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3 captures

14 Oct 2011 - 2 Jun 2013



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Home » Blog » Team SXM – St. Maarten

Team SXM – St. Maarten

Posted by Diana Nyad on Apr 7, 2011 in Blog | 0 comments



Diana Nyad's team in St. Marten

While training in St Maarten, I have a four people helping me, from the macro problems to the small details. They're called Team SXM (the travel shorhand for St Maarten) and 3 of the 4 are here in this picture.

In the back, the big blonde bear, is David Marchant. David's an Englishman who has captained boats all over the world's oceans all his life. He will be my main navigator on the Cuba swim and I do believe there's nobody on the planet who could guide me across with his same knowledge and instincts.

His wife, the smiling blonde here, is Maya, our main boat captain. She handles the escort boat that guides me from just 10 or so feet away, always right in my sight to the left as I breathe. Maya will have a team of four captains on her team. David and Maya live in St Maarten, have raised their two children here and have dedicated themselves to making this Cuba Swim history happen for all of us.

They guide me on all my St Maarten training swims. This trip we have done an 11, a 10, and a 9-hour. Windy but successful. Sitting here in the dark shirt is Mark Sollinger who owns all the water sports business at the island's swankest hotel La Samanna. Maya introduced me to Mark and Angie last year. They are hard-core athletes themselves (their awesome and precocious daughter Sam here in the foreground) and are teammates to me in literally a hundred different ways. For instance, Mark, a 30-

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year student and teacher of the very intense Burmese military martial art Bando, has convinced me to drink AfterShock within an hour of finishing these long swims. He's getting my bottle ready here, after the 10 hour. Sure enough, the muscles much less sore the next day with the AfterShock. Mark has also most kindly arranged for beautiful accommodations for me at the lovely LaSamanna and the hotel has become one of my valued sponsors. Angie is herself a super fit Pilates instructor and I eat fantastic, healthy dinners at their house almost every night.

Maya shops for me. David has all kinds of suggestions. Latest is to take a small piece of fleece, Gorilla glue it to the inner edge of my bathing cap, where I am experiencing painful, blood chafing.

My kayakers who carry the Shark Shields next to me live and train here also so Team SXM is in full gear.....and we're becoming confident that we're doing all the right things to give us the optimum chance of making it across this summer!

OK, the sun/goggles/raccoon look is a bit severe after 10 hours non-stop in the ocean, working hard all the way. But actually didn't feel too bad at the end. A bit rocky for sure. Sea legs. A bit weak. But this bottle of AfterShock really helps. Quick jacuzzi because I'm cold at the end. Had an appetite within two hours of finishing, which is a very good sign.



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is more than a swimmer.
of hope to us all
that we can dream big, live life
large, and look back at all of it with
no regrets whatsoever."

- Shark
- Roz Savage Part 4
- Roz Savage Part 3
- Roz Savage Part 2
- Kathy Loretta

- Joanne on Shark
- Laura B. on Kathy Loretta
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- SEP OCT APR
◀ 14 ▶
2010 2011 2013
- August 2011 (36)
 - July 2011 (20)
 - June 2011 (11)
 - May 2011 (15)
 - April 2011 (4)
 - March 2011 (2)
 - February 2011 (1)
 - January 2011 (2)
 - October 2010 (3)
 - September 2010 (7)
 - August 2010 (14)
 - July 2010 (13)





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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian