



# Newsletter

VOLUME 2, ISSUE 1

OCTOBER 2014

Perseverance, Excellence and Teamwork

Coaching Team: Wendy Lee, Miguel Jonas, Syreeta Biggs, Courtney Taylor and Barry Brown

## Dean Martin Swim Meet Oct 24-26, 2014

- Welcome to all swimmers
- Messages - Head Coach and President
- National Squad
- Happy Birthday Sept and Oct 2014
- Dean Martin Swim Meet 2014
- Open Water Swim in Oracabessa
- Team Captains
- Spinning - Pedal and Wheel
- Tornadoes songs

It is our first swim meet of the school year. The Dean Martin Swim Meet. This meet is in honour of Dean Martin, Marlins Coach from the 1970s .

Warm up is very important and all swimmers are being asked to be on time for warm up and come prepared. Here is your checklist (please label) towels, swim suits and caps, goggles, sunscreen, change of clothes, warm clothes. Pack healthy snacks such as sandwiches, granola bars, fruit, and lots of hydration - water or Gatorade.

Schedule - 11 and overs on Friday, Saturday evening and Sunday. 10 and unders Saturday morning and Sun-

day morning. Warm up 90minutes before meet start time for each session.

- \* We need Volunteers and more Volunteers - 8 officials each for the 4 sessions of this meet. Parents, siblings, older swimmers please sign up to time-keep with Carolyn. Deck officials sign up with Martha.
- \* We need lots of TEAM SPIRIT - come out in your orange, black and teal and support the team. Bring that VOICE and NOISE makers to cheer on the swimmers and team.
- \* New swimmers and Parents coming to the

stadium to a meet for the first time you pay a parking fee and entrance fee. Tornadoes Club is on the right side down towards diving pool. Look for the ORANGE . Walk with umbrella/ chair.

- \* Please view email with entries for your swimmer and note times of arrival—check coaches before you leave to determine if your swimmer is on the relay team.
- \* Team swim caps, some suits and t-shirts will be on sale see Michelle Yeo.

## September

Nicholas Jones, Alliana Masterton,, Andwele Shurland, Ciarra Marston, Abigail Miller, Darius Smith, Johnathan Lyn, Sara Marie Anderson, Kiana Wong,, Jessica Lyn, Ewen Gay , Shaefer Emmons, Barry Brown, Nyasha Heaven, Rhian Jones, Jaedon Haynes, Allen Thomas, Eva Pinchas, Domini Lalor, Jared Rodney, & Joshua Lawrence

## October

Tiara Myrie, Alexis Gordon-Martin , Dylan Vaz, Duncan McKenzie, Kristoff Batson, Wendy Lee, Raven Campbell , Llori Sharpe , Kamla Blake, Katrina Girod, Anna Chin, Alan Beckford, Emily Vaz, Nailah Williams, Justin Gay, Morgan Barnes, Hannah Gayle, William van Selm & Brandon Mohammed

Contact Information  
Tornadoes Swim Club  
Wendy Lee  
881 5334  
swimtornadoes@gmail.com



## Head Coach Wendy Lee—Welcome Message 2014

*A very HEARTY welcome back. To another season of great competitive swimming. I am feeling very positive and motivated for the upcoming season. We have had a great start despite chik v. As usual our Tornadoes swimmers have made their mark on open water swimming. The first person to cross the finish line in both the 1500 and 3000 meter events was a Tornadoes swimmer. We also have great representation on the Jamaica National Squad and I anticipate that our swimmers will have positive results in international competitions, as they are extremely motivated*

*and working harder and harder in training.*

*It is also wonderful to see the determination of our new members of Windward Road Primary who worked so hard this summer to be able to train and compete with our team. A special thanks to Pam and Horace who continue to work on this programme. A very special welcome to our swimmers from Porter Center for Knowledge who have joined the Tornadoes Family. To anyone who joined the team WELCOME.*

*We have a full calendar for this*

*term and with the continued support of the Tornadoes Family we can make this season enjoyable and rewarding for our swimmers, officials, parents and supporters. Masters we coaches are far along in planning a Masters Meet for you on November 15. So everyone mark your calendars to support this event.*

*On behalf of the coaches, I have to say that we feel truly blessed and honored to be able to share in the joy and achievements of our Tornadoes Swimmers.*

## Open Water Swim - James Bond Beach Oct 5, 2014.

It was a perfect day to go for a drive to the country. I was ready so were my swimmers and masters.

