



KENYA SWIMMING FEDERATION

The Competitions Management Committee
Interim Management Committee
Kenya Swimming Federation
P O Box 15544 - 00509
Nairobi
Kenya

28th February 2019

ATT: CMC/IMC

Dear Sir / Madam,

COMPETITION REPORT – CANA ZONE IV SWIMMING CHAMPIONSHIPS – NAMIBIA

It is my pleasure to present the competition report covering the CANA Zone IV Swimming Championships completed in Windhoek, Namibia.

INTRODUCTION

Serial	Item	Remarks
1	Introduction	The CANA Zone IV Swimming Championship took place in Windhoek, Namibia, 16-20th February 2019. This regional Africa swimming championship was organised by the Namibia Swimming Union under the guidance of CANA and FINA. Apart from hosts Namibia, eleven (11) Zone IV nations also participating were; Angola, Botswana, Comoros, Eswatini, Mozambique, Malawi, Mauritius, Seychelles, South Africa, Zambia and Zimbabwe whilst the federation has also invited Kenya, Uganda and Tanzania from Zone III, bringing the total to over 450 athletes in action. The five-day championships began with the swimming section of the competition on Saturday at the Olympia swimming pool, followed by the open water events at Oanob Dam. This year will also double as an official qualification event for the 18th FINA World Championships, to be staged in Gwangju, Korea from 12th to 28th July 2019.

DETAILS OF MEET

Serial	Item	Remarks
2	Details of Meet	Eleven countries participated in the CANA Zone IV Championships and three from neighbouring Zone III. Zone III : Kenya, Tanzania, Uganda Zone IV : Angola, Botswana, Comoros, Eswatini, Mozambique, Malawi, Mauritius, Seychelles, South Africa, Zambia and Zimbabwe

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		<p>The hospitality of the Namibians was amazing; welcoming every team member and parent warmly from day one. The pool was in excellent condition, and the organisation of the meet matched that.</p> <p>All meals – Good Transport – Good</p>
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SWIMMERS DETAILS

Serial	Item	Remarks
3	Swimmer Details	<p>Boys</p> <p>1. Ivan Hart 12 years 2. Abdul Bagha 12 years</p> <p>Girls</p> <p>1. Ashley Kagwima 11 years 2. Nurayn Bagha 14 years 3. Riva Karia 16 years 4. Jasmin Kimani 15 years 5. Kenda Maye 14 years 6. Rebecca Nanjala 12 years</p>

MANAGEMENT DETAILS

Serial	Item	Remarks
4	Kenya Management Details	<p>Males</p> <p>1. Doyle Finch (Coach)</p> <p>Females</p> <p>1. Nitiksha Karia (Team Manager)</p>



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RACES ENTERED AND COMPLETED

Serial	Item	Remarks
5	Swimmers & Races Entered	<p>Boys</p> <ol style="list-style-type: none"> Ivan Hart 12 years - 100m Back, 50m Back, 200m Free, 50m Fly, 100m Fly, 50m Free, 100m Free, 200m IM Abdul Bagha 12 years – 100m Back, 50m Back, 200m Free, 50m Fly, 400m Free, 200m Back, 200m IM <p>Girls</p> <ol style="list-style-type: none"> Ashley Kagwima 11 years – 100m Back, 50m Back, 200m Free, 50m Fly, 100m Fly, 200m Back, 100m Free Nurayn Bagha 14 years - 800M Free, 400M Free, 5KM OW, 3KM OW Riva Karia 16 years – 100m Back, 50m Back, 50m Fly, 100m Fly, 200m Back, 200m Fly, 200m IM Jasmin Kimani 15 years – 50m Breast, 200m Breast, 50m Fly, 100m Fly, 100m Breast, 50m Free, 100m Free Kenda Maye 14years – 100m Back, 50m Back, 200m Free, 50m Fly, 200m Back, 50m Free, 100m Free Rebecca Nanjala 12 years – 50m Breast, 50m Back, 200m Free, 50m Fly, 100m Fly, 50m Free, 100m Free

SWIMMERS PERFORMANCE

Serial	Item	Remarks
6		<p>Team Captain : Riva Karia 16 years</p> <p>Kenyan Team : Swimmers</p> <p>Very good performance from the Kenyan swimming team, however, we need to compete at a higher level more often. Our swimmers lack the mental strength when competing against swimmers better than them.</p> <p>Top performance came from Ivan Hart who picked up six gold and two silver medals and went on to win the swimmer of the competition for the boys' 12 and under category.</p>



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		<p>Nurayn Bagha earned herself a bronze medal in the girls 14-15 5KM open water event and on the same day competed in the 3KM open water even.</p> <p>Riva Karia swam in a hard fought 200m Fly to earn herself a well-deserved silver medal.</p>
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FINANCES

Serial	Item	Remarks
7	Finances	The event was fully funded by the parents of the swimmers

LESSONS IDENTIFIED

Serial	Item	Remarks
8	Lessons Identified	<ul style="list-style-type: none">• Swimmers need to be better prepared in training to compete at these international competitions (racing more and doing back to back races). Sufficient notice to coaches and swimmers to be more prepared.• Continuous updated reports from coaches to KSF about swimmers on the national team.• Swimmers need to learn how to be more professional when swimming galas.• Our swimmers need to have the opportunity to race each other and better opponents more often to improve the standard of swimming.• Team was tired and lethargic upon arrival due to long travel.



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RECOMMENDATIONS

Serial	Item	Remarks
9	Recommendations	<ul style="list-style-type: none">• Organise training camps for National Squad swimmers• Coaches workshops and forums• Raise the standard at our county levels as well as our national level• Organise galas for our top swimmers to race against each other more often• Teach the swimmers to be more professional at county and national level which will in turn improve them on the international stage• Financial support to National Squad swimmers and help develop these young athletes• Travel routes to competition need to be made as short as possible in order to avoid fatigue before the competition commences.• Support swimmers 14 and under, implement a four year plan to develop swimmers for the 2022 Youth Olympics (Africa – Senegal). <p>What did we do well?</p> <p>New swimmers in the National team for the first time brought the hunger and determination to do well and make their country proud. The trip was well organized by the KSF Management Committee</p>

SUMMARY

Serial	Item	Remarks
10	Summary	CANA Zone IV – Windhoek, Namibia 2019. The LOC has done an amazing job organising this competition. Overall everything was very well run and administered. The Kenyan team tour was therefore a success. It was a really strong outing for the young Kenyan Team, and definitely one they all need to build on.

REPORT AUTHOR

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END OF REPORT