



Annual Report

July 2015 – June 2016

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Our four core areas of focus:

The Dunedin Swim Coaching Board is an entity formed through the collaboration of the Dunedin City Council, Moana Pool Management, Local Swim Clubs and Professional Coaches.

The entity is responsible for water space allocation for professional swim coaching in Dunedin. This role includes the administration of coach and athlete development pathways / programmes, the appointment of a head coach and additional development squad coaches.

The Dunedin Swim Coaching Board was established in 2012 in response to pressures on water space in Dunedin pools at peak training times. Many of these pressures were perceived to be caused by the previous system of allocation of lane space to professional coaches. In order to avoid competition between coaches and to provide a structured approach to both coach and athlete development DSCB was formed.

At present Swim Dunedin has over 190 registered athletes participating in development squad programmes of various levels.



Service Level Agreement:

GOAL 1: To develop a coaching structure that will support the development of competitive swimmers to the highest level. The DSCB will appoint and administer professional swim coaches so that at least two professional swim coaching contracts are maintained at Moana Pool on the conditions set out in Schedule A.

OUTCOME	SMART OBJECTIVE	NOTES
<u>Active City</u>	<p>To provide choice of professional swim coaching for users of Moana Pool.</p> <p>At least two professional swim coaching contracts for elite swimmers are maintained at Moana Pool.</p> <p>To lift all levels of swim training in an effort to strengthen the overall standard of swim coaching in Dunedin.</p> <p>To Provide assistance to the full range of aquatic disciplines requiring swim coaching.</p>	<p>Swimmers are provided with a choice of coaches.</p> <p>To develop a pathway for swimmers to advance from club to elite standard.</p> <p>To implement training programmes to cater for all aquatic based disciplines.</p>

GOAL 2: To provide coaching support programmes, technical advice, support and facilities to assist and guide all levels of swim training in Dunedin.

OUTCOME	SMART OBJECTIVE	NOTES
<u>Active City</u>	To achieve a daily target of 200 swimmers coached utilising the coaching services under this agreement.	<p>Records are kept of carded and talent development swimmers. This includes a breakdown of Dunedin based and of town swimmers.</p> <p>Keep accurate records of user figures and programmes (what age groups and programmes/services used)</p>
	To achieve a minimum of 20 high performance swimmers (Otago and national) utilising the coaching services under this Agreement.	<p>Records are kept of high performance swimmers (Otago and National). This includes a breakdown of Dunedin based and out of town swimmers.</p> <p>Keep accurate records of user figures and programmes (what age groups and programmes/services used)</p>
	To achieve a minimum of 2 international high performance swimmers utilising the coaching services.	Keep a record of the international swimmers who have utilised the coaching services.

GOAL 3: To provide swim coaching services in Dunedin interacting with the range of medical and scientific expertise available through the University of Otago.

OUTCOME	SMART OBJECTIVE	NOTES
<u>Active City</u>	Build relationships with the University of Otago to obtain input from a research and coaching enhancement perspective.	The aim is to provide research opportunities for University programmes that could benefit elite swimmers.

GOAL 4: To ensure excellence in the provision of services including administration.

OUTCOME	SMART OBJECTIVE	NOTES
<u>Active City</u>	In conjunction with Council staff develop a customer satisfaction survey which would be administered annually to users and coaches.	If resourcing allows, survey of principal users to determine if facility programmes and services are meeting their sporting needs. Explore the use of the current CERM- Customer Satisfaction Survey and determine if its use is appropriate for this agreement.
	A reported base line level in satisfaction for the programmes and services offered.	Base line satisfaction results will enable comparison over time.

GOAL 5: To establish a clear procedure for the progressing of complaints.

OUTCOME	SMART OBJECTIVE	NOTES
Support of Community	Establish and impartial process for dealing with complaints in relation to the swim coaching and other services set out in this Service Level Agreement.	Records are kept of any complaints received and any actions taken.