We left Kingston after having breakfast and journeyed to Oracabessa. It was a scenic drive through Junction to head to Oracabessa, 75 mins later we were there ready for this challenge.

While the course was being marked, my swimmers registered and numbered I sat with my younger swimmers who will be doing this for the first time. What a challenge!!!! I was nervous but extremely excited.

I pointed out the course and watched how they eagerly took what I told them. I took them down to the beach and got them to swim and play to get them comfortable and relaxed.

First event was the aquathlon - a 800m swim and then run.

Then the 1500m - my team - Johnathan Lyn, Amore Hunter, Ireland Hunter, Zachary Jackson, Blaine, Sabrina Lyn, Kadian Ingeleton, Stefan Braeger, Charles Cleveland. They had to do 2 laps of the course.

Then the 3000m - Jesse Marsh

I watched along with anxious and supporting parents as these swimmers showed the Tornadoes spirit and swam their best.

Congrats to them all. Winners 3000m Jesse, 1500m Johnathan, 10 and Unders Sabrina, Masters Charles.

I smiled all the way back to Kingston despite my flat tire in Moneague. Thanks to all parents, officials, ASAJ and swimmers who made it a 007 day.



## Becoming Team Captain

We are actively looking for our new team captains. Any swimmer 13 and over can be considered for the post. And our candidates have been nominated.

Voting for our new captains will take place this weekend. Swimmers, coaches and executive will vote to decide our new captains. Please ensure that your swimmer casts his/her vote this weekend.

Captains will be announced at a later date.

## Spinning at Pedal & Wheel

This summer we had an exciting series of strength and leg training at Pedal and Wheel. The team at Pedal and Wheel welcomed us with smiles and calmed the nerves of our first time riders who took to the sport of riding naturally. Classes often had a waiting list. For six Fridays we participated in grueling but fun classes. We want to thank all parents and swimmers who joined in and we want to THANK the team at Pedal and Wheel and mostly Joanne King and Jodi Mair. We look forward to returning to this activity at Christmas.

## National Squad

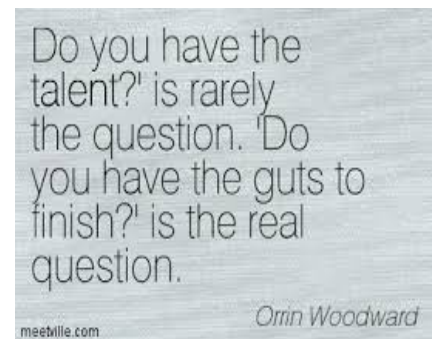


Quite a number of our swimmers - local and overseas - made the national squad. Congrats.

The criteria for national squad can be found at and I encourage all my swimmers to push to achieve this as a goal at some point in your swimmer career.

[http://www.swimjamaica.com/Press\\_2013/131007%20Squad%20Selection%20Criteria.pdf](http://www.swimjamaica.com/Press_2013/131007%20Squad%20Selection%20Criteria.pdf)

Congrats to - Christian, Joseph, Anna, Amore, Arianne, Johnathan, Laura, Jesse, Liam, Alex, Llori, Dominic and Timothy.

