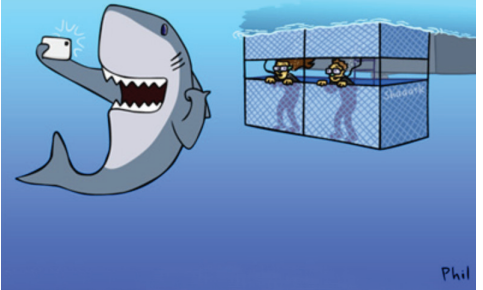


JULY 2025

NEWSLETTER

I AM STRONG SWIM MEET – SHARKS SWIM CLUB – 2025

SHARK FINNY OF THE MONTH



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



www.sharksswimclub758.com
SharksSwimClubStLucia
sharkssec@gmail.com

SHARKS TALE

APRIL 2025

NEWSLETTER

THE SHARKS BEACH & CELEBRATORY LIME WAS AN ABSOLUTE VIBE!

We came together to celebrate our swimmers and their hard work throughout the season and what better way than some sun, sand, and fun?

Swimmers and parents showed up in full force to enjoy the day. From tackling the obstacle course at Splash Island, to beach cricket, sand games, and simply soaking up the good vibes, there was something for everyone.

As one parent perfectly put it, "It was a great technology detox."

Big thanks to everyone who made it special. Here's to progress, play, and Kaizen!

TOGS
The Oliver Gobat Sports Fund

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



SHARK AWARDED WORLD AQUATICS SCHOLARSHIP PROGRAMME!



Mikaili Charlemagne has been awarded a spot in the 2025-26 World Aquatics Scholarship Programme, a prestigious initiative that supports elite athletes facing training limitations in their home countries. Mikaili, a standout for the Sharks Swim Club and national team, was selected from a competitive pool of international applicants. The scholarship targets athletes across various aquatic disciplines, including 100 swimmers, and provides comprehensive support such as training, accommodation, meals, insurance, and competition opportunities.

The World Aquatics Scholarship Programme, launched in 2014, plays a critical role in athlete development for countries with limited access to elite training environments. Mikaili's selection reflects her international experience and potential as she prepares for major competitions such as the World Aquatics Championships and the Olympic Games.

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SHARKS TALE

APRIL 2025

NEWSLETTER

BINGO – SHARKS SWIM CLUB – 2025

Our annual Bingo fundraiser continues to grow in popularity and excitement. This year, we extended the prizes for our swimmers' sections, with vouchers from Cream and Bean, Subway, Splash Island, Caribbean Cinemas and Dominos, all a triumphant success. We would like to thank all our sponsors who made it possible, and particularly our host, Bay Gardens Resorts, for their unwavering support. A great time was had by all, and we surpassed the fund-raising goals of the event. Funds from the event are going towards the purchasing of a new camera system with the capacity to perform underwater video analysis.



WHAT OUR SHARKS ARE SAYING



What's your Favorite social media platform?

KAYLA SAYS TIK TOK

TRU SAYS INSTAGRAM

SARAH SAYS SNAPCHAT

AZALEA SAYS INSTAGRAM

ALEC SAYS TIK TOK

BELLE SAYS YOUTUBE

TYLER SAYS TIK TOK

SHARK NUTRITION

JUST H2O? Of course, water is the best way to hydrate, but we know that you'll want to change it up every once in a while and it's good to know there are other ways to get your recommended dose of fluids. Healthy food sources of water include yogurt, oatmeal, grapefruit, grapes, watermelon, broth, and even chicken breasts. Make your own flavored water and enjoy it with your meals at home or take it with you for on-the-go refreshment. You'll stay hydrated without adding unwanted ingredients that are found in store-bought flavored and "vitamin" waters. Try adding slices of cucumbers, chopped strawberries, or a handful of blueberries for added flavor and nutrition. Try coconut water, great electrolytes.



P R O U D
SPONSOR OF
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SWIM CLUB
NEWSLETTER



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