

Silver for Bonaire Team U14 and U16 at Carifta Water Polo in Miami!

Bonaire Team U14 and Bonaire Team U16 both win silver at Carifta Water Polo in Miami after an exciting and intensive weekend. A major achievement for our island.

Carifta Water Polo is the international youth water polo tournament for the Caribbean. In addition to Bonaire, the national teams of Curaçao, Barbados, Bahamas, Trinidad & Tobago, a number of American water polo teams from Florida were also present.

The Aquatics Federation Bonaire had selected 19 Bonairean water polo players aged 12-16 years to participate from November 10-12 in Carifta Water Polo 2023. The selected players are members of the Bonaire Barracuda's Water Polo and Swimming Club. The teams are trained by Ivan Veljic, Simone Smeets and Henk van de Velden.

Water polo on Bonaire is on the rise and has now reached a level where the youth selections can compete well with the teams of the surrounding Caribbean countries and American water polo teams. A process that has been worked on intensively and with pleasure in recent years. Did you know that water polo is a sport that is practiced by both boys and girls? Water polo is a real team sport, intensive and super varied. No training is the same because you can train many different facets, such as fitness training, interval training, technique training or tactics training. During a match you all attack and defend together. Especially in competitions you are constantly moving. In the counterattack you sprint into the attack and then you launch the attack. You are working on freeing yourself up and being adaptable. Being able to swim well and being in good condition are indispensable.

Participation in this tournament was made possible by Fundashon Wega di Number, Waterfly Nederland, Krioyo Paint, Flamingo TV, Gio Coffee Bonaire, Blachi Koko, Budget Marine, Freewieler, Delfins Beach Resort, Chogogo Dive & Beach Re-

sort, Napa Bonaire, Stonecrusher, MCB, Bonned, Crooij & Flipse Insurance, Rocargo, Notaris Rispens and BONÈ Agency. With their support it was possible to participate in this tournament, which resulted in a great result, an unforgettable experience for the athletes and a positive impact on the promotion of aquatics in Bonaire.

The Aquatics Federation Bonaire was founded in 2004 and is committed to the many facets of aquatics on the island. The AFB is authorized to do this by the Royal Dutch Swimming Federation (KNZB). The board of the AFB, consisting of Henk van de Velden, Riemkje Dijkstra and Malou van Drongelen, is committed to developing and encouraging swimming on Bonaire in the broadest sense of the word. It does this by, among other things, organizing swimming and water polo events, offering training, allowing talented young people to participate in international tournaments in the region, and by ensuring that there are the best possible swimming facilities to practice the sport of swimming. Also collaboration with the two local swimming clubs, companies, social organizations and the (local) government is essential.

For more information:



www.aquaticsfederationbonaire.com



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