

CARIFTA SWIMMERS PREPARE

The St Lucia Amateur Swimming Association has gone into top gear in preparation for the 2010 CARIFTA swimming championships to be hosted by Jamaica April 3-6, at the National Stadium Pool

The CARIFTA squad is mostly locally based and train at the Rodney Heights Aquatic Center.

Led by CARIFTA medalist Siona Huxley, the squad would include Junior Sportsman of the year Runako Daniel, Thalia Bergasse, Eamon Ashworth, Julien Brice, Laura Bruce, Jon-L Innocent-Dolor, and David Mayers

Under the watchful eye of Coach Jamie Peterkin, the squad has upped their training schedule and plan to better the 2009 result of one silver medal

Dr. Christopher Beaubrun
PRO SLASA

February 22, 2010