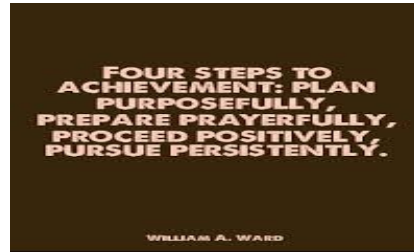


*“ As we begin this new term let me hope that we are all rested and re-energized to put our best efforts forward for our club TORNADOES!!!*

*A warm welcome to our newest club members, I encourage all club members to take the time to make these new family members welcomed and become fully integrated into the club. Congratulations to all those swimmers who have been selected to the various national squads you have all worked hard and its well deserved. Put your best foot forward and represent yourselves and club with discipline, distinction and determination. It 's going to be hard work but remember there would be no good sailors if the sea was always calm!! As we prepare for our first meet next week in the midst of Chik V I look forward to us all working together with our dedicated coaching staff for the continued success of the club.*

*To our swimmers I say you all you have our support!!!Let 's all remember that Tornadoes will only be successful if our involvement, efforts support and spirits remain high!!! ” with love, **President Orleen Batson***

## TORNADOES



WINNERS	LOSERS
SAY "IT MAY BE DIFFICULT BUT IT IS POSSIBLE."	SAY "IT MAY BE POSSIBLE BUT IT IS TOO DIFFICULT."
SEE THE GAIN.	SEE THE PAIN.
SEE POSSIBILITIES.	SEE PROBLEMS.
MAKE IT HAPPEN.	LET IT HAPPEN.

**Our Club's goal is to improve our overall discipline, training ethics, have fun and more parent involvement. Under 10s your goal is creating a swim log book with your times from swim meets for this season. Best book will be featured in our swim magazine 2015. 11 and overs your goals are to do your best - at training, at meets and at school; train harder each session, become role models and become more knowledgeable with swim information.**



## TORNADOES TEAM SONGS

### LAP CLAP SONG

TOR TORNA TORNADOES BEST CLUB

Put us in the water and we whip up a whirlwind

Put us in the water and we kick up a storm

Watch out Typhoons about to overtake you

Watch Hurricanes ripping up the records to shreds

Backstroke, Breaststroke, Butterfly, Freestyle

Shshshshshshshshshshs.....it's a TORNADO

### I SAY SONG

Leader - When I say 'number' you say '1'

Leader - 'Number' Team - '1' (twice)

Leader - When I say 'spirit' you say 'Got it'

Leader - 'Spirit' Team - 'Got it' (twice)

Leader - When I say 'Fight' you say 'win'

Leader - 'Fight' Team 'Win' (twice)

Leader - When I say 'Tor' you say 'Nadoes'

Leader - 'Tor' Team 'Nadoes' (twice)

Leader - When I say 'Tornadoes' you say 'Boom'

Leader - Tornadoes Team - Boom (twice)

All - "Tornadoes Boom Boom Boom "

Quite a number of swimmers joined our club over the summer and since September. Especially the swimmers from Windward Road Primary and Porter Centre for Knowledge.

We want to welcome all new swimmers to Tornadoes and we hope you are fully settled and ready to enjoy the winning club.

Welcome to Courteney Taylor who coaches the Whirlwinds at Hillel. She is passing on her knowledge to our younger swimmers having learned it all from Barry, Miguel and Syreeta.

Congrats to Syreeta who is pursuing a degree in business and Barry who graduated from Mico and is now full time at St. Andrews.

Coach Jackie is now in Canada coaching at McMaster University - best wishes to her and

Dominic.

Coach Dellan has moved to the Bahamas to be with family and take up a job with the Ministry of Sports. Best wishes to him.

The Gay family send their love from France and Justin is in the pool swimming. Keep up the good work.

**Here are a few tips**

**Orange, Teal and Black are our colours.**

**Banana is our favourite fruit. Gatorade our favourite sport water. Granola our favourite snack bar.**

**We love to win. Our masters**

**ROCK! Full stop**

**Punctuality, Respect, Attitude, Parent involvement helps us to be winners.**

**We love relays.**

**Our President is Orleen Batson and VP is Carolyn Fuertado.**

Bon Voyage - Coach Wendy will be travelling to Colorado, USA to attend a high level technical coaches clinic - Oct 25th - 31st. The clinic is sponsored by the Pan American Sports Organisation in partnership with US Olympic Committee. We wish her safe travel and hurry come back come share the experience.