their head, hands, body and legs moving the way they should

It is always rewarding when you see swimming not only as speed but also an art that leads towards effortless swimming. Kaizen!

OUR FUND RAISER

In our ongoing efforts to continue with our fundraising activities to help the club, Sharks had a very successful raffle, which took place on the 8th of December 2024. Below are some pics of the different winners.



SHARKS CONTACT

Sharks Sec: Aine Charles T: (758) 719 4472

Head Coach: David Peterkin T: (758) 7161510



www.sharksswimclub758.com

[SharksSwimClubStLucia](https://www.facebook.com/SharksSwimClubStLucia)

sharkssec@gmail.com

THE LA RELAY CARNIVAL

This was our first local meet of 2025, setting the stage for an exciting season ahead. This event fostered participation from swimmers across all levels-Learn to Swim, Competitive, and Masters/Parents-making it a truly inclusive experience.

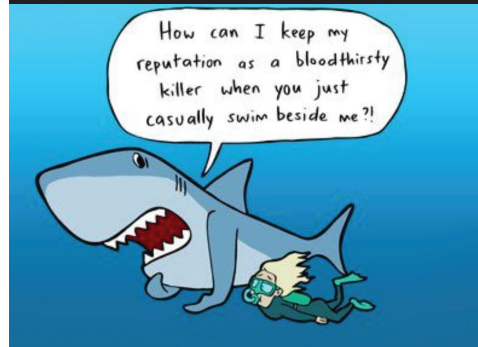
Beyond the competition, the event was fun filled, allowing swimmers to bond through non-traditional relay events. Our team had an incredible turnout, with 57 participants-the largest among all the teams! This included 5 parents, 6 first-time participants, and 46 competitive swimmers.



GREAT SWIMMING SAYINGS

"Swimming is the dance of the water and the swimmer. It's about creating beauty in a space where gravity doesn't exist."

SHARK FINNY OF THE MONTH



TOGS
The Oliver Gobat Sports Fund

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

SHARKS TALE

APRIL 2025

NEWSLETTER

SLAF IND MEET

The SLAF Independence Swimming Championships, our second meet and second win of the year, provided another opportunity for our swimmers to assess their progress early in the year. This event was particularly significant as it served as the final qualification for CARIFTA 2025, adding an extra layer of motivation for our athletes. Our team, the largest among all participating clubs, was well-represented with 45 swimmers, showcasing our depth and commitment to competitive swimming. Overall, it was a successful meet, reinforcing the hard work put in during training and setting the stage for upcoming competitions.

THE CLAUDE SUFRIN SWIM MEET

This is one of two major competitions our club attends away from home to provide our swimmers the opportunity to compete with swimmers from other countries. A total of 18 swimmers participated: 11 male and 7 female, spanning three age groups. Four swimmers competed in the Avenir category (11 and under), six in the Benjamin category (12–13 years), and eight in the Junior category (14 and over).



SHARKS CONTACT

Sharks Sec: Aine Charles T: (758) 719 4472
Head Coach: David Peterkin T: (758) 7161510



www.sharksswimclub758.com
[SharksSwimClubStLucia](https://www.facebook.com/SharksSwimClubStLucia)
sharkssec@gmail.com

SHARKS TALE

APRIL 2025

NEWSLETTER

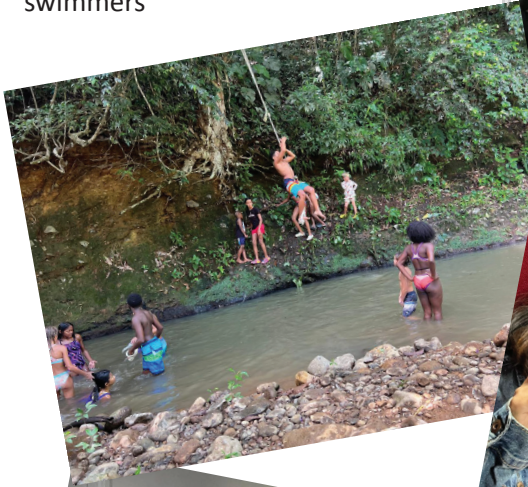
THINGS SHARKS DO

Sharks love to do things outside the box, always looking for a lime, we took our swimmers on a river lime, real country food and all, for most of them and parents it was the first-time they visited that river.

Then there was our highly successful movie lime and what a wonderful time was had by all, some snacks to go with the movie and great fun afterwards as seen in the pics

Listen out for the date of the next beach lime!!

These great ideas produce sharing and caring throughout the club, parents and swimmers



WHAT OUR SHARKS ARE SAYING



What's your Favorite snack at swim meets?

Alec..Nutella
Zalea..bananas
Meyah..Granola Bars and Fruit
Rizzler..Pb&J...with a smoothie
Aiden..Subway

SHARK NUTRITION

Swimmers should have a high carbohydrate meal 2 to 4 hours prior to first race of competition. Fluids (mainly water) should be sipped regularly in the lead up to the first race. To avoid stomach discomfort foods should be relatively low in fibre and fat. The pre competition meal should be planned (don't try new foods or fluids on competition day!).



P R O U D
SPONSOR OF
S H A R K S
SWIM CLUB
NEWSLETTER



SHARKS CONTACT

Sharks Sec: Aine Charles T: (758) 719 4472
Head Coach: David Peterkin T: (758) 7161510



www.sharksswimclub758.com
[SharksSwimClubStLucia](https://www.facebook.com/SharksSwimClubStLucia)
sharkssec@gmail.com