



TEAM Bahamas swimmers can be seen during a practice session yesterday - in preparation for the CARIFTA Swimming Championships in Jamaica - at the Betty Kelly Kenning National Swim Complex. Photos: Terrel W Carey/Tribune Staff

# Swimmers ready to defend CARIFTA title in Jamaica

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team, although there are a lot of first time competitors, so it will be interesting to see how well they can defend the title. Lamar Taylor, a 14-year-old Bishop Michael Eldon student out of Grand Bahama, is making his fourth team, but he said the objective is still the same, and that is to win.

"I'm really looking forward to competing in the 50m free, which is my best event," he said. "But I am looking forward to seeing how well we compete as a team. We have a really good team, so we should do very well."

Mark-Anthony Thompson, who joins his brother Luke-Kennedy and sister Zayle-Elizabeth Thompson on the team, will be making his debut as he competes in the open water swim.

"I'm really excited and I'm also nervous, but I want to do very well," said the 15-year-old St Andrew's student. "I'm looking forward to experiencing CARIFTA for the first time and just to go out and have some fun."

"As a first timer, I feel pretty good about the environment that we have here in training, so I know it will be more intense when we go to Jamaica. I just want to do my best."

Jamilah Hepburn, 14, will be entered in the girls' 13-14 division. The Windsor Prep at Albany student will be making her third appearance and she has some lofty goals.

"I want to bring home some medals because I've never won any before," she said.

"I really want to medal in the 50m breast. I've been training for a long time and I think I'm ready for it."

"We have a great team and so I think we will do very well. For those competitors who will be competing for the first time, if they don't win a medal, they should not let it get them down."

They can always work on next year."

Erald Thompson III, 13, will be competing in the boys' 13-14 division as he returns for his second appearance.

"I want to go for a medal in the 100m breaststroke," he said. "I think with the help of my teammates, I'm looking forward to having some fun in Jamaica and putting on a show for the country."

For Devin Cuffy-Bethel, 12, this will be her debut, but she's not going to let the trappings get the best of her performance.

"I am looking forward to competing," said Cuffy-Bethel, a

student of Queen's College. "I am happy to represent the country and I hope that I can go out there and perform very well."

And Grace Farrington, a 12-year-old student of Queen's College, is also making her debut.

"I am excited to be able to represent the country," Farrington said. "I think we have a very good team and I'm just happy to be a part of it. I know that I can compete to the best of my ability. I want to medal because I am ranked in my event."

The team will be managed by Georgette Albury and coached by Travano McPhee, Jorge Rodriguez and Andy Loveitt.

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