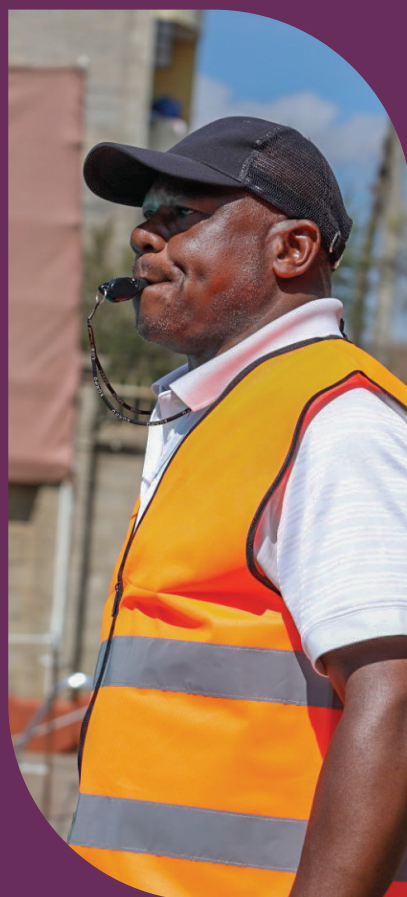
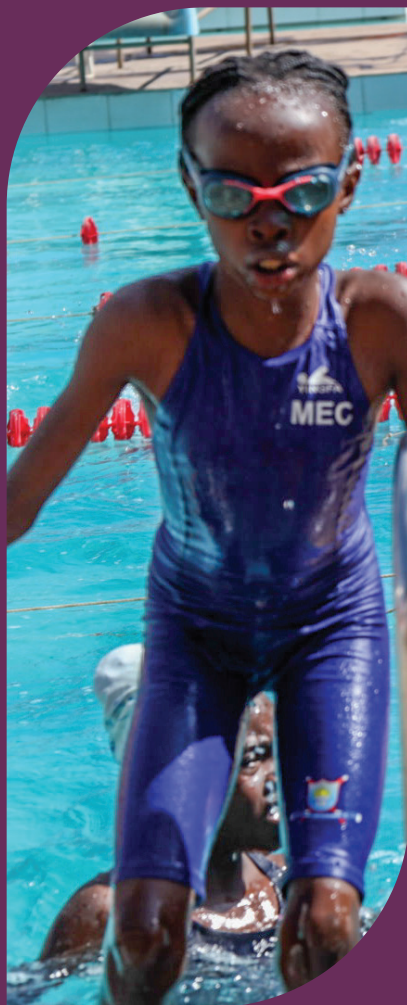


THE FITKONNECT

# DEEP END

by  **FITBRIDGE LTD**



fitconnect  
swim series

fitconnect  
by fitbridge ltd

# EDITION ONE

16 MARCH 2024





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# Splash into the Fun!

We're thrilled to splash into the first newsletter of our swim series, and what a fantastic way to start! Our objective for this series is simple: **to nurture swimming talent** while taking the fun in the sport to the next level. And based on the incredible energy and enthusiasm we witnessed at the 1st Meet, we're confident we're well on our way to achieving that goal.

This series promises to be different from the rest, in all the good ways. We set high expectations for ourselves, and we're delighted to say that the first meet not only met them, but surpassed them in every way imaginable.

**"This series promises to be different from the rest, in all the good ways"**





## More than a Sport

The 1st meet wasn't just about competition; it was a celebration of swimming and sportsmanship. The atmosphere was **electric**, filled with **fun, energy, and excitement**. Witnessing this vibrant spirit truly warmed our hearts.

What truly impressed was the **incredible camaraderie** displayed by the swimmers. We saw them **transition seamlessly from fierce competitors to enthusiastic fans**, cheering on their teammates with unwavering support. This spirit of sportsmanship is what makes swimming such a special sport.

The dedication of the **coaches** and other officials also deserves a standing ovation. Their **passion, professionalism and support** for the competitors were evident throughout the meet. Their constant encouragement and guidance played a crucial role in motivating the swimmers and fostering a positive competitive environment.

A big shout-out goes to our amazing vendors who added another layer of **buzz and activity** to the event. They brought about a **festive atmosphere** to the venue.





# Beyond Expectations

The sheer **volume of participants** left us utterly speechless. Seeing so many eager swimmers and enthusiastic spectators far surpassed our initial expectations. Your **presence and positive energy** are our greatest motivation, fueling our commitment to create a series that is **fun, engaging, and truly special** for everyone involved.

We understand the trust you've placed in us, and we **don't take it for granted**. We are dedicated to continuously exceeding your expectations and making this series an **unforgettable experience** for all.

“We understand the trust you've placed in us, and we don't take it for granted.”



## Dive into More Fun

The excitement doesn't stop here! Mark your calendars and get ready to make a splash at the next meet, **Meet 3**, happening on **May 25th, 2024**. Registration is now open, so don't miss your chance to be part of the fun!

Stay updated on all things swim series by subscribing to our newsletter. We'll be sharing exciting updates, exclusive content, and behind-the-scenes glimpses to keep you informed and engaged.

Together, let's continue to **bring the fun back in swimming** and make this series a resounding success!

**SIGN UP TODAY**

SCAN ME



## The Ultimate Swim Series





## Editorial – What way for the 2024 Circuit?

The new season begins! Next up: an exciting entry into what promises to be the most exciting swimming competition yet. The first meet saw endless possibilities come to life - first-time teams dominating races and setting new records. And yet, the swimming has to go on. 11 teams have set the tone for the remainder of the circuit meets and will welcome more to supercharge the campaign. The FitKonnnect Series is underway!

The second meet is on 16 March 2024, and the starting blocks are ready for the dives. We at FitKonnnect are excited about hosting the second meet, given the shared memories from the first meet. The second meet will accommodate the 5 years and under age groups as we restructure the program to align to your expectations. Let's splash into the new wave with high spirits as we nurture a new generation of swimming talent.

The future of swimming competitions will largely depend on how exciting our competitions will be for your young ones. We go into the second competition with a rallying call to all young



swimming talents to embrace the spirit of sportsmanship. We hope to see you all at the pool – as we swim to a new era of

swimming excellence. Enjoy a few pictorials from our archive as we celebrate swimming talent in the 2024 circuit.



# Blue Dolphins Splash Away at the FitKonnnect Swim Series

The Blue Dolphins Swim Team from Nairobi, Kenya, won the first meet of the 2024 circuit of the FitKonnnect Series held at the Bellevue School on 3 February 2024. The team's first title in competitive swimming was a significant fete for Coach Olive Njuguna, who was bringing them to the meet for the first time.

The team took home a total of 38 medals (23 gold, 11 silver, and 4 bronze) to win the one-day championship that saw 11 teams compete at the heart of South C. Swimmers such as Wendo Munene, Kwame Munene,



A Swimmer from Blue Dolphins Swim Club (Center) displaying their winners trophy at the first meet of the 2024 Circuit of the FitKonnnect Series



Coach Olive Njuguna with some of the swimmers from Blue Dolphins Swim Club at the first meet of the 2024 Circuit of the FitKonnnect Series





Jeffrey Limo, Makena Munene, Stephen Muasa, Kelvin Kioko, and Oman Nesta Oman helped the Blue Dolphins

team clinch victory in the much anticipated first meet of the season.

**The Medal Count Table for Meet 1 of the 2024 Circuit**

| #  | Team                    | Gold | Silver | Bronze | Total |
|----|-------------------------|------|--------|--------|-------|
| 1  | Blue Dolphins           | 23   | 11     | 4      | 38    |
| 2  | Dolphin Swimtec         | 14   | 14     | 12     | 40    |
| 3  | 3 Dee                   | 12   | 17     | 14     | 43    |
| 4  | Nairobi Academy         | 12   | 7      | 3      | 22    |
| 5  | Gillette Swimming Club  | 5    | 0      | 0      | 5     |
| 6  | Fitkonnnect Development | 4    | 1      | 2      | 7     |
| 7  | Comprehenswim           | 3    | 2      | 1      | 6     |
| 8  | Ngong Road Swim Team    | 2    | 5      | 4      | 11    |
| 9  | Bellevue School         | 2    | 4      | 0      | 6     |
| 10 | Aquanuts Swm Club       | 1    | 0      | 1      | 2     |

The head of competitions at FitKonnnect, Nixon O., described the win as significant for the Blue Dolphins team even though the sport is predominantly individual-centric. 'Blue Dolphin's win captures the true essence of any sport: teamwork and collaboration among athletes,' he said.

Blue Dolphins is expected to participate in more significant numbers in subsequent meets, given their victorious campaign at the first meet. Blue Dolphins' swimming success is also likely to inspire more age group athletes to participate. The 2024 Circuit of the FitKonnnect Swim Series promises to award medals, team trophies, and scholarships of up to 250,000/- to all outstanding swimmers in all age groups.

# Teams Showcase Their Baskets of Young Talent at the FitKonnnect Swim Series

Scores of young swimmers below the age of 5 displayed exemplary swimming talent at the first meet of the FitKonnnect Swim Series 2024. The first meet of the 2024 circuit saw swimmers such as Karina Zawadi of 3 Dee Swimming, Ramona Wambui of 3 Dee Swimming, Zawadi Atara of Aquanauts Swim Club, Elyana Wanjiku Mwangi of Nairobi Academy, Geno Oketch of Dolphins Swim Tech, Barack Amari Laja of Dolphins Swim Tech, and Liam Kinuthia Mwangi of Dolphins Swim Tech take to the waters to showcase their talent.

Karina Zawadi and Ramona Wambui of 3 Dee Swimming displayed outstanding performance in the Kickboard and Noodle race events, demonstrating exceptional talent among young athletes. The two swimmers, who are only 4 years old, coached by Coach George Omondi, were entering their first competitions and proved to be up to the task ahead of them.

The Dolphins Swim Tech Swim Team displayed spectacular performance, winning the

highest number of medals (40), with extensive contributions from some of your young talents, including Bali Alani Laja (4), Barack Amari Laja (5), Liam Kinuthia Mwangi (5), and Geno Oketch (5).

Dolphins Swim Tech emerged second overall behind Blue Dolphins because the medal count table prioritizes gold medals over the total tally.



Karina Zawadi kicking away in the Freestyle Kickboard event at the first meet of the 2024 Circuit of the FitKonnnect Series



Coach David Warambo handing over the 1st runners up trophy to coach Caren from Dolphins Swim Tech Swim Team



## Teams Showcase Their Baskets of Young Talent at the FitKonnnect Swim Series



*Coach Sam Oyoo giving his swimmers tips ahead of their next races*

Coach Sam Oyoo has assembled a formidable swimming franchise, with most of his swimmers being home-bred. The Swim Tech swimming enterprise is fast becoming a powerhouse in minnow and age group swimming and is set to assert its dominance in Kenya's

competitive swimming arena.

Coach Sam Oyoo and the Dolphins Swim Tech family continue to nurture exceptional swimmers across Nairobi and its environs. Their training bases, which include locations in Kabete and Karen, have seen

many budding young athletes step into the competitive swimming world with hopes of lifelong careers. Dolphins Swim Tech is a team to watch as it steps into the 2024 circuit with an unmatched zeal to finish first in the annual team rankings.

# Trisha Oyombra and Waridi Emmaculate Shine Unattached

Two unattached swimmers shined with unrivaled finesse at the first meet of the 2024 Circuit of the FitKonnnect Series. Trisha Oyombra and Waridi Emmaculate posted outstanding times in their individual events to emerge as first- and second-best swimmers in the 9 years and under-age bracket.

The two swimmers swam as unattached swimmers and collected 54 points – Oyombra and 37 points – Waridi. The

stellar performance by the two swimmers put them in proximal contention for the swimmer of the year awards in their age bracket. Given their tight competition in select events, Trisha Oyombra and Waridi Emmaculate have unfinished business going into the second meet.

Trisha Oyombra entered 9 events at the first meet of the FitKonnnect Series this year, while Emmaculate Waridi



*Emmaculate Waridi exiting the pool after completing one of her races at the first meet of the 2024 Circuit of the FitKonnnect Series*



*Emmaculate Waridi Swimming the 50M butterfly race at the first meet of the 2024 Circuit of the FitKonnnect Series.*

entered for 8. Trisha won two gold medals and five silver medals, while Waridi won 5 gold medals, two silver medals, and one bronze medal. The two swimmers now have their eyes set on the second meet, and they are expected to encounter stiff competition from swimmers joining the circuit at the second meet.



# The Work Behind the Work

FitKconnect conducted successful Meet Manager and Team Manager trainings for coaches with swimmers in the 2024 circuit of the FitKconnect Series. The two clinics attracted many coaches from across the country, with representation from Mombasa, Kisumu, and Nyeri Counties. The swimming coaches and managers were taken through the essentials of effective team management at the local and meet levels. The clinics also took coaches through the essentials of managing their teams and meet using Hy-Tek's Team Manager and Meet Manager software. FitKconnect has successfully trained over 25 team managers and 15 meet managers in January and February of 2024.

The Operations' Lead, Cardimore Avwonda, said that FitKconnect would conduct a series of other clinics to build capacity among sports coaches. He said the organization was keen on running as many clinics as possible to empower young coaching talent and align their training methodologies to technological advancements in sports. The head of Technology and Innovation, Bellarmine Bulinda, urged



*Participants from the FitKconnect Meet Manager Training at the YMCA Central*

clinic participants to embrace continuing education to maintain relevance in sports. Nixon Omucheyi and Liposhe Lwanga, the competitions and marketing leads, echoed Bulinda's sentiments and indicated that FitKconnect would also be conducting clinics for other sports teachers and coaches.

FitKconnect is rolling out a year-long continuing education (CE) program for sports teachers as it seeks to build capacity to feed into its series. The organization has also announced a multi-stakeholder approach to empower sports teachers and fitness trainers across multiple disciplines. The FitKconnect Foundational Swimming Teaching Course will commence after the second meet in the 2024 circuit

and will cover essential skills and competencies for entry-level swimming coaches and teachers.

# Meet Calender

| Meet   | Date              | Venue           |
|--------|-------------------|-----------------|
| Meet 3 | 25 May 2024       | Bellevue School |
| Meet 4 | 27 July 2024      | Bellevue School |
| Meet 5 | 14 September 2024 | Bellevue School |
| Meet 6 | 12 October 2024   | Bellevue School |

The 2024 circuit promises to bring together top swimming talent nationwide and in the region. The **FitKonnnect Swim Series** is competitive, fun and rewarding. The FitKonnnect swim series will award medals to the top three swimmers in individual events, the top three teams in relay events, team trophies according to the medal count table, and scholarships of up to **KSh.250,000.00** for the top swimmers in every age group.

We encourage swimmers to swim in as many meets as possible to win the grand scholarship awards at the end of the circuit.

## SERIES GUIDELINES

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                          |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
| <b>ELIGIBILITY &amp; ENTRY:</b> | The events in the 2024 series circuit are open to all swimmers (including masters swimmers). There are no qualifying times for the competitions. All entries are subject to payment and submission of entries to <b>entries@fitkonnnect.com</b> . By submitting entries, participants agree to the conditions of entry for the competition and the FitKonnnect Swim Series Terms and Conditions. No changes will be made at the poolside when the gala is running. All corrections must be done within 12 hours before the meet starts. Scratches will be accepted one (1) hour before the start of every session in writing (a scratch does not mean an entry has been deleted from the system). |                                                          |
| <b>FEES:</b>                    | <b>KSh.500</b> per individual event and <b>KSh.1,000</b> per relay events. All entries should be made with copies of payment confirmation slips/ receipts to;                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                          |
|                                 | <b>Cheque:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Fitbridge Limited</b>                                 |
|                                 | <b>KSh. Account:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | NCBA Bank A/c No. <b>48879 40013</b>                     |
|                                 | <b>USD Account:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | NCBA Bank A/c No. <b>48879 40029</b>                     |
|                                 | <b>MPesa:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Pay bill No. <b>4076285</b> A/c No. Team/ Swimmer’s Name |



