

Congratulations to:

NZ Swimming Trust Zonal Emerging Swimmer of the year.

To Caitlin Deans for her selection as one of three Makos nominees for the New Zealand Swimming Trust Zonal Emerging Swimmer of the year. Good luck Caitlin.

Record Breakers. Congratulations to the following swimmers who produced some excellent results to break National and Otago Long Course Records at the recent National Age Group Championships.

Erika Fairweather was the star of the meet breaking a National 13 year Girls Record and a whopping nine 12-13 year Otago records.

National Record: 13 year girls 200 Free (2:06.89).

Otago 12-13 year girls: 50 Free (27.65), 100 Free (59.16), 200 Free (2:06.89), 400 Free (4:28.57), 800 Free (9:13.89), 200 Back (2:26.07), 200 Fly (2:28.64), 200 IM (2:25.08) and in the 400 IM (5:06.31).

Madison Wills broke the 12-13 year **Otago Record** in the 200 Breast. (2:50.70)

Jessica Scott broke the 14 – 15 year **Otago Record** in the 50 Fly (29.06)

Ocean 17 National Surf Lifesavers Erika Fairweather winning three individual Gold medals in the girls under 13 Surf Race, Run, Swim, Run and diamond event. Erika also paired up with Olivia Andrew to gain a Silver in the U14 Tube Rescue. The St Clair Juniors performed outstandingly coming home 14th Club nationally with 15 finalists.

2017 National Surf Life Saving Champs (Christchurch)

Congratulations to the following swimmers who achieved podium finishes

Individuals:

Bronze Max Wolf - U16 Mens Ironman - Max Wolf

Teams:

Olivia Gold, Devon Familton, Carina Donegan & Olivia Andrews (U19) – **Silver** Surf Race

Olivia Gold, Devon Familton, Carina Donegan & Madi Crawford (U19) – **Bronze** – Tube Rescue

Nathan Wolf, Hamish Trembath & Lachie Brandhan (U19) **Bronze** Mens's Board Relay

National Age Groups

Well done to the following seventeen swimmers who qualified and competed with distinction at the New Zealand National Age Groups in Wellington recently. They produced 71 (51%) personal best times from 177 swims. Seventy one finals were swum with twenty seven podium finishes. (eleven gold, twelve silver and four bronze).

Team: Ben Carr, David Cannon, Cecillia Crooks, Caitlin Deans, Jack Divers, Erika Fairweather, Tame Govaerts, Nicole Heaton, Natalie Hutchens, Geoffrey Kemp, Molly Law, Zoe McCane, Nick Pryde, Gabrielle Trotter, Jessica Scott, Jordan Summers, Maddison Wills.

Congratulations to our Medalists:

Erika Fairweather (13) 7 Gold, 2 Silver, Caitlin Deans (17) 2 Gold, 2 Silver, Tame Govaerts (17) 1 Gold, 2 Silver, Jessica Scott (14) 1 Gold, 2 Silver, Cecilia (16) 1 Silver, Nick Pryde 1 Silver, 1 Bronze, Madison Wills (12) 1 Silver, 1 Bronze and Geoffrey Kemp (15) 1 Bronze.

Club Relay 4 x 100 Free Girls 15 & under *Silver - Neptune Club*
Molly Law, Nicole Heaton, Jessica Scott & Erika Fairweather

Medalists in Zonal Mako team relays: Geoffrey Kemp Gold, Erika Fairweather, Molly Law and Jessica Scott Silver, and Gabrielle Trotter Bronze.

Coaches pick for best performances came from Erika Fairweather (13 yr), (9 podium finishes, 1 National Record and 9 Otago Records), and Tame Govaerts (one gold, two Silver in 17 year boys..



Upcoming Meets

- Collegiate Age Group Meet, Invercargill – 8 April (no coach)
- **Clutha Classic:** (Otago Winter Series 1) 14 May 2017 (A, B, C, D squads) - All Coaches
- **Neptune Queens Birthday Meet:** 2 – 4 June 2017 (A, B, C, D Squads) All Coaches
- **Queenstown Winter Soltice** (Otago Winter Series 2), (17or18 June 2017) (A, B, C, D Squads) - All Coaches
- **Oamaru Meet** (Otago Winter Series 3) 2 July 2017 (A, B, C, D Squads)- All coaches.
- **Otago Winters Champs** 5 & 6 August (A,B,C & D Squads) – All Coaches

Please refer to DSCB, Swim Otago, or your club's websites for further details on events and how to enter and eligibility and speak to your coach about which meets you should enter if you are not sure.

Coaching Team

Planned Scheduled training breaks for A & B Squad Swimmers following National Competitions

Open Swimmers break after National Opens 19 April – 3 May.

National Age Group Swimmers – break after NAGS from 27 March – 9th April.

Gennadiy is attending OPENS this week, followed by Annual Leave until 1 May. In Gennadiy's absence Simon will be taking A & B squads. Cameron will continue to coach C and D squads with assistance from Sue Maclaurin, Louise Tang and Olivia Gold. Sue will be assisting with Tri /Surf and C & D squads during this period. **Meet the Coach – Thursdays evenings at 6.15pm. As Gennadiy will be absent during April,** if you have any coaching queries please contact Simon or email Margaret.

Upcoming Public Holidays

EASTER HOLIDAY BREAK – 14 April – 17 April 2017

All squads no training on
Good Friday
Easter Saturday
East Monday



(C & D squad members please check with Simon about making up this session during the week).

ANZAC DAY Tuesday 25 April 2017

All squads: No training:

School Holiday Period – All squads continue through to 1 May as term timetable with no breaks or changes apart from public holidays

Bestwishes our swimmers competing at OPENS this week.

Ben Carr, Zachary Clark, Caitlin Deans, Courtland Ellis and Jeremy Tasker.

You can follow them on livestream at swimming.nz.org or 10.30pm on Sky Sport One



*Good luck to all swimmers in their upcoming Competition
Swim Hard... Swim Fast.... Relax..... Enjoy.....*

‘SWIM DUNEDIN’

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Facebook Page – Dunedin Swim Coaching Board (DSCB)