DSCB Team July 2015 - June 2016

Core Staff

Gennadiy Labara	Head Coach
Adam Fulton	Senior Assistant Coach (Full-time, appointed February 2015/resigned December 2015)
Simon Cook	Assistant Coach – Full time
Stephen Fenemor	Dryland Coach/Nutritionist Casual part-time (resigned February 2016)
Louise Tang	Assistant Coach Part-time casual, (appointed March 2016, resigned June 2016)
Cameron Tang	Assistant Coach Part-time casual, (appointed March 2016)
Patrick Cheung	Dry land Coach (appointed June) Casual Part-time appointed
Margaret Eton-Marsh	Administrator – Full time

Casual Coaches

Sue MacLaurin	Junior Development C & D Squads
Kate Godfrey	Port Chalmers

Board Members

Lindsay Dey	Chairman
Sean McMahon	
Matt Heaton (Last meeting October 2015).	
Maurie Jackways	
Jonathan Duncan (First meeting July 2015)	
Nick Dahl – (First meeting October 2015)	
Brendan McCane (First Meeting November 2015)	

Honorary Ambassador & Team Captain

Kate Godfrey

2015-16 Hall of fame

Top achievers

Otago Record Breakers

Otago Short Course

Kate Godfrey Opens 50 Back, 100 Back, 200 Back and 200 Free

Courtland Ellis 14-15 year Boys – 50 free, 100 free, 200 Free and 100IM

Caitlin Deans 14-15 year girls – 800 Freestyle

Madison Wills 10-11 girls – 200 Breast

Harry Summers 9 & U 200 Back

Otago Long Course

Kate Godfrey - OPEN 100 & 200 Back

Erika Fairweather – 10-11 year girls 200 Fly

Harry Summers 9U Boys 200 Back

International Swimmers

Steffanie Gillespie New Zealand Team – Oceania, Fiji, June 2016 – Open Water

Sammy Winward New Zealand Team – Oceania, Fiji, June 2016 - Open Water

New Zealand Age Group Team

Caitlin Deans and **Cecilia Crooks** - New Zealand Team - Australian 2015 State Teams Age Group Short Course

Caitlin Deans – New Zealand Team – Australian 2016 Age Groups

Athletes in High Performance Programmes

Caitlin Deans, Kate Godfrey, Sammy Winward and Stefannie Gillespie ‘Pathway to Podium Program’. Sport NZ, High Performance Sport NZ & SNZ.

Kate Godfrey and **Stefannie Gillespie** - SNZ Tokyo 2020 Squad.

Caitlin Deans and Sammy Winward SNZ 2016 National Development Squad.

Cecilia Crooks and Courtland Ellis, Tame Govaerts SNZ National Talent Identification Squad.

International Triathletes

Anna Lindsay 11th - World Age Group Triathlon Champs

Julia Hunt 20th World Age Group Triathlon Champs

Mary Gray - NZ elite Team Cross Triathlon World Champs, Qualified for the Zterra World Champs in Hawaii

Won the Rotorua International Triathlon May 2016

Surf Lifesaving

Devon Familton - New Zealand Surf Lifesaving National Youth Squad



Annual Report of Chair of the Dunedin Swim Coaching Board

Lindsay Dey

It is with a degree of satisfaction I write the Chairman's Report for the Dunedin Swim Coaching Board Annual Report for 2015 - 2016.

The DSCB has now completed 3 years' operation under the five year Service Level Agreement established with the DCC in April 2013. The target of the Agreement is to have 200 plus swimmers enrolled in programmes and have at least two professional Coaches.

The challenge has been to provide a professional coaching programme of the highest standard catering for swimmers within all disciplines and to have at least two professional coaches. It has taken two years to achieve 200 swimmers and a coaching staff with the ability to deliver the diversity of requirements: club swimmers, Age Group swimmers, Surf and Triathletes and open water athletes.

Following Adam Fulton's resignation in December 2015, attracting and retaining coaching staff has been difficult. Strength and conditioning Coach and Nutritionist Stephen Fenemor departed in January 2016 and we were without a dryland coach for two months. We welcomed Patrick Cheung as Dryland Coach in May. We welcomed Cameron Tang (Surf & Tri Squads) and Louise Tang (C & D Squads) to the coaching team in March, but sadly Louise departed in July. Sue Maclaurin continues to offer her services as a relief coach.

A key performance indicator within the Service Level Agreement is to strive for at least two international swimmers each year. In 2015-16 we had two swimmers competing at the Oceania Champs in Open Water events and two triathletes at the World Age Group Triathlon Champs.

Seven swimmers were placed on SNZ ID talent programmes and one swimmer was selected onto the New Zealand Surf Lifesaving National Youth Squad.

Nine swimmers were selected for the **South Island Mako Team** to contest the 2016 NZ Zonal Championships.

A full set of results are within this Report.

I wish to acknowledge the swimmers personal achievements whatever their program level and it is the DSCB's goal to improve the platform for all swimmers to maximise their potential. I wish to thank and acknowledge Gennadiy and his coaching team for their delivery of coaching service.

Again our biggest concern continues around balancing the budget to ensure the costs of delivering the programmes are both equitable and affordable to all involved. Like most sport organisations we have been required to increase costs when we are faced with increased charges and costs.

In March the Board requested a review of its operation. The DSCB had been in operation for three years and at the time considering the appointment of a Senior Assistant Coach following Adam Fulton's departure. The outcome of the review was to determine whether the structure of DSCB was creating the outcomes the Service Level Agreement with the DCC was originally put in place to achieve.

Was the structure still appropriate? And if so what improvements were required to improve its operation.

The Head Coach is delegated with responsibility of developing the swim programs for all disciplines and overseeing delivery. Was the standard of delivery appropriate in current national and international settings?

Were the stakeholders happy with the Program and Results achieved?

Following the review - what staffing needs were required to fulfil the role as a leading provider for professional swim coaching in New Zealand?

In summary there were eight recommendations made, indicating a preference for restructuring of coaching, revising squad criteria, revising use of pool space, review of administration and the creation of a competitive club.

Following consultation with Swimming Otago, a summary of the review was sent to coaches, parents and clubs inviting feedback.

While the DSCB recognised the merits of two professional swim coaching contracts to allow the choice to swimmers, - the current membership (and income) and available lane space, would not presently support two independent programs. A long term strategic plan encompassing the goal of having two professional coaches is still a desirable option.

The DSCB is provided well for lane space when considering the demands of clubs and other water sports and general public. The DCC and their staff have worked well with our team to maintain our requests and changing demands. We look forward to the proposed development of the Mosgiel Aquatic Centre which will potentially provide alternative water space for a number of our water sports and the DSCB support the project plans.

Administration of the DSCB is demanding and the time and commitment to maintaining effective communication to our stakeholders requires considerable time, energy and patience. I wish to thank Margaret and the Board in supporting my role as Chair and I look forward to a successful 2016- 2017 season for swimmers and coaches.

Lindsay Dey
Chairman

DSCB 2015-16 Activities

Use of University of Otago Flume

The DSCB once again are grateful for access to the University of Otago Flume where swimmers have their strokes filmed and analysed. A and B squad members attended sessions



Senior Camp

Twenty one senior swimmers attended a 12 day Swim Camp in Timaru in early January. This was again held in the outdoor 50metre pool. Dryland training, spin classes and sessions on technique, nutrition and goal setting were included in the twelve day program. Swimmers competed at the Temuka Long Course Swim Meet midway through the camp.

Breakfast Club

This runs from 7.00am – 8.00am Monday to Friday which is run by parent volunteers and thanks is expressed to Shirlene Pryde who is the co-ordinator.

Interface with Clubs

Kate Godfrey, our senior swimmer and Swimming Ambassador, coached a group of senior club swimmers at the Port Chalmers Swim Club for her second season over summer. The club members were very grateful for this DSCB input and reported that the club swimmers enjoyed the coaching and the club hopes this arrangement would continue next summer. Simon Cook worked with the Taieri club over the summer season introducing and delivering the coaching program and mentoring club coaches. The Taieri Swim Club Squad enjoyed having the DSCB helping and believe their swimmers benefited along with their coaches with the new programs. DSCB Coaching staff have also been assisting with Kiwi Club assisting club coaches to deliver the swimming program.

National Coach Visit to Program.

Gary Hurring, the National Talent Identification and Development coach visited the program to work with Gennadiy and swimmers on the Swimming New Zealand squads.

Appointment of a Second Coach

Following Adam Fulton's resignation at the end of 2015, it has once again proved a challenge to attract a suitable candidate as second coach to run a parallel program as outlined in the SLA. Louise Tang arrived at the end of March and was appointed in a part-time role coaching the C & D afternoon squads. Unfortunately Louise was with us for two months. Cameron Tang arrived also at the end of March is currently working in a casual part-time capacity coaching the Surf/Tri squads. Advertisements were placed on swimming websites nationally.

Bendigo Valley Sport & Charity Foundation

Acknowledgement and thanks Bendigo Valley Sport & Charity Foundation who supported our senior swimmers attending National Competitions. With two grants, \$800.00 and \$900.00 respectively, to support coaching costs at the National Open Championships in Auckland and then the National Age Group Championships in Wellington.



Head Coach's report

Gennadiy Labara

This report aims to encapsulate the essence of 2015-2016 and to identify and celebrate the successes and achievements of our DSCB swimmers during this year.

It was a very busy year with the significant growth in current numbers of swimmers across C, D squads. During the last three years we can see a shift in the C, D squad members ages. The age group have changed from 9-12y.o to 7-9y.o. and we now have a chance to coach these swimmers necessary skills and techniques and fully prepare them technically even before they reach their potential.

Even with the increased numbers of swimmers we were able to handle most of a workload between myself and Simon. However, the current coaching numbers are still not ideal and in order for us in a future to increase the outcomes we will need to address this issue as well.

From January 2016 we implemented new programs for the B, A, Surf and Tri squads focusing on improving techniques and building swimmers competitive skills for a future. We are planning to meet the target of 200 members this year. At this stage we already reached 97% (194) of our capacity and this is a great result.

- **Main highlights**

Looking back on 2015 the highlights of the year must include the fantastic performances from Kate Godfrey qualification to and actual races WUG (World University Games 2015) with Sammy Winward and Stef Gillespie qualifying to the Oceania (2016) and Open Water (5 and 10 km) swim. Stef has won a bronze medal in 10km race.

Another great achievement has come from Cecilia Crooks and Caitlin Deans, who had qualified and raced for the NZ Age group team during the Australian State Champ in September 2015 in Adelaide.

Last year Courtland Ellis, Tame Govaerts, Devon Familton, Cecilia Crooks, Gabrielle Trotter have been selected and attended the National Age Group Camp in Dunedin (October, 2015). I have been selected as one of the coaches to facilitate the development program.

Caitlin Deans also attended the Long Distance National Camp in Taranaki (October 2015) and I also was selected as the coach for the Dunedin Camp.

21 swimmer (18 A squad and 3 from B squad swimmers) from Dunedin Team have attended January swimming Camp in Timaru. This Camp gave each swimmer a chance to improve and progress towards their individual goals.

In February 2016 Jeremy Tasker, Olivia Gold, Caitlin Deans, Kate Godfrey, Devon Familton, Gabrielle Trotter, Cecilia Crooks, Kou Kitahara, Mila Jojic were selected to the Makos team and attended Zone meet. I was selected as a Senior Coach for Makos team. We have finished second in overall placement.

Caitlin Deans and Nick Pryde were also selected for the National Outward Bound Camp (May 2016).

Both Kate Godfrey and I have been selected by SNZ for the "Pathway to Podium" program for 2016 – 2020. "Pathway to Podium" is a program designed by Swimming New Zealand in close partnership with High Performance Sport New Zealand (HPSNZ). They has produced a Carding Support system designed to identify and



Professional Swim Coaching Development Squads and Water Space Management

prioritise emerging and current talent. Resources are then allocated on a top-down, targeted basis focusing on those individuals and teams that have the greatest chance of achieving finals and winning medals at the next Olympic Games. Participation in this program will give me an opportunity to attend a number of seminars and camps to enhance my skills and knowledge.

After Nationals Champs (NAGS and Open) we have swimmers who were selected to the following National programs.

- Sammy Winward and Caitlin Deans select for National Development squad program. This program is focusing on creating a sense of pride and accomplishment in swimmers and coaches. As well as offering the swimmers and their coach educational and training opportunities through programed visits, and direct communication with relevant SNZ staff as required.
- Tame Govaerts, Cecilia Crooks and Courtland Ellis were selected for the National Talent ID squad and I was selected as the coach for this program. This program is for the High Level FINA Points athletes 15-17 year old (600-700) around the country.

- **Assistant Coach**

Simon has completed three years of coaching and has been involved in 2016 NZSCAT Conference and obtained his Silver Licence qualification courses/registration and I continue to work closely with Simon to up skill him and grow his knowledge base. During his tenure with us Simon has been able to build a trusting and respectful relationship with his swimmers based on mutual respect and trust. He proved himself to be professional and is a valued team member.

- **Other initiatives**

- With a growing numbers of swimmers we reconsidered our approach and put extra emphasis on a LTAD (long-term athlete development) and improved performance. In light with the new strategy it become evident that we require an additional expertise skills with the dryland and gym programs. Patrick Cheung was appointed on a part-time basis to assist us with the above as well as providing nutritional advice to our competitive swimmers from A, B, C, D squads.
- The new season started at the end of May. All squads came back from their annual break and have commenced their training. I had a number of meetings with A, B squads to set individual goals for athletes and we discussed the competition calendar for 2016-2017.
- In the new season we already updated programs for C, D squads. From August 2016 we also implemented three sessions per week for the D squad.

- **Upcoming events**

For 2016-2017 competitive year we are planning to attend Queensland Champ (Dec 2016) and it will be a great preparation for the Panicle events such as NAGS and Open. Swimmers will also have a chance to qualify to International Meets (Australian State Champ (2016), World Champ (2017), Junior World Champ (2017), Youth Commonwealth Games(2017). Kate Godfrey, Caitlin Deans, Tame Govaerts, Cecilia Crooks, Nick Pryde have the potential to qualify to the international meets.

- **Head Coach's Recommendations**

I would like to recommend that we take a different approach when DSCB swimmers are travelling to the national and South Island Champ competitions. One city - One team (Swim Dunedin). I would like to suggest that all club swimmers, their coaches and parents travel together and stayed together, as one team. I strongly believe that it will increase sportsmanship and friendship among swimmers and create high performing culture as well as boosting morale and create a sense of community. It is a very common practice around the world and proved to be a very successful model when we operated OSCA. I believe that this will be a good approach for all the swimmers and community.

For this reason I am proposing to unite all clubs under one umbrella and within that umbrella to create one competitive club and development club to cater for diverse needs of our swimmers, but with the clear pathway to the competitive swimming. This structure will enable us to avoid a situation where different clubs (size wise) competing against each other when we need to boost an environment where swimmers compete against each other within one club in order for us to achieve better results in a future. I am happy to discuss and clarify this further.

The above proposal to unite all clubs simply is due to the fact that each club has only one day a week when they are having access to the water and it is simply not enough to sustain kids and parents interest in the long run. This presents a significant problem if we were to continue this way.

Based on the current number of swimmers we ideally require the following:

200 – 250 members: 1 x Head Coach (F/T), 1 x Age Group Coach (F/T) with the component of admin job, 1 x Development coach (P/T) and 2 x assistant coaches (P/T).

I would also like to discuss further education/development for the coaches (available budget etc) and to discuss further some possible ways of supporting our swimmers such as (uniform, travelling, members fees).

Currently swimmers are paying an entry fee and we are paying for the lanes space. Doesn't this mean that we are paying a double/twice? Public is only paying their entry only (Membership). DCC once again is raising the fees for the lanes space and subsequently we need to increase fees for our members.

I am looking forward to the 2016-2017 competitive year.

Gennadiy Labara
Head Coach

Comments from swimmers

"It has been a great year swimming with DSCB. My focus has been on Surf Lifesaving and this year I have also tried a few Open Water Swims, winning the Corsair Bay Leg in U13 NZ Open Water Swim Series and also 3rd in the NZ Secondary School Open Water Swim. Thanks to Gennadiy and Simon for some great sets in B Squad, the knowledge is there but unfortunately my execution is a work in progress. When you spend so much time training you build some great friendships with other swimmers which make the hard sets that much easier." Olivia, B Squad

The skills that Simon and Gennadiy give me help. I really enjoy dry land with Paddy because it's real fun and sometimes hard. Ella Rose, C Squad

"This year I have been swimming with the C Squad, and while I found it very challenging and hard work at the beginning, I'm now really enjoying the training and the sets and look forward to swimming with the squad every week. My coach Simon always has time to talk to me and answer any questions I have, and is very encouraging and supportive. Training and competition this year have made me much more confident as a person, and I've learnt how to set goals and work towards them in the pool as well as in other areas such as school. I've also learnt how important it is to listen to my coach, and to work hard in Squad. I've achieved some great results so far this year, and have broken six Otago Records in the 9 & under age group which I'm very proud of." Abi, D Squad

"Training for me over the 2016/17 swimming season has gone well. I enjoyed training with my squad and being pushed by my coaches. My times got faster and it enabled me to qualify for finals in local and National Surf Life Saving competitions." Nathan, Surf Squad

I am training in the B Squad. The training has been boring and feel like we do the same thing all the time, it needs to be more fun but I have liked swimming with my friends. I find it hard to come in the afternoons and would prefer to swim in the morning. I'm not sure where I'm at with swimming at the moment and need something amazing to happen to keep me going. I do like to compete and like it when I do really well. My coach could give me a better plan and feedback at competitions. Jade, B Squad

During the 2015-2016 swimming season I have been very pleased with the pool training program. It has offered great challenge and allowed me to improve my skills in the pool. I have also been very pleased with the dryland programs, while at times they can be rather difficult, they are a great challenge and have built my strength up. With both hard work in pool training and dryland training I have been able to reach all my goals in the 2015-2016 competition season, and I am very thankful to Gennadiy and all the other support staff within the DSCB for the help and support they have given me to reach my goals. – Cecilia, A Squad

I have moved up to A Squad a couple of months ago, was welcomed by most swimmers. I have loved the sessions and variety of sets. When competing I have had great support from the coaches and most swimmers and have done very well, trying to meet some of my goals. Erika, A Squad

The A squad swim camp in Timaru at the start of the year was a great introduction to A squad and helped prepare me for my move at the start of term two. The rest of the squad was very friendly and welcoming which also helped with my transfer from B squad. Since moving, my overall fitness has really improved and has been carrying over into other aspects of my life e.g school cross country, water polo and PE. Although training in the early morning can be brutal I have been able to get into a steady routine and try to do 6 mornings a week. Because of this decision I do not have to do any afternoon trainings which gives me a time to relax or do school work.

This year I have done a lot more competitions including NAGs and soon, Short Course. NAGs was my first national meet and I had a very enjoyable time. It was a very new experience and I was able to find out how big, important meets were run. I have also been to more local meets than usual to try and get qualifying times for Short Course. It was good to have these times to aim for and some more challenging goals other than just trying to get PBs. Unfortunately I have been struggling to break some of the times that I made at NAGs but everybody has been very important and I believe if I put in the hard work the times will come soon enough. All in all it has been a good year for swimming and I am happy to be training in A squad. David Cannon, A3 Squad.

Squad Numbers

Annual Comparisons of Monthly Squad Numbers

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
2013				125	141	148	156	167	178	188	170	174
2014	172	186	189	196	192	192	195	196	187	183	179	187
2015	179	191	197	192	195	198	195	198	182	184	175	169
2016	172	189	194	201	194	193						

Table 1: Numbers at 30 June 2016 Squad numbers total 193 (including 14 KAOS swimmers not listed in squads below).

SQUADS	CRITERIA	TOTALS
A SQUAD	700+ FINA points multi event	5
A2 SQUAD	600 FINA Points multi event	10
A3 SQUAD	500 FINA Points multi event	16
B SQUAD	9 – 14 year old National Junior and Age group swimmers. <ul style="list-style-type: none"> • 10 x 100m Freestyle 2:00min ; • 10 x 100m Individual Medley 2:15min • 200m Individual Medley in competition • 300 FINA Points - Multi Event – minimum of two events 	31
C SQUAD	Development Squad Must meet the following requirements <ul style="list-style-type: none"> • Swim 200 meters freestyle, backstroke and breaststroke • Swim 100 meters butterfly • Demonstrate proficiency at a competition race start • Perform correct turns and be able to finish on all four strokes. 	50
D SQUAD	Transition squad between club swimming and DSCB training. Squad swimmers choose to train 1 or 2 sessions per week and expected to attend their club night. Ability to swim 400-600 metres of freestyle, backstroke and breaststroke. Assessment of swimmer's ability level made prior to joining squad.	30
TRI/SQUAD + ELITE TRI	Swimmers must be: <ul style="list-style-type: none"> • 15 years and Over • Ability to swim continuously for 45 minutes. • It is recommended you attend 3-4 sessions a week however 5 sessions are available. 	33 + 4

Progression through Squads during 2015/16 years

Twenty-two swimmers progressed through to C squad from D Squad.

Ariana Barr, Hannah Drew, Mara Haase, Shima Jack, Walter Savage, Meg Sayers, Anna Divers, Esme Paterson, Daniel Coster, Ella Crooks, Julian Hamilton, Megan Hanning, Ella McBride, Jarvis Wallace, Abi Gibson, Harry Summers, Becky Delaheart, Amelia Lane, Marcel Geytenbeck, Judd Stewart, Jacob Jopson, Quilla Cashell-Smith.

Thirteen swimmers graduated to B Squad.

Cameron Innes, Briar Grounds, Maddison Wills, Laura Bungard, David Cannon, Ana Tarapi, Sophie Wilson, Elliott Alloo, Sarah Ford, Meg Christophers, Jade Fairweather, Charlotte Underwood-Nicol, Jordon Kelliher, Cameron Jefferies

Nine swimmers gained 500 Fina points rankings and graduated to A Squad.

Ben Carr, Kou Kitahara, Jessica Scott, Jack Divers, Nicole Heaton, Isabella Gold, Antonia Bachop, Geoffrey Kemp, David Cannon

Three swimmers gained 600 Fina points and moved in to A2 Squad.

Cecilia Crooks, Gabrielle Trotter and Olivia Gold.



Swimmer's Achievements

National Meets

Event: New Zealand Short Course, October 2015

11 Swimmers

Ben Carr, Cecillia Crooks, Caitlin Deans, Courtland Ellis, Matthew Glassford, Kate Godfrey, Olivia Gold, Kou Kitahara, Jessica Scott, Jeremy Tasker and Gabrielle Trotter.

Results:

A total of 21 medals were won, 6 Gold, 9 Silver & 5 Bronze. 86 events produced 59% PBs.

Medals

Courtland Ellis	2 Gold, 3 Silver and 3 Bronze
Caitlin Deans	2 Gold, 2 Silver and 2 Bronze
Kate Godfrey	1 Gold and 2 Silver
Gabrielle Trotter	1 Gold and 1 Silver
Cecilia Crooks	1 Silver
Jessica Scott	1 Silver

Five Otago Age group and four Open records were broken

Event: National Open - March 2016

9 Swimmers

Kate Godfrey, Matthew Glassford, Jeremy Tasker, Courtland Ellis, Jeremy Hopkins, Sammy Winward, Jack Weston, Ben Anngow, Zachary Clark.

Results:

(58%) personal best times from 58 events, twelve reached A Finals and 12 reaching B Finals

Medals

Kate Godfrey	2 Silvers, 400IM & 200IM
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National Age Groups, April 2016

21 Swimmers

David Cannon, Erin Ford, Jessica Scott, Ben Carr, Caitlin Deans, Cecilia Crooks, Courtland Ellis, Devon Familton, Geoffrey Kemp, Gabrielle Trotter, Jack Divers, Jeremy Hopkins, Kou Kitahara, Meg Sycamore, Mila Jojic, Nicole Heaton, Nick Pryde, Teigan Tarapi, Matthew Gillespie, Tame Govearts, Jack Weston.

Results:

A total of 21 medals were won. 113 PBs were achieved from 210 swims (55%) and sixty-eight finals were swum.

Medals

Caitlin Gold (16 years)	2 Gold, 3 Silver
Tame (16 years)	1 Gold, 2 Silver
Jessica Scott (13)	2 Silver, 1 Bronze
Courtland (16 years)	1 Silver, 4 Bronze
Cecilia Crooks (15 years)	1 Silver, 1 Bronze
Nick Pryde (16 years)	1 Silver
Devon Familton (16 years)	1 Silver
Meg Sycamore (14 years)	1 Bronze



DSCB Swimmers with the Oamaru Team

National Division II Meet, March 2016

6 Swimmers

Elliott Alloo, Harrison Flintoff, Isabella Gold, Natalie Hutchens, Sophie Wilson and Antonia Bachop.

Results:

2 Gold, 4 Silver and 2 Bronze Twenty eight finals swum, with 75% personal best times.

Medals

Elliott Alloo	1 Gold, 1 Silver
Isabella Gold	1 Gold
Antonia Bachop	3 Silvers, 1 Bronze
Sophie Wilson	1 Bronze

Sophie Wilson, Natalie Hutchens, Antonia Bachop, Isabella Gold Silver - Otago 200 Free Relay 13-14 yr
Sophie Wilson, Antonia Bachop, Isabella Gold, - Silver - Otago 200IM Relay 13-14 yr

National Junior Championships, Auckland, February 2016

7 Swimmers

Mackenzie Baines, Erika Fairweather, Jade Fairweather, Zoe McCane, Harry Summers, Jordan Summers and Madison Wills

Results:

1 Gold and 1 Bronze Medal. 29 personal best times 76% recorded

Medalist

Maddie Wills 1 Gold, 1 Bronze

Finalists

Zoe McCane & Erika Fairweather



SLSNZ National Pool Championships – October 2015

Erika Fairweather	5 Golds
Jade Fairweather	1 Gold
Devon Familton	2 Gold, 1 Bronze
Olivia Gold	2 Gold, 1 Bronze
Kaori Kitahara	2 Gold
James Coombes	1 Bronze
Kou Kitahara	1 Bronze
Hamish Trembath	1 Bronze

9 Swimmers

Podium finishes

Erika Fairweather	1 Gold, 2 Silvers
Erika & Jade Fairweather	1 Gold (tube rescue)
Max Wolf	1 Silver
Piere Tapsell	1 Bronze

7 Swimmers

Devon Familton Bronze - Women's surf Race

New Zealand Secondary School Championships – August 2015

10 Swimmers

Results:

Eight Gold, two Silvers, 4 Bronze

Medalists

Tame Govaerts	5 Golds
Gabrielle Trotter	2 Golds
Caitlin Deans	1 Gold, 1 Bronze
Cecilia Crooks	2 Silvers, 1, Bronze
Devon Familton	3 Bronze
Caitlin, Devon, Gabrielle, and Meg (Columba College) Gold 4 x 50 relay	

9 Swimmers selected

16 & Overs:

Jeremy Tasker, Olivia Gold, Caitlin Deans, Kate Godfrey, Devon Familton

15 & under:

Gabrielle Trotter, Cecilia Crooks, Kou Kitahara and Mila Jojić



Professional Swim Coaching Development Squads and Water Space Management



South Island Swimming Championships, August 2015

31 Swimmers

Elliot Alloo, Antonia Bachop, David Cannon, Ben Carr, Courtland Ellis, Jack Divers, Lucy Duncan, Devon Familton, Matthew Gillespie, Matthew Glassford, Kate Godfrey, Isabella Gold, Olivia Gold, Tame Govaerts, Nicole Heaton, Cameron Innes, Cameron James, Mila Jojic, Geoffrey Kemp, Kou Kitahara, Alice Moran, Cameron Moron, Nick Pryde, Jessica Scott, Meg Sycamore, Teigan Tarapi, Jeremy Tasker, Michael Trembath, Gabrielle Trotter, Oliver Walker, Sophie Wilson.

Results:

40 Gold, 18 Silver, 10 Bronze medals. 53% personal best times recorded 301 events. Four South Island records broken.

Otago Regional Champs, Moana Pool Dunedin, December 2015 & January 2016

12 Under (38 Swimmers) / 13 & Over (49 Swimmers)

Results:

12 & under 19 Gold, 25 Silver and 38 Bronze 67% PB rate.

13 & over 60 Gold Medals, 51 Silver and 28 Bronze. PB rates A squad 30%, B Squad 50%, C Squad 80%, Surf Squad 10%.

Provincial Meets

Southland Winter Series no2 **26 swimmers**

60% personal best times being achieved.

Southland Winter Series no3 **17 swimmers**

Thirty eight personal best times were recorded from sixty three swims.

Otago Winter Championships **60 swimmers**

The A & B Squads produced 65% PBs and C & D Squads 75%.

Early Bird Meet Queenstown **11 Swimmers**

Eleven first placings, nineteen 2nd placings and eleven 3rd placings with 47% PBs recorded

Orca Meet, Invercargill **33 Swimmers**

43 first places, 33 second places and 26 third places. 51% PBs were recorded.

Otago Spring Carnival, Cromwell **15 Swimmers**

Sixty nine ribbons – Thirty five 1sts, fourteen 2nds and twenty third placings. 40% PBs.

Murihiku Meet **32 swimmers**

Seventy Five ribbons - Thirty seven 1sts, twenty three 2nds and fifteen 3rds. 46% PBs

Kiwi Challenge Meet **61 Swimmers**

Eighty-two 1st, seventy-two 2nd, fifty-three 3rds placings achieved. 68% PBs recorded

Southland Champs **16 Swimmers**

45% PB rate. There were some good swims with forty-two 1st placings, twenty-eight 2nd placings, and eighteen 3rd placings.

Auckland Invitational Age Group Champs **4 Swimmers**

Six Gold, 4 Silver & 6 Bronze. 63% PBs recorded 38 swims.

The Taieri Carnival **42 swimmers**

75% PBs.

South Island Country & Town Championships **18 Swimmers**

A number of podium finishes recorded

Otago Anniversary Meet, **76 Swimmers**

Gold 62, Silver 48, Bronze 48, and a 53% PBs A & B Squads and 80% C & D Squads recorded.

Neptune Club Queens Birthday Meet **94 Swimmers**

43 1st Placings, 41 2nd Placings and 40 3rd Placings.

Special Thanks To

Supporters of Swimming in Dunedin...



Bendigo Valley Sports & Charity for supporting our swimmers by assisting our families with financial assistance for coaches to attend Swimming Competitions.



Swimming Otago has worked closely with the DSCB in the desire to optimise and enhance the outcomes for swimmers in Dunedin.



The Dunedin City Council for providing valuable funding to assist financially with costs to enable the hiring of quality coaches and running of the Dunedin Swim Coaching Board.

Moana Pool

The management and staff of the Pool who give sterling service to the Swimming community.



Impact Consulting & Accounting - for development of our website, layout of the Annual Report and provision of assistance and professional advice in the production of our accounts.



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