|                       |                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SPECTATORS:</b>    | Gate entry Fee for Spectators is <b>KSh.1000</b> per day and a discounted rate of <b>KSh.5,000</b> for the entire season.                                                                                                                                                                                                                                                             |
| <b>TIME SCHEDULE:</b> | All FitKonnnect Swim Series events have an 8:00 a.m. start and are expected to end at around 4.00 p.m. The FitKonnnect Swim reserves the right to vary the program according to circumstances at his discretion. There is no fixed ending time.                                                                                                                                       |
| <b>THE START:</b>     | The two-start rule shall apply at this meet.                                                                                                                                                                                                                                                                                                                                          |
| <b>MARSHALLING:</b>   | Swimmers must pay attention to marshaling calls made over the public address system. Once marshaled, the swimmers fall under the control of the marshal. Relay teams will only be marshaled if the four swimmers are physically present. Once the marshaling for the race is closed, no other swimmers will be accepted for the race. Parents are not allowed in the marshaling tent. |
| <b>RESULTS:</b>       | The full and final results will be available at the end of the meet; however, the results will be available via the meet mobile app. The Secretariat is out of bounds to all swimmers and non-designated team officials.                                                                                                                                                              |
| <b>NO SHOWS:</b>      | Swimmers who do not show up for their race will be fined <b>KSh.500</b> and <b>KSh.1,000</b> for relays, the swimmer may not compete in any other event until this fine has been paid.                                                                                                                                                                                                |

## AWARDS & AGE:

The FitKonnnect Swim Series will award medals to the top three swimmers in individual events, the top three teams in relay events, team trophies according to the medal count table, and scholarships of up to **KSh.250,000** for the top swimmers in every age group. The operative date is the first day of the meet. Swimmers will swim and get awarded in the following age groups;

### Medals

|                                                 |                      |
|-------------------------------------------------|----------------------|
| 5 years & under all individual events           |                      |
| 6 years – 7 years all individual events         | Gold, Silver, Bronze |
| 8 years – 9 years all individual events         | Gold, Silver, Bronze |
| 10 years – 11 years all individual events       | Gold, Silver, Bronze |
| 12 years – 13 years all individual events       | Gold, Silver, Bronze |
| 14 years – 15 years all individual events       | Gold, Silver, Bronze |
| 16 years – 24 years all individual events       | Gold, Silver, Bronze |
| Masters (25 years & over) all individual events | Gold, Silver, Bronze |

The Medal Awards Ceremony will take place as indicated in the meet program. Only the designated Swimmers will be allowed in the awards area. Medals to the top three finishers in each event.

### Relays

|                              |                      |
|------------------------------|----------------------|
| 9 & under relay events       | Gold, Silver, Bronze |
| 10 years & over relay events | Gold, Silver, Bronze |

No swim-ups will be allowed. One Relay entry per club per event. The names must be received in the correct order. Each team in the mixed relay events will be composed of two (2) male and two (2) female swimmers. One (1) relay team per age group, per event. Only swimmers entered, for individual events in this competition, may swim in relays.

### Scholarships

|                                           |                                     |
|-------------------------------------------|-------------------------------------|
| 11 & under all individual events          | Top male points + top female points |
| 12 years – 17 years all individual events | Top male points + top female points |

### Cash Awards

|                                         |                                     |
|-----------------------------------------|-------------------------------------|
| 18 years and over all individual events | Top male points + top female points |
|-----------------------------------------|-------------------------------------|

### Team Trophies

|                |                          |
|----------------|--------------------------|
| 1st Runners Up | 3rd on medal count table |
| 2nd Runners Up | 2nd on medal count table |
| Winner         | 1st on medal count table |



|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PHOTOGRAPHS:</b> | The FitKonnnect Swim Series will occasionally use swimmers' personal information and pictures on its website, programs and brochures to promote swimming and the achievements of swimmers. By registering as a swimmer in the FitKonnnect Swim Series, coaches/ swimmers/ spectators, you:                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>I.</b>           | Authorize The FitKonnnect Swim Series, and those acting under its authority and with its permission, the right and authorization (on a non-exclusive basis) to invite a swimmer to take an interview with a media house, use, reuse, copyright, publish, and re-publish, the swimmer's name, video graphic, photographic and electronic portraits, pictures, films, videos and story material of the swimmer (singularly "Work" and collectively "Works"), or in which the swimmer may be included, intact or in part, for advertising, publicity, and for other association purposes, including the right to reproduce and publish any work or works without restriction through any and all media now or hereafter known.         |
| <b>II.</b>          | The parent and/or swimmer also permit the use of any printed material in connection therewith. The parent and/or swimmer also waives any and all rights that he or she may have to examine or approve any finished work or works or the advertising copy or printed matter that may be used in connection therewith or the use to which it may be applied.                                                                                                                                                                                                                                                                                                                                                                          |
| <b>III.</b>         | Furthermore, the parent and/or swimmer releases, discharges and agrees to hold harmless The FitKonnnect Swim Series or its officials, officers, employees, coaches and consultants, and all persons acting under their permission or authority or those for whom they are acting, from all actions, liability, damages, claims, and demands whatsoever arising from any publication or usage of any work or works, including without limitation, any claims for defamation or invasion of privacy, to use, on a non-exclusive basis, the names, pictures, and story material of the swimmer named therein for advertising, publicity, and other association purposes, including the right to interview, reproduce and publish them. |
| <b>IV.</b>          | This authorization may be revoked upon 30 days prior written notice to The FitKonnnect Swim Series but the revocation will not affect any prior usage or commitments. The revocation of authorization constitutes the non-participation of the swimmer.                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>V.</b>           | No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to legal authorities or other governmental authorities and/or maybe barred from The FitKonnnect Swim Series events.                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>VI.</b>          | The FitKonnnect Swim Series as the organizer of the event has the rights to invite a swimmer, coach and parent to be interviewed by a media house, so long as the content is within the scope of the swimming competition.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |



**ACCREDITATION:**

All Teams/ Clubs must submit the names of all swimmers entered in FitKonnnect Swim Series meets, with their date of birth and a contact person per team (phone and email), and the accompanying team officials subject the swimmer to coach ratio requirements. Only accredited Team Officials will be allowed into the Aquatic centre. Only accredited Team Managers and Coaches may withdraw competitors, lodge objections and or lodge complaints. The following quotas will be used for officials’ accreditation;

| Swimmers                               | Quota                               |
|----------------------------------------|-------------------------------------|
| 1 to 15 swimmers in individual events  | 1 x coach 2 x team manager passes   |
| 16 to 30 swimmers in individual events | 2 x coaches 2 x team manager passes |
| 31 + swimmers in individual events     | 2 x coaches 3 x team manager passes |

**DISCLAIMER:**

**ENTRY IS ENTIRELY AT YOUR OWN RISK.** The FitKonnnect Swim Series will not accept responsibility for any incident or accident, injury or loss, which may occur before, during and after the event.







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A woman wearing a striped headscarf and a light-colored, textured blouse is washing red tomatoes in a large green plastic tub. She is standing in front of a market stall filled with various goods, including more tomatoes, chili peppers, and packaged products like 'Ami' chicken cubes and 'Benny' snacks. A bag with the letters 'FAS' is hanging on the stall behind her. The background shows a wooden structure, possibly part of the market building.